

Front Cover

SO MANY Beauties



'She didn't think I was silly'

'like one having up a lovely time'

'Spring feels like waiting for what's coming'

'Freedom for our elders'

'here we are together again!'



So Many Beauties



**A new piece of choral music (oratorio) by
Holly Marland and people with dementia,
celebrating creativity**

**MANCHESTER CATHEDRAL
THURSDAY 6 APRIL
7PM**

Welcome from Holly Marland musician, composer and project lead

“On behalf of the creative team working on the Adages project, I would like to thank you for joining us for this performance!

I have witnessed time and again the incredible capacity that music has to restore agency and a sense of achievement in the most vulnerable people. Music can offer relaxation and stimulation and can mediate where words fail, providing a means of communication for those who are unable to communicate verbally.

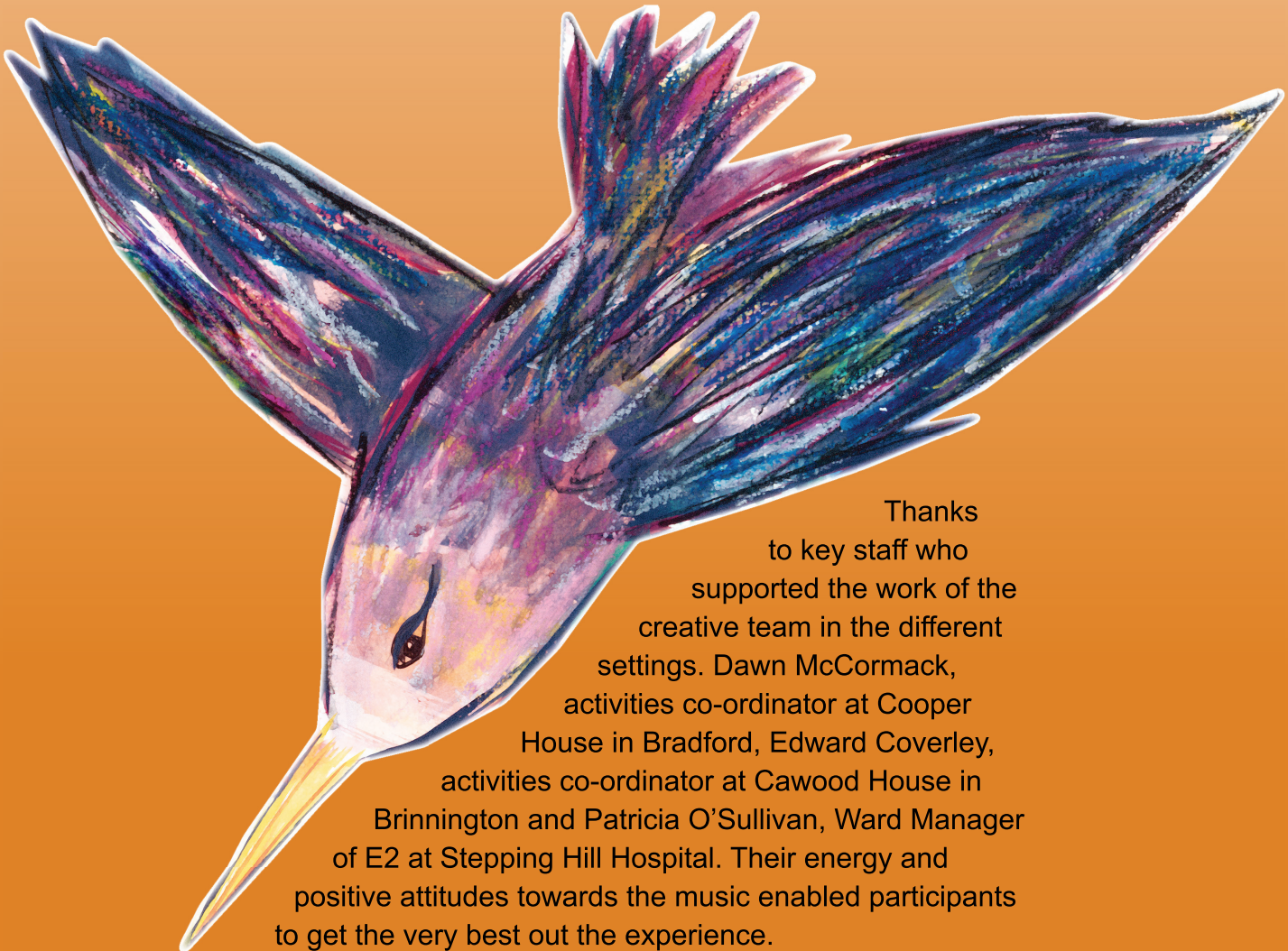
I set up the Adages project to give people with dementia the chance to create a beautiful new piece of music which celebrates their creativity. Funded by Arts Council and Music in Hospitals with support from RNCM, Manchester Cathedral and Carers Link, creative sessions were delivered in local dementia care settings. These sessions included singing, poetry-writing, dancing, improvisations using percussion instruments and creative conversations supported by me on the Kora (West African harp) with students from the RNCM and local professionals who form tonight's ensemble.

So Many Beauties is the resulting musical story (oratorio) - the title of the piece drawn from a remark from a Polish lady with dementia as we played music beside her bedside. I'm delighted to welcome you to this world premiere at Manchester Cathedral, a beautiful and historic place with incredible carvings of musicians smiling down from the upper parts of the Nave. Tonight's performance brings together a diverse range of talented local musicians of all ages. I hope you will feel free to join in with us as we make music together and you'll find words for some of the songs in this programme.

