



DEMENTIA FRIENDLY MUSIC FESTIVAL

Fri 20th Sept 2024
Bridgewater Hall

Festival Partners



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



This event is part of Reimagining Dementia Coalition's
'Take it to the Streets' campaign.

This campaign involves over 900 organisations from all over the world who are united in creatively transforming society so that everyone impacted by dementia, across diverse settings and communities, is valued and enabled to flourish.

Join the coalition by visiting
www.reimaginingdementia.com/



**Reimagining
Dementia**

A Creative Coalition for Justice



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Additional Illustrations by artist Lizzie Chapman from Create
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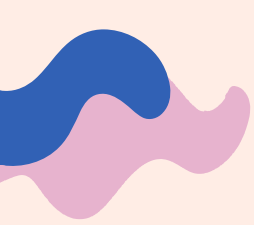


Music calms the mind



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WELCOME



We're so pleased that you've joined us for this very special festival. Our event has been lovingly created with over 150 elders and in partnership with 25 different organisations who are all here today to share their lived experience and expertise.

We're grateful to the Arts Council England and the Bridgewater Hall for their generous support and to all the project stakeholders for their contributions.

There are many ways in which music and creativity can enhance our lives - especially during difficult times.

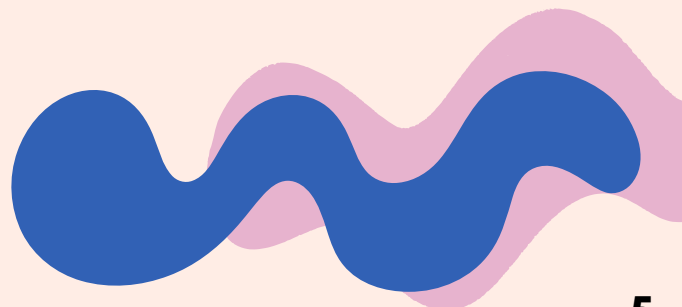
This festival shines a light on the musicality and creativity of people who are living with dementia. We've all worked together over the last year to develop today's incredible programme and it's given us the chance to be creative and to have our ideas listened to and valued.

There's been so much love and laughter in the making of the festival! We hope you enjoy yourselves to the full and go home with a sense of positivity about living well with dementia.

We've left some blank space at the back of this programme for you to make a note of any useful dementia support services you come across today. We'd also welcome any feedback about the festival so please do email us at somanybeauties@gmail.com or leave a social media post marked [#somanybeautiesfest](https://twitter.com/somanybeautiesfest)

Finally, an enormous thank you to all the elders who have shaped this festival with their wit, wisdom and creative energy. It's been a privilege to work with you all.


Holly Marland and Kate Hartwell
So Many Beauties Team



Festival Venue

There are lots of friendly people who are happy to guide you around the venue.

As well as the venue's front of house staff, there are people wearing yellow "**Happy to Help**" badges.



Happy
to
Help

If you need a **Quiet Place** at any time please take the lift to **Level 4** where there is seating and drinking water.



You will also find an enclosed prayer area on **Level 4**, behind Gallery Left doors.



What is on each Level?

Ground Floor - Stalls Level

- **Café Stage** - Schedule on p. 8 + 9
- **Café** - Serving a range of hot and cold drinks, snacks and sandwiches across the day
- **Charles Hallé Room** - The Salon (see P. 10)
- **Accessible Toilets**
- **Doors to main auditorium** (lunchtime showcase/afternoon shows - programme on p. 11)
- **Lifts to all levels**



Level 2 - Choir Circle Foyer



- **Barbirolli Room** - workshop programme on p. 10
- **Accessible Toilets** - next to the Lift (sliding door)
- **Power of Music information stand** - if you are running music for dementia groups and are interested in joining the new Power of Music Learning Network please visit this information stand. This initiative is being led by Manchester Camerata, The National Academy for Social Prescribing and Music for Dementia.

Level 3 - Circle Foyer

- **Healthy Brain Space** - see p. 14
- **Circle Foyer Bar** - serving a range of hot and cold drinks across the day
- **Accessible Toilets** - next to the lift



Level 4 - Gallery

- **Quiet Space** - With seating and drinking water
- **Prayer area** - behind the Gallery Left Doors
- **Accessible Toilets** - next to the lift



شکریہ



Schedule



GROUND FLOOR CAFE STAGE

9:45 - 10:30

Elfair Dyer - Music in Hospitals and Care Artist

Award-winning Welsh concert harpist Elfair Dyer is on a mission to change the way audiences perceive the harp. Performing everything from classical to rock and pop, she will find a way to pull at your heart strings! Elfair is delighted to be performing for you all and visiting the Bridgewater Hall once again.