After the performance, you can stay and chat with a number of specialist organisations who offer services for people who are living with dementia and their families. Dementia can seem like a baffling condition and many of us are likely to be touched by it either directly or indirectly in our lifetimes. I hope this piece sends a positive message out there about the wonderful creativity of people with dementia and how they have something truly special to tell us in their own ways. We only have to listen.”

Thanks to the participants

The creative ideas of around 100 different people living with dementia have generated this new musical story. These are people from many different walks of life who have enjoyed being part of the creative process and whose input shines brightly throughout the piece. For ethical reasons, it is not possible to name these people directly and names have been changed to respect confidentiality but we hope that their voices come through loud and clear in the music you will hear tonight. A few participants were active in the professional music world already, having been concert pianists, organists, singers and dancers before retirement. Others clearly enjoyed re-encountering music, playing and singing with gusto. It has been an enormous privilege to work with these beautiful people and hopefully this piece will be performed many times in the future so their incredibly creative ideas live on.



Thanks
to key staff who
supported the work of the
creative team in the different
settings. Dawn McCormack,
activities co-ordinator at Cooper
House in Bradford, Edward Coverley,
activities co-ordinator at Cawood House in
Brinnington and Patricia O'Sullivan, Ward Manager
of E2 at Stepping Hill Hospital. Their energy and
positive attitudes towards the music enabled participants
to get the very best out the experience.

Thanks to partner organisations

This project would not have been possible without the support of the following partners who contributed either in cash or in kind in recognition of the importance of this work.

ARTS COUNCIL ENGLAND - the national development agency for the arts in England, providing public funding for a range of arts activities.

MUSIC IN HOSPITALS - a national charity improving the quality of life for adults and children with all kinds of illness and disability through live music in hospitals. Thanks especially to Sid Richards and Jess Ingham who helped to co-ordinate many of the sessions in dementia care settings and listened attentively and supportively as the project unfolded.

MANCHESTER CATHEDRAL - growing and building community in order to make a difference in our society and the wider world. Thanks especially to Director of Music Christopher Stokes who helped me to build links with Cathedral staff and to Canon David Holgate for supporting the use of the building.

RNCM - the UK's leading conservatoire of music and one of Manchester's cultural gems. Thanks especially to Kate Buchanan and Hannah McCabe in the department of Creative and Professional Practice who promoted the opportunity to RNCM students and offered advice and guidance across the project.

CARERS LINK LANCASHIRE - improving life for carers through providing practical and financial help. Thanks especially to Emma Logan who has worked hard to bring a whole coach load of guests from East Lancashire and generated many important links with dementia agencies.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Programme

You'll hear about an hour of music with lots of different sections. All the ideas were generated through creative sessions with people with dementia. Holly recorded over 80 hours of creative material from sessions which she listened back to in fine detail in order to select the threads with which to weave this rich musical tapestry.

We'll aim to leave applause till the very end to save time but feel free to do whatever you want - join in with singing, clap along, get up and dance, move around, don't be worried about making a noise. This is a celebratory performance in the broadest sense so enjoy!

Opening welcome from Patsy Pope, All About Dementia

Patsy Pope is a nationally recognised dementia specialist, in great demand, working with people with dementia, their families, care givers and professional care staff. Patsy began her career in 1980 as a psychiatric nurse on Merseyside, before emigrating to the United States. In the U.S Patsy studied Recreational Therapy, Environmental Design and eventually Geriatric Psychology, to enable her work to focus on the needs of the elderly with mental health issues. Her work stateside saw her run care homes, advocate for elders rights, lead various projects for The Eden Alternative movement in care of the elderly, and serve as Ombudsman for a mid-western state in which she inspected the care system on behalf of the Federal Government. In 2004, Patsy returned to England as her own mother was showing signs of early dementia, and worked part time as a trainer of care staff. Today, Patsy co-owns a UK wide consultancy and training company; All About Dementia, which offers services to councils, housing providers, care homes, day centres and businesses, plus she has a long list of private clients. Patsy is known for her unique style of delivering practical information, her exuberance and humour, and her problem solving skills.

EVERYONE: *My Bonnie lies over the ocean*

You might recognise this traditional song which became a feature favourite with participants during creative sessions. We'll all sing together.

INSTRUMENTAL INTRODUCTION

My Bonnie lies over the ocean, My Bonnie lies over the sea,
My Bonnie lies over the ocean, Oh bring back my Bonnie to me.
Bring back, bring back, oh bring back my Bonnie to me, to me.
Bring back, bring back, oh bring back my Bonnie to me.
(straight into)

Oh blow ye winds over the ocean, Oh blow ye winds over the sea,
Oh blow ye winds over the ocean, and bring back my Bonnie to me.
Bring back, bring back, oh bring back my Bonnie to me, to me.
Bring back, bring back, oh bring back my Bonnie to me.

SHORT INSTRUMENTAL

The winds have blown over the ocean, The winds have blown over the sea,
The winds have blown over the ocean, and brought back my Bonnie to me.
Bring back, bring back, oh bring back my Bonnie to me, to me.
Bring back, bring back, oh bring back my Bonnie to me.

ALL PERFORMERS: *Mexican Wave of percussion and giggles*

Participants had fun exploring the different percussion instruments selected by Holly and purchased from Sound Travels, a percussion outlet dealing in instruments from around the world. They started to anticipate music each week and would herald sessions with a joyful exploration of sound, often accompanied by giggles of delight as you'll hear now.

BASS SOLO RECITATIVE: *You're welcome at my door*

Raymond worked as a concert pianist before retirement and in sessions he loved to sing "pom, pom, pom" on different notes, jumping from high to low as if playing his own vocal piano. In one session he sang to Holly "pom, pom, pom, you're welcome at my door" which was the most wonderful invitation!

COMMUNITY CHOIR SONG: *Royal River*

In their final creative session, a small group of residents created a 40 minute musical improvisation with Holly and the RNCM students. "I'm very happy" sang

Alice, “your hands are nice and warm”. After we finished performing the music, Raymond slowly and deliberately said “Royal River” and the piece had been exactly that - a majestic unfolding of flowing musical ideas.

CHILDREN’S CHOIR PIECE: Spring

A musical setting of a poem written by residents at Cooper House using a poetry recipe recommended by the marvellous Gary Glazner from Alzheimer’s Poetry Project who Holly spent time working with in New York. Residents were chuffed to have created this spontaneous and beautiful poem which we recited together using call and response.

CHORAL SOCIETY PIECE: I wandered lonely as a cloud

A resident at Cooper House surprised everyone when he recited the whole of Wordsworth’s famous poem so eloquently and beautifully. People hadn’t heard him do this before and it was a very special and moving moment. This is a musical setting of those words inspired by that moment.

ALTO SOLO RECITATIVE: God painted nature

At Stepping Hill Hospital patients enjoyed creative conversations by the bedside inspired by the music. On the ward, there is a photograph of bluebells in a wood and Gladys and Holly talked for a long time about how God painted nature and gave each element their own special sounds. As Jean said, the best things in life are free.

CHORUS OF SOLOISTS: For in God’s hands

Words for this piece were inspired by patients at Stepping Hill. It was incredible to see how music opened up an experience beyond the confines of the hospital ward and people often expressed their appreciation of nature and God-given talents, including music.

INSTRUMENTAL: March of the Many

In one of the first few sessions at Cawood House we made up this energetic march together with residents generating the rhythms on their percussion instruments. It was an exhilarating experience to co-create music in the present moment and residents were clearly enlivened by having made this up on the spot! One resident decided this should be called March of the Many.

COMMUNITY CHOIR SONG: Shimmering daffodils

Holly used the Wordsworth poem again at Cawood House and afterwards created a musical improvisation based on Margaret's shimmering wind chimes and Edward's musical dialogues with the chime bars. Beryl danced beautifully throughout and sang "shimmering daffodils" with Holly as she did so, accompanied by chimes and percussion.

BASS SOLO RECITATIVE: Peter's Blackbird

One of the participants shared with Holly this traditional folk song from Somerset.

CHORAL SOCIETY PIECE: Summer

Another poem by residents at Cooper House using Gary's poetry recipe to stimulate the senses of Summer....the sound of the bees and the taste of honey, the cricket and the long days.....

ALTO SOLO SONG: Moja Piekna

Polish for "my beautiful", this song sprang from a musical interaction with a wonderful lady from Poland on the ward at Stepping Hill - the same lady who exclaimed "So Many Beauties!" when she heard the music by her bed. "Moja Piekna, Moja Piekna" she would say to Holly in a melodious tone which evolved into this spontaneous song.

BASS SOLO RECITATIVE: Raymond's Trio

Michael Cretu supported Raymond's exploration of voice and chimes on the double bass during one session, creating a rather jolly trio of different sounds as you'll hear.

ALTO SOLO RECITATIVE: Twinkle Time

One of the residents Jean has a real performance energy and loves to invent rhymes and songs of which this is one - "Fare Thee well, we sing oursel', and calm all a lovely bell. Thank you Lord, if you do, Then you'll come and pray with me - Hurray!"

CHORAL SOCIETY PIECE: Autumn

The first part of this evocative poem was written with residents at Cooper House whilst the final section was offered by a member of one of Carers Link support groups during a session in Whalley.

ALTO SOLO RECITATIVE: Yankety Tankety

Another bit of genius from Jean, sung with a mischievous gleam in the eye!
“Yankety tankety, tankety toe, chic-a-choc, under up, oh what a way! I raised a cup on her head in a day, praying what I see is coming today!”

ALL PERFORMERS: Here we are together

A song created with the residents at Cawood House which we used a number of times in sessions. Feel free to join in.

Instrumental introduction

Here we are, here we are, here we are together,
Here we are, here we are, oh what a beautiful day! (*REPEAT both lines*)
Oh what a lovely day today, it is so lovely to see you,
Oh what a lovely day today, oh what lovely day!

Instrumental

Here we are, here we are, here we are together,
Here we are, here we are, oh what a beautiful day! (*REPEAT both lines*)
It's music time together, music time today,
Let's make music together, each in their own sweet way!

Here we are, here we are, here we are together,
Here we are, here we are, oh what a beautiful day! (*REPEAT both lines*)
Oh what a lovely day today, it is so lovely to see you,
Oh what a lovely day today, oh what lovely day!
Here we are, here we are, here we are together,
Here we are, here we are, oh what a beautiful day!

ALTO DUET RECITATIVE: A red cardigan

We were deciding what special items of clothing we might want to put on to go
“Down by the Riverside” when Jean struck up vigorously with this fantastic rhyme
which evolved into the following duet with Holly.

INSTRUMENTAL: Marie's March

Another improvised piece of music created in the moment, this time from Cooper House in Bradford, initiated by Marie on hand drum with everyone joining in with percussion instruments.

CHORAL SOCIETY PIECE: *Winter*

Working through the different seasons in our creative sessions at Cooper House, we reached Winter just as the festive period was beginning. You can feel the Christmas cheer and a lot of humour in this poem - magic!