10:30 - 11:10

Will Hawthorne - Music in Hospitals and Care Artist

Will has plenty of musical anecdotes to draw from his musical career - a real celebration of the golden age of pop and rock. A selection of Oldies But Goldies guaranteed to make you sing along!

11:15 - 11:30

Bhangra Dance Energiser with Vijay Mehay and Kurran - Milap

Learn some new moves to keep your energy levels up! Whether you stay in your seat or get to your feet this pop up dance workshop will give everyone the chance to keep moving!

11:30 - 12:20

Jenny Rust and Maria King - Music in Hospitals and Care Artists

Jenny Rust is a classically trained singer who believes that everyone should have access to the joy of singing and live music. Jenny performs in a wide variety of styles, including songs from the musicals, classical arias and even the songs of ABBA and Elvis Presley! Jenny is accompanied by Maria King, concert pianist extraordinaire. Maria also has a gift for presenting and comedy and is looking forward to entertaining you all as part of this dynamic duo!

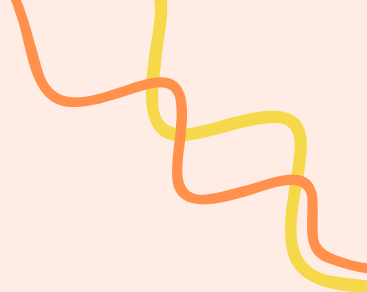
12:20 - 12:40 and 13:55 - 14:10

John Lancaster - Sitar

John's journey into Indian classical music began at high school and eventually led to studying in India with Ustad Siraj Khan of the Mewati gharana. He has given regular recitals at Manchester Royal Eye Hospital for over 10 years, bringing the soothing sound of the sitar to staff, patients and visitors.



Schedule



GROUND FLOOR CAFE STAGE

14:15 - 14:35

Together in Song Gospel Choir

Formed in 2016 by Together Dementia Support, the Together in Song Gospel Choir has performed all over Manchester, singing gospel classics and modern inspirational songs. Don't miss this performance which will be guaranteed to lift your spirits!

14:45 - 15:30

The Retrosettes - Music in Hospitals and Care Artists

An acoustic duo from the North West of England, The Retrosettes have toured with Simply Red and have even released an album through Universal Germany and Live Nation. The sound of the Retrosettes is often compared to the authentic folk-rock bands of the 1970s. Paul and Helen are excited for the festival and are set to give you a VERY warm welcome.

15:30 - 15:40

Foyer special - Indian Senior Citizens Centre

Enjoy this dynamic dance group performing a traditional stick folk dance of the Gujarat State, India. This dance is a devotion to Lord Krishna - Let us go to the riverbank - the friends are waiting.

15:45 - 16:30

Cheeky Charlies - Music in Hospitals and Care Artists

From jazz to swing and rock n roll, Mike and Simon will get you grooving. Duetting for many years together and touring with Music in Hospitals and Care as far as Jersey, their performance will leave you with nostalgia and a humongous smile that lingers for weeks!

16:30 - 17:00

Final Shebang

Join festival director Holly Marland and acclaimed vocalist/singing group facilitator Teresa Lipinski for a joyful and accessible sing song accompanied by the traditional West African Kora (harp). If you didn't think you could sing before, you'll be amazed as you round off the day by singing as if no-one was listening!

Schedule



BARBIROLI ROOM - LEVEL 2

10:00 - 10:50

Music in Mind workshop with Manchester Camerata

Join musicians from Manchester Camerata for a music-making workshop, connecting people through the power of music. No prior musical experience is needed for the session and accessible musical instruments will be provided.

Places are limited - if you haven't already reserved a space, please visit the So Many Beauties information desk in the Foyer to find out whether spaces are still available.

11:15 - 12:15

Singing for wellbeing workshop with Shared Harmonies

Enhance wellbeing, build connection and thrive! Shared Harmonies CIC delivers singing for wellbeing for companies and communities, specialising in working with people affected by poor mental health, living with dementia, Parkinson's or respiratory conditions such as COPD. Join members of the amazing Sing from the Heart group in Halifax and their group leaders for this uplifting and energising workshop. No prior singing experience needed.

15:30 - 16:20

Music in Mind workshop with Manchester Camerata

As above. Places are limited - if you haven't already reserved a space, please visit the So Many Beauties information desk in the Foyer to find out whether spaces are still available.

CHARLES HALLÉ ROOM - GROUND FLOOR

10:30-11.10, 11:30-12:10, 14:00-14:40, 15:00-15:40

The Salon with Tom Yum Sim Theatre Company

Join Sim & Tom at The Salon for an immersive theatre experience of song and dance! Come and sit in the Salon chair, take some time out, get a new hairdo or headpiece to wear around the festival and beyond! 6 Appointments available per session, but everyone is welcome to come and watch the makeovers happen & join in the singing. TomYumSim will be roving through the crowd, feel free to say 'Hello' and book your appointment at The Salon!