FEMALE SOLOISTS: *Beryl dancing in the starlight*

Beryl would sometimes carry on dancing even when the music sessions had finished. After one of the sessions, this song just emerged as Beryl and Holly danced together, both singing and swaying together.

COMMUNITY CHOIR SONG: *Having up a lovely time*

We're not just having a lovely time, we're having "up" a lovely time. What a wonderful idea! This song was formed around another spontaneous piece of wit from Jean - "ha, ha, ha!" she duetted with Holly in the instrumental sections as the rest of the group responded with their percussion instruments in dialogue with the student guest musicians!

BASS SOLO RECITATIVE: *Absolovely You*

"Absolovely you, I'm over the mind with you, Absolovely true" sang Raymond to Holly at the close of one of the music sessions, enjoying quite an operatic tone as he did so.

ALL PERFORMERS: *Music makes the world go round*

One of the ladies at Cooper House had been a church organist before retiring and she really believed that music makes the world go round. She loved the traditional hymns and carols and enjoyed singing this version of the old carol In Dulci Jubilo. The words were inspired from our conversations over the sessions.

SOLOISTS RECITATIVE: *Queen of the Nile*

Pam, a member of the team on E2 at Stepping Hill, sadly passed away during the project. She was passionate about Egyptian history, art and culture and this is a dedication from her fellow staff with accompanying music evocative of Egypt.

For Pam Stockton from all her friends on E2 Stepping Hill Hospital
Our dear friend Pam whom we miss every day, was full of fun in every way.
We know she's resting under a Pharaoh Sky, it was far too soon to say goodbye.
She's our angel, the Queen of the Nile. (Patricia O'Sullivan Ward Manager)

SOLOISTS SONG: So Many Beauties

“So many beauties” exclaimed the Polish lady when she heard the music and saw the musicians at her bedside. “We get back what we give” said another male patient on the same ward. “The bluebells have their own sound” said another lady. These thought provoking statements have been woven into a song by Holly. Holly found that with many residents she was communicating non verbally or in a form of language that might sound incomprehensible within normal modes of conversing. She found that by attuning to the tone, pace and dynamic of someone’s sounds or body movements it was possible to have a sense of dialogue and to form meaningful connections. We need to explore new ways of listening to and communicating with people with dementia drawing on creativity and empathy. All our sounds as human beings have some intent.

EVERYONE: Oh When the Saints

(everyone sings together, except sections marked)

Short instrumental introduction

Oh when the Saints, go marchin’ in, Oh when the Saints go marchin’ in,
I wanna be in that number, Oh when the Saints go marchin’ in.
Oh when the band, begins to play, Oh when the band begins to play,
I wanna be in that number, Oh when the band begins to play.

(other voices sing Hallelujah, Hallelujah, the Saints go marchin’ in)
(all) I wanna be in that number, when the Saints go marchin’ in.

(the melody goes up a step!)
Oh when the Saints, go marchin’ in, Oh when the Saints go marchin’ in,
I wanna be in that number, Oh when the Saints go marchin’ in
(the melody goes up another step!)
Oh when the drums, begin to bang, Oh when the drums begin to bang,
I wanna be in that number, Oh when the drums begin to bang.

(other voices sing Hallelujah, Hallelujah, the Saints go marchin’ in)
(all) I wanna be in that number, when the Saints go marchin’ in.

(the melody goes up another step!)
Oh when the stars, fall from the sky, Oh when the stars fall from the sky,
I wanna be in that number, Oh when the stars fall from the sky.
(the melody goes up the last step!)
Oh when the Saints, go marchin’ in, Oh when the Saints go marchin’ in,
I wanna be in that number, Oh when the Saints go marchin’ in

The Creative Team

Holly Marland

PROJECT LEAD, KORA PLAYER, SINGER AND COMPOSER



Holly is a professional singer, composer and kora (West African harp) player who is passionate about music's transformative power and who enjoys working musically with diverse groups. She is a Music for Health practitioner as well as registered music therapist.

She currently performs with Manchester International Roots Orchestra, duo Stringboxes with Michael Cretu (double bass), duo 2babs with balafon player Andy Garvey, BBC Radio 4 Daily Service Singers and Partita early music ensemble. She works extensively as a vocal and kora soloist for recordings and concerts including soloing on Sony's Bollywood film soundtrack Amarakaaviyan which was No 1 in India for weeks and performing as kora soloist with the band Delphic at Manchester International Festival.

She has recently undertaken a number of significant arts for health commissions including Our Songs, developing a CD of family songs with parents and siblings on the Neonatal Intensive Care Unit at Royal Stoke University Hospital and Soundspaces at Royal Manchester Children's Hospital creating bespoke music and sound to address noise pollution. Recent composition commissions include anthems and arrangements for BBC Radio 4's Daily Service, an extended work for Manchester Cathedral Choristers and a set of pieces for RNCM's Big Weekender.

In 2009, Holly was awarded a Winston Churchill Fellowship to explore the different uses of music with older people in New York and Paris. In 2012, she was awarded a Finzi Scholarship to study the Kora with Muhammed Saho, an extraordinary griot from the Gambia with whom Holly spent 7 weeks.



Kate Hartwell

PROJECT MANAGER

Kate is a music graduate and arts administrator with extensive experience in organising large scale performances and events. She has previously worked for ABRSM, Help Musicians UK,

Royal Northern College of Music and Trinity Laban Conservatoire of Music and Dance.

Guest Artists

Holly was joined by guest artists for some sessions to share ideas and experience of working within dementia care as well as to introduce new sounds and different styles of music making to the participants.



Michael Cretu

DOUBLE BASS

Michael Cretu is an internationally recognised musician and composer, whose family has a long musical tradition dating back to the 17th Century. Born in Bucharest, Romania Michael has been playing the double bass since he was 12. At the age of 19, he joined the Romanian National Radio Symphony Orchestra. Michael studied music at George

Enescu Music School in Bucharest and he won a scholarship to complete his postgraduate studies with Duncan McTier at the Royal Northern College in Manchester.

Michael has an extensive portfolio of compositions with notable premieres including a septet at the Romanian Institute of Culture in London, a solo double bass piece at the Romanian Institute of Culture in Paris, solo pieces at the Royal Academy of Music and King's Place, London, performances of his Sonata for Solo D. Bass across the North West and at Edinburgh Fringe Festival. His compositions are published by Liben Music Publishers, Cincinnati, USA and Recital Music, UK.

Michael regularly works as a classical and jazz double bassist, composer and musical director performing in the most illustrious

venues and broadcasting on Romanian and British radio. He has performed as a solo, chamber, orchestral and jazz musician across Europe and South America, touring Holland, Spain, Brazil and Great Britain with violinist Cristina Anghelescu. Michael regularly performs in Manchester and elsewhere in the UK with his successful Jazz trio and directs the Manchester International Roots Orchestra.



Jennifer Reid

MANCHESTER BROADSIDE BALLAD SINGER

Jennifer Reid is a 25 year old performer of 19thC Industrial Revolution broadside ballads and Lancashire dialect work song.

After volunteering at Chetham's Library and the Working Class Movement Library, Jennifer completed an Advanced Diploma in Local History at Oxford University.

Jennifer has taught classes and workshops to adults and young people in England and America which often result in the writing of a contemporary ballad. She performed and trained singers at the Venice Biennale in May 2015 in conjunction with Jeremy Deller's exhibitions All that is solid melts into air and Factory Songs.

Jennifer has tramped the Leeds and Liverpool canal towpath over 12 days; taught Shape Note and mill songs to locals of Brierfield and Nelson; introduced school children the county over to the cultural traditions of Lancashire in the 19thC and sang at Glastonbury festival with reggae band Edward II. Jennifer has performed in Venice and New York for the Creative Time Summit, in Croatia for the Museum of Contemporary Art, Brussels, Switzerland and regularly in the North West and London. She's just spent 6 weeks in India on an Arts Council Funded development project comparing work songs from England and India.





Sasha Johnson Manning

SINGER, COMPOSER AND CONDUCTOR

Sasha is a professional singer, composer and choral conductor. She graduated in voice and cello from the Royal Academy of Music in 1985. She has worked as a full-time soprano and composer ever since. Her singing career includes the BBC Radio 4s The Daily Service and extensive oratorio work throughout the country. She has performed across Europe and in Israel and the USA. She has worked with the Deller Consort, The Academy of St. Martin-in-the fields, the Britten Singers, Musical Offering and Partita.

As a composer Sasha specialises in writing for voices and held the position of composer-in-residence of the Saint Louis Chamber Chorus of Missouri for eight years, culminating in a Requiem for St. Louis. Sasha has composed for Emma Kirkby, James Bowman, Lynne Dawson, Claron McFadden and the London Baroque.

In 2007 she composed the music for a major new piece, The Manchester Carols, a festive suite of new carols with words by poet Carol Ann Duffy. The world premiere of The Manchester Carols took place at the Royal Northern College of Music in Manchester on 14 December 2007 and The Manchester Carols were published by Faber Music in 2009.



Dawn Prescott

ARTIST

Dawn Prescott is an award winning visual artist and designer based in Manchester. She has a degree in Interactive Art and professional background working as a graphic designer and illustrator. Dawn created the So Many Beauties artwork and programme brochure.

Dawn has been a member of Hot Bed Press Print Makers Studio since 2013 where she experiments with different printmaking processes. Her current personal work explores the drawn line extending its possibilities through different processes such as etching, lithography and screen printing.

Dawn is also the Director of LIME, based at Central Manchester Hospitals. LIME is a multi- award winning arts organisation with international recognition for establishing one of the leading arts and health programmes in the UK.

Student Musicians

Holly worked alongside four students from the Royal Northern College of Music who joined her in the later creative sessions and learned about how music can be used as a tool for communication with people living with dementia. Their placement with Holly forms part of their accredited programme of study. All four are performing in tonight's concert.

Eleanor Mills



I'm a first year postgraduate bassoon student at the Royal Northern College of Music. I completed my undergraduate degree in music at the University of Nottingham and have been extremely passionate about music performance from a very young age. I have played with, and enjoyed being a part of many chamber groups

and orchestras including Bird College Youth Orchestra, University of Nottingham Philharmonia, RNCM Opera Orchestra and the Piccadilly Symphony Orchestra. I love the diversity to be found in music as I also play the clarinet and saxophone and love playing different genres of music. This has included jazz as part of The University of Nottingham's Moonlighters Big Band and in shows such as Sweeney Todd and The Producers at The Nottingham Arts Theatre.

I love music's ability to connect with so many different people of all ages in different and personal ways. I enjoy volunteering and being a part of music outreach and have recently worked with primary school children to create and rehearse their own original opera which was performed at the RNCM. Being given the opportunity to work beside Holly in her work in Dementia care homes and hospital wards has been an incredible experience from which I have learned so much. It gives me so much joy seeing the moment when music affects someone in any way, and the experiences of residents breaking into song or even just a smile really shows the importance and potential of music itself. Through 'So Many Beauties' Holly has shown music to be a completely unique way to communicate and express emotions and stories and I am very excited to be part of a performance that conveys so many people's thoughts and feelings, perfectly captured by Holly.