Schedule

AUDITORIUM

12:45 - 13:45

So Many Beauties: Live at Lunchtime (Lyrics & Programme Notes P. 12-13)

This showcase features new music written with and performed by some fantastic local support groups. The accompanying ensemble is made up of professionals from the So Many Beauties Intercultural Collective, Manchester Camerata and Halle Orchestras, the Royal Northern College of Music and Milap.

Our performances will be all the better for having you with us so please join in if you want to!

13:45 - 14:00

Bhangra Dance Energiser with Vijay Mehay

Dance your way into the afternoon with the wonderful Vijay, accompanied by Kurran on the traditional dhol drum.

14:30 - 15:10

Colbert Hamilton (Black Elvis)

Colbert Hamilton is the UK's original Black Elvis and has performed extensively across the UK, and on radio and TV. If you're a fan of rock 'n' roll, don't miss what promises to be an electrifying and memorable performance!

15:30 - 16:10

Simon Mercer performs song from the shows on the Bridgewater Hall organ

Simon Mercer is much in demand as a versatile musician, organist and teacher. His colourful playing is much enjoyed in cathedrals, churches and concert halls around the UK. Simon has been the Organ Tutor at JRNCM for over three decades and he is the Organ and Piano Teacher at The Manchester Grammar School.



This showcase features new music written with and performed by some fantastic local support groups. The accompanying ensemble is made up of professionals from the So Many Beauties Intercultural Collective, Manchester Camerata and Hallé Orchestras, the Royal Northern College of Music and Milap.

Our performances will be all the better for having you with us so **please join in** if you want to!

**SO MANY
BEAUTIES**

**Live At Lunchtime
Auditorium
12:45 - 13:45**

Let's Sing Hello - Thank You For The Music

Composed and performed by the Music in Mind group at Khubsuret House, Rochdale (Rochdale Mind) in languages spoken by group members including Swahili, Hindi, Bengali and Urdu. 'Khubsuret' is the Urdu word for 'beautiful'.

Chorus: Let's sing hello, how do you do?

Shikamoo hali gani

Verse: Sat shri akaal kia hala ਸਤਿ ਸ੍ਰੀ ਅਕਾਲ, ਤੁਸੀਂ ਕਿਵੇਂ ਹੋ?
As-Salaam-Alaikum. اَلسَّلَامُ عَلَيْكُمْ

Chorus: Thank you for the music موسیقی کے لیے آپ کا شکریہ
Shukria, Donyobadh شکریہ، دونیوبدھ

Verse: Music makes us float, Music makes us melt
Music calms the mind - Khubsuret music

Chant: Magical and beautiful, high or low we make it our own

Harvest Dance - led by Vijay Mehay with Kurran on Dhol Drum

A seated Bhangra dance specially choreographed with the Pyaari Yaadein Group (Together Dementia Support). The dance represents harvest in the Punjab - land of the five rivers. We dig the ground, we sow the seeds, the rain comes down, the sun comes out, we chop the crops, we pick and throw, we clap, we dance and we shout for joy!

Buddy Club is Like a Coat

Written and performed by Buddy Club dementia support group (Age UK Salford) inspired by the wonderful Sufi music shared by frame drum player and singer Gulcin Bulut from Turkey during our sessions.

Buddy Club is like a coat
It keeps you warm, it wraps itself around you.

Buddy Club is up and jingling

It's a nice surprise when you get there!

(It's a lovely surprise when you get there, it's a lovely surprise when you survive!)

Lamma Bada Yatathanna - لما بدا يتثنى

An Arabic poem thought to date back to the 14th Century which speaks of the poet's beloved appearing with a swing in her step and capturing everyone's hearts. Mindy Meleyal's beautiful improvised dance accompanied by Mina Salama from Egypt will surely capture our hearts today. Mindy is a member of the LGBT Foundation's Pocket Park Group whose sound installation you can enjoy in the Healthy Brain Space.

String of Hearts Beats Louder Now

Composed by the String of Hearts group who meet fortnightly at Limelight in Trafford, this song encourages us to amplify the important things in life.

The voice of reason, the shout for peace,
The sound of compassion, love and kindness never cease.

It's a little bit louder now.

String of Hearts beats louder now.

When you're with your friends, you're full of life,

You are prouder, you sing a little louder.

It's a little bit louder now.

String of Hearts beats louder now.

Traditional Garba Folk Dance from Gujarat State, India

Choreographed and performed by members of the Indian Senior Citizens Centre in Manchester, this exquisite folk dance is offered in deepest respect to the Goddess. Watch out for this group performing a traditional stick dance in the foyer today at 15:30.