Jisun Youn

I'm currently a third year student studying violin with Yossi Zivoni at the Royal Northern College of Music. Originally Born in Seoul, South Korea, I moved to England with my family since age of 13 and lived in Birmingham since then before coming to Manchester for university. A passionate and orchestra music lover, I play and very much enjoy working in group ensembles and orchestras, and have been a member of many orchestras such as the RNCM Symphony, Chamber Orchestras, Manchester University Music Society Symphony, Chamber Orchestras, City of Birmingham Symphony Youth Orchestra, Orfeo International Music festival Symphony Orchestra, Young Musician's Symphony Orchestra London and etc. I'm currently the leader of Liverpool Philharmonic Youth Orchestra 2016-2017.

Outside school work and many ensemble playing, I'm also a keen musician who very much believes and hopes my music can be used at many outreach places and voluntary occasions to play and share my music with those who are in need and deliver them hope, love and joy through the power of music- This is the reason why having been given the opportunity to meet and work along side with our Genius Kora player Holly has been such a privilege. What Holly does for people at the NHS hospitals, care homes and for the elderly people in Dementia in special, watching and playing along side with Holly truly has been a privilege experience and life changing experience to having been able to see small miracles and happy smiles she can bring to these people in need. In the future I hope to become a secondary/primary music teacher and my long term goal is to become an orchestra player. I'm very fortunate to be able to participate and play at this wonderful So Many Beauties concert and to play all the music written and composed and premiered by Holly and the participants with dementia.



Ellis Thompson

I'm a violin student at the RNCM and I enjoy an eclectic mix of performing, teaching and outreach projects. Alongside orchestral and chamber music, recent events have included performances with cross-genre bands GSD and Kaleidoscope Orchestra, a pre-concert presentation on baroque string instruments and working with aspiring young musicians

in collaboration with In Harmony and Piccadilly Symphony Orchestra. A keen music arranger and viola player, I also enjoy travelling, swimming and foreign languages.

Being part of the Adages project has been an eye-opening experience. The genuine joy music can generate in care settings is immediately obvious and Holly's energetic approach to engaging with the residents quickly has an entire room singing and playing along to familiar tunes, on top of prompting spontaneous poetry and lyrics for use in future compositions including So Many Beauties. Learning how to communicate musically (and verbally) a million miles away from the traditional concert platform has been a fantastic opportunity and serves to remind us of the true purpose and power of music.



John-Luke Harris

I'm currently in my 3rd year of study at the Royal Northern College of Music studying cornet and trumpet under the direction of Professor Roger Webster. I enjoy all kinds of music but am especially at home in a brass band environment surrounded by plenty of friends and real ales! I have enjoyed working on this project with Holly, Michael the other students and of course the fabulous residents at the care homes and hospitals that we have had the fortune to work in. It has been a real privilege to make music with the residents and seeing them have fun and enjoying life in a way only music can bring about.

Student Jeremy Young has also volunteered his time to play flute in the ensemble. Jeremy is a musician originally from Oxfordshire who came up to Manchester to study music at the University of Manchester and consequently is currently studying a master's in flute performance at the RNCM. He currently conducts Rochdale Youth Orchestra as well as teaching and is always keen to get involved in community projects.

The ensemble also features RNCM graduate percussionist Graham Proctor who will be recreating some of the wonderful percussion rhythms and melodies played by project participants. Graham is a member of various groups including Manchester International Roots Orchestra, has undertaken a number of significant theatre projects and also teaches younger people at Sandbach Music.

Thanks to the following performers

Conductor

Sasha Johnson Manning

Ensemble

John-Luke Harris - Bb trumpet and cornet

Jeremy Salter - flute

Eleanor Mills - bassoon

Jisun Youn - violin

Ellis Thompson - viola

Michael Cretu - double bass

Christopher Stokes - piano

Graham Proctor - percussion

Holly Marland - kora

Soloists chorus

Including members of BBC Radio 4 Daily Service Singers

Leonie Maxwell - soprano

Juliet Montgomery - soprano

Rosy Williams - soprano

Joyce Tindsley - alto

Jacqui Jones - alto

Holly Marland - alto

Ashley Turnell - tenor

Stephen Newlove- tenor

Philip O'Connor - tenor

Mark Rowlinson - baritone

Graham McCusker - bass

Chorus

Including many singers from St George's Singers in Poynton.

St George's Singers was formed in Poynton, Cheshire in 1956 with 23 founding members drawn from the local community.

Today, the Choir has over 100 members who travel from Cheshire, Derbyshire, Yorkshire and Greater Manchester, and is widely recognised as one of the most enterprising and innovative choirs in the North of England.



Under **Musical Director** Neil Taylor, the Choir performs an extensive repertoire that covers baroque, classical, jazz, modern and newly commissioned choral works. Concert venues include the Bridgewater Hall, Gorton Monastery, Manchester Cathedral and the Royal Northern College of Music. The Choir sings with world-class soloists and orchestras, and tours regularly in the UK and overseas.