Happiness

Written with members of the African Caribbean Care Group, this vibrant song celebrates some of the things that matter to the group.

Peace of Mind, memories of each other

Happiness, Happiness!

Joy in your heart, beautiful thoughts

Happiness, Happiness!

Call and response: Wisdom (wisdom).

Wisdom makes life easy (wisdom makes life easy).

HEALTHY BRAIN SPACE

CIRCLE FOYER - Level 3

We all know that music and creativity are good for the soul, and there is an increasing amount of evidence that they are also good for the brain! Visit our Healthy Brain space up on the second floor of the Bridgewater Hall to discover more.

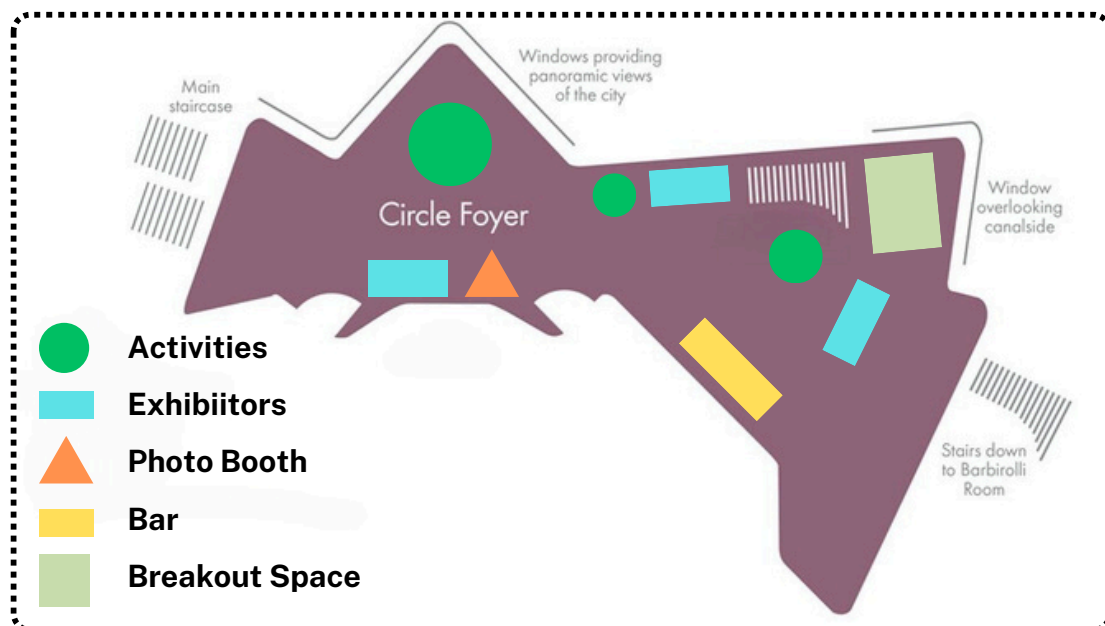
11:15 - 12:15

Creative Healthy Brains Research Cafe in the Breakout Space hosted by Creative Manchester. Presentations, Q&A and creative activities with a panel of top researchers from the University of Manchester.



Drop in activities will run throughout the day and will include:

- The chance to print your own festival tote bag with the UK wide charity Create
- Flower crown making with RHS Bridgewater
- Creative Lino Printing with Creative Manchester reflecting on the healthy brain
- Have your group photo (up to 6 people) taken in the Dancing with Dementia photo booth
- Interactive sound installation with sound artist Caro C and LGBT Foundation's Pocket Park group
- 'Barbara' - an uplifting immersive theatre experience developed with Dementia Associates from the University of Salford's Institute for Dementia.
- A range of local and national dementia support organisations providing information and advice



Healthy Brain Space Exhibitors

Dementia UK, Geoffrey Jefferson Brain Research Centre, Alzheimer's Society, Age UK, National Institute for Health and Care Research, Dementia United, Oldham Dementia Hub, Playlist for Life, University of Salford Institute for Dementia

Notes & Contacts

Collect contact details of the people you've spoken to today.
Jot down any useful ideas. Doodle!

**Working together, we can support each other and
help each other along life's journey.**





www.somanybeauties.org



Photo: Vicky McClure and Choir Member Maureen

**A message from Our Dementia Choir
and actress Vicky McClure (as featured on BBC)**

"We at Our Dementia Choir firmly believe in the incredible power of music to bring happiness, connection, and comfort to those affected by dementia. Our choir is more than just a singing group; it's a secure space where the therapeutic effects of music extend beyond the boundaries of memory."

We send best wishes to everyone taking part in the So Many Beauties festival in Manchester today!"

Thank you for coming!