Sopranos

Katharine Longworth (Halle Choir)
Miriam Williamson (Bowdon Choir)
Catherine Smith (Bowdon Choir)
Irene Gibbons (St George's Singers)
Virginia Fox (St George's Singers)
Andrea Millington (St George's Singers)
Alison McClay (St George's Singers)
Elaine Astley (St George's Singers)
Lorna Marsland (St George's Singers)
Katherine Owens (Salford Choral Society)
Ophelia Appleby (RNCM)

Altos

Kath Dibbs (St George's Singers)
Sylvia Johnson (St George's Singers)
Mary Thakkar (St George's Singers)
Barbara Forshaw (St George's Singers)
Jennifer Limond (St George's Singers)
Lorraine Lighton (St George's Singers)
Jo Howling (Bowdon Choir)
Ann Francis (St George's Singers)
Gwyneth Bellman (Bowdon Choir)
Jean Egerton (St George's Singers)
Sue Warhurst (Glasshouse Community Choir)
Susan Hodgson (St George's Singers)

Tenors

Daniel Goude (Bowdon Choir)
David Marsland (St George's Singers)
Timothy Robinson (Bowdon Choir)
Tom Howling (Mellor Parish Church)
Philip Deverell-Smith (Bowdon Choir)

Basses

David Francis (St George's Singers)
Jim Howling (Bowdon Choir)
Mark Kelly (Bowdon Choir)
Roger Williams (Manchester Chamber Choir)
David Hoult (Manchester Chamber Choir)
John Eaden (Manchester Chorale)
James Howgego
Philip Bilson



Carers' Chorus




Led by Natural Voice Practitioner Olwyn Pearce, Carers' Chorus was established to improve life for carers, "we sing because we care!" The choir is open to anyone who sings in secret in the shed, car or in the shower and who is looking after a member of the family or neighbour and just wants some time for themselves. They meet every Thursday 1.15pm in Accrington at the Lupin Road Community Centre. They have lots of fun and laughter learning to sing a variety of different kinds of songs in Harmony. Everyone is welcome, there's no audition, you don't have to read music and there's no pressure to perform. The following members will be taking part in tonight's performance.

Anne Yates, Steph Holmes, Jeanette Birch, Olive Scholes, Karen Spencer, Katrina Claypole, John Fisher, Val Hargreaves, Ann Sutcliffe, Barbara Cank, Thelma Hitch



Golden Voices

Golden Voices Community Choir is a performing choir open to anyone over 50. Previous singing experience is not needed as everything is taught by ear by our musical director Rose Hodgson. We are a very friendly group and while we do perform, the main focus is singing together for the pure joy of it. We sing a wide variety of traditional and modern songs from many genres and many lands. The choir meet at Band on the Wall in central



Manchester on
Thursday mornings.
Prospective new members
are welcome to pop in and
join in a rehearsal free of charge
before signing up as a member.
Thanks to all the many members of this
wonderful group who are participating in
tonight's concert.

Thanks also to Eileen Hart from **THREE VALLEYS**
GOSPEL CHOIR who will be joining the community voices
from these organisations.

Manchester Children's Choir

Manchester Children's Choir was founded in 1920s by
composer Sir Hamilton Harty, who had the aim to make choral
music and singing accessible to all children of Manchester
and Salford, regardless of ability or background. Manchester
Children's Choir is open to all children between the ages of six
and eleven and there are no fees to be a member. Manchester
Cathedral is proud to be an inclusive community and children of all
faiths and backgrounds are welcome to join.

There are likely to be people who have signed up as singers after this
programme has gone to print so to anyone whose names are missing, a
big thank you and please feel free to add your name in!

here.....

THANKS TO THE WIDE RANGE OF LOCAL AND NATIONAL ORGANISATIONS WORKING WITH PEOPLE WITH DEMENTIA WHO HAVE BROUGHT INFORMATION TO SHARE AT THIS EVENT, INCLUDING

Dementia Havens

An awareness raising group based in Eccles Manchester, set up by Tony and Joy after Joy's diagnosis with Alzheimer's 2 years ago. [HTTP://WWW.DEMENTIAHAVENS.ORG/ABOUT/](http://www.dementiahavens.org/about/)

All About Dementia

A very different approach to dementia care including Venue Training, In house training, Private Clients and Consultancy. [HTTP://ALLABOUTDEMENTIA.CO.UK](http://allaboutdementia.co.uk)

Action for Dementia

Recently became members of the Hyndburn and Ribble Valley Council for Voluntary Service (HRCVS) and the Dementia Action Alliance (DAA) and work alongside these organisations and others to improve the quality of life for the people living with/caring for and working with dementia..

[HTTP://WWW.ACTIONFORDEMENTIA.ORG](http://www.actionfordementia.org)

Dementia Pathfinders

A social enterprise delivering education and learning for people working in the dementia care field and providing therapeutic care and support for people with dementia and their families.

[HTTP://DEMENTIAPATHFINDERS.ORG](http://dementiapathfinders.org)

Salford Institute for Dementia (Salford University)

The Salford Institute for Dementia conducts vital research into living well with dementia. The Institute designs dementia-friendly buildings, gardens, urban spaces and transport networks where those with the condition and their carers can live with meaning and purpose.

[HTTP://WWW.SALFORD.AC.UK/SALFORD-INSTITUTE-FOR-DEMENTIA](http://www.salford.ac.uk/salford-institute-for-dementia)

Dementia UK

Dementia UK offers specialist one-to-one support and expert advice for people living with dementia. Their renowned Admiral Nurses work hand in hand with families, helping them cope with the fear, uncertainty and difficult everyday reality of dementia.

[HTTPS://WWW.DEMENTIAUK.ORG](https://www.dementiauk.org)

Alzheimer's Society

Alzheimer's Society believe passionately that life doesn't end when dementia begins. They are there for anyone affected by dementia, and do everything they can to keep people with dementia connected to their lives and the people who matter most. **[HTTPS://WWW.ALZHEIMERS.ORG.UK](https://www.alzheimers.org.uk)**

Limon Attire Ltd



Our unique range of clothing is thoughtfully designed to help retain the Dignity, Identity and Individuality of those living with Dementia. See our beautiful range at **[WWW.LIMONATTIRE.COM](http://www.limonattire.com)**

Music in Hospitals

Music in Hospitals (MiH) is a charity whose mission is to improve the quality of life for adults and children with all kinds of illness and disability through the joy and therapeutic benefits of professionally performed live music in hospitals, hospices, day care centres, special schools and care homes. Their mission is to reach out to every healthcare establishment across the UK through MiH concerts. **[HTTP://WWW.MUSICINHOSPITALS.ORG.UK](http://www.musicinhospitals.org.uk)**

Stroke Association

The Stroke Association is the UK's leading stroke charity changing the world for people affected by stroke. More people than ever are benefitting from cutting-edge treatments and making full recoveries. More people now understand the need to seek emergency treatment for stroke.

They've been at the heart of every one of these developments, championing the cause of stroke and stroke survivors.

[HTTPS://WWW.STROKE.ORG.UK](https://www.stroke.org.uk)

Manchester Camerata

Manchester Camerata carry out ground-breaking work in the field of dementia, bringing together trained music therapists and musicians to work with individuals and groups through music therapy. Independent research demonstrates that their work improves the overall physical and mental wellbeing of people living with dementia. <http://www.manchestercamerata.co.uk/learning/health/dementia>

Central Manchester University Hospitals Foundation Trust

Key staff working on on dementia strategies and frontline services at both Trafford General Hospital and Central Manchester will be attending the event with information and guidance. <http://www.cmft.nhs.uk/royal-infirmary/our-services/dementia-care>

University of Manchester Dementia & Ageing Research Team

DART's primary research interest is in the everyday experience of people living with dementia and their care partners and finding ways to engage those perspectives in transforming, shaping and leading our work. [HTTPS://WWW.BMH.MANCHESTER.AC.UK/RESEARCH/NURSING-GROUPS/DEMENTIA-AND-AGEING-RESEARCH-TEAM/](https://www.bmh.manchester.ac.uk/research/nursing-groups/dementia-and-ageing-research-team/)

Thanks also to student volunteers Stephanie Li and Lucy Noden for helping out with the running of the concert today. Lucy is organising a fundraising event for Arts for Dementia later in April so stay on the look out for more details about that!


Carers Link
Lancashire
IMPROVING LIFE FOR CARERS


carerstrust
a Network Partner

Do you look after someone who couldn't get by without your help?

If the answer is yes then YOU are a carer and are entitled to free, confidential help and support.

Carers Link Lancashire supports over 9000 unpaid carers across East Lancashire who provide help with practical household tasks, personal care and emotional support to a family member or friend who could not manage without that support. We believe in a world where carers feel valued as individuals and able to lead fulfilling lives.

Services available include:

- Help planning for an emergency
- A break from your caring role including Sitting in Service
- Carers Assessment
- Access to grants
- Support of carers aged from 7 to 101



To find out more or book a 1-1 appointment please contact our friendly staff on 01254 387444.

Feedback from some of the participants

**“ABSOLUTELY SUPER”
“SOMETHING TO LOOK FORWARD TO”
“MAKES ME FEEL HAPPY”
“MAKES ME FORGET”
“I LIKE TO PLAY THE DIFFERENT INSTRUMENTS”
“SHE BRINGS HER MUSICAL FRIENDS”
“SHE DOESN'T THINK I'M SILLY”
“I FEEL HAPPY”
“IT MAKES ME DANCE IN MY CHAIR”
“WHEN IS SHE COMING BACK?”
“TREMENDOUS”
“FABULOUS”
“SHE ALWAYS TALKS TO US”**

Feedback from relatives

**“AMAZING OPPORTUNITY FOR RESIDENTS”
“VERY PROFESSIONAL”
“TALENTED, ENTHUSIASTIC LADY”
“INVOLVES EVERYONE”
“SO LOVELY SHE DID ONE ON ONE WITH MY WIFE”
“ALWAYS FELT INCLUDED”
“BROUGHT BACK HAPPY MEMORIES”
“SEEING THE HAPPINESS ON MY HUSBANDS FACE”
“LOVE HER IMAGINATION AND ENTHUSIASM”
“SO NEEDED AND APPRECIATED”
“SO GLAD DAWN ARRANGED IT”
“IT'S JUST WONDERFUL”
“HAPPINESS FILLS THE ROOM”**

Feedback from staff

Edward Coverley, activities co-ordinator at one of the participating care homes - Cawood House in Brinnington in Stockport - said the Adages Project **“CREATED A SPACE IN WHICH PEOPLE CAN BE HUMOROUS, MUSICAL, IMAGINATIVE, VOCAL, SARCASTIC, PHYSICAL, DYNAMIC, EXPLORATORY, ARGUMENTATIVE, UPLIFTED, TEARFUL, BAFFLED, CURIOUS, AND OTHERWISE HUMAN.”**

“IT IS JUST BEAUTIFUL, YOU HAVE TO BE THERE ON A FRIDAY TO EXPERIENCE IT.”

“ALL THE PATIENTS ENJOY IT AND IT DE-STRESSES THE STAFF.”

“IT IS AMAZING”

For more information about the Adages project

WWW.ADAGESBLOG.WORDPRESS.COM

[FACEBOOK /ADAGESDEMENTIA](https://www.facebook.com/adagesdementia)

[TWITTER /ADAGESDEMENTIA](https://twitter.com/adagesdementia)

WWW.HOLLYMARLANDMUSIC.COM

PLEASE CONTINUE TO FOLLOW OUR PROGRESS AND
STAY IN CONTACT WITH US!

Thanks for coming



Back Cover

Artwork by Dawn Prescott

