

Welcome back to the autumn term and hello to our new members. We hope you had a good summer!

A lot has happened since our last newsletter in January and we hope you find this update informative.

AGM

The AGM for this year was held by Zoom on the 26th May 2022. Thank you to all those that attended.

Our constitution requires that a third of the trustees retire each year to enable anyone wishing to become a trustee to do so. At the AGM, Chair Ann Shaw and Secretary Lynn Marshall stood down and offered themselves for re-election. As there were no other nominations they were both re-elected. This may seem a bit of obscure bureaucracy but it does ensure that it enables a rotation of people into trustee roles if they wish it.

The AGM also provided a review of the year 2021 that recognised how much we had achieved and the progressive transition to near normal activity. The finances were also reviewed and this is covered later.

Key Dates

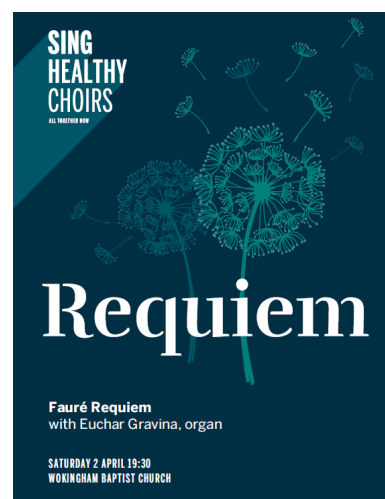
Wokingham concert—
12th November, 7:30
Baptist Church

Christmas concert—
10th December, 7:30
Baptist Church

Faure Requiem Concert

Wokingham Choir concert on 2nd April at Wokingham Baptist Church was a joyful completion of a performance originally planned for March 2020 cancelled by Covid. For many, this was an emotional evening, given the efforts that had been put into learning and then relearning the piece. It was fantastic and very much appreciated by the audience.

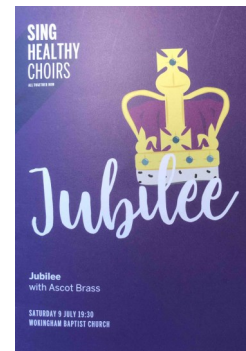
The event was also profitable and we were able to raise £640 for The Link Visiting Scheme. In addition, the retiring collection raised over £500 for DEC Ukraine. Many thanks to all those involved in the programme, raffle and refreshments sales that enabled such generous donations.



Jubilee Concert

Bracknell Choir Jubilee concert on 9th July in conjunction with Ascot Brass was a similarly wonderful evening with an enjoyable mix of choir and band pieces reflecting music through the decades of the Queen's reign. The madrigal version of Spice Girls "Wannabe" was a particular favourite!

Profits of £300 from the evening were shared equally between COATS (Sing Healthy's chosen charity) and Thames Hospice (supported by Ascot Brass)



Summer Concert and picnic

At the end of the summer term, both choirs came together outside in the sunshine at St Crispin's to enjoy each other's singing and some joint pieces. Some CLASP Choir members also joined us for a rousing rendition of "You'll Never Walk Alone".

The trustees recognise that the joint events are popular with choir members so we hope to make the summer concert a regular fixture in our calendar. The event also helps choir members have a mutual appreciation of each other's talents and enjoy an opportunity to socialise together.



Everyone together! (Lovely pair of shorts, Kieran)

Charitable Activities

The Link Visiting Scheme

<https://www.linkvisiting.org/>

The Link Visiting Scheme was our chosen charity for the Faure Concert, suggested by Wokingham choir member, Sophie Pierce, who is also one of the Link volunteers. The charity is Wokingham based and focused on combatting loneliness through a befriending service.

We were pleased to make the presentation of our donation to Marjie Walker, the Link Visiting Scheme Chief Executive Officer.



COATS

<https://www.coatscrowthorne.org.uk/>

Crowthorne Old Age to Teen Society was selected as our charity for the Jubilee Concert. The Charity was set up in the 1960s to provide companionship, lunches, teas, activities, entertainment and services for local older people. It encompassed the idea that young people can contribute to the community by helping the elderly.

We are hoping to make the presentation to COATS later in September.



CLASP

<https://wokinghamclasp.org.uk/>

Bracknell bass singer, David Raeside, has finally resigned from his role as leader then co-leader of CLASP Choir. Huge thanks from all at Sing Healthy to David for stepping in with Brenda Jenner back in 2017. Members of CLASP Choir developed real confidence, moving from singing as individuals into a group who

resonate such joy and are often asked to perform in public. David has guided them to take part in our Christmas concerts and summer sing-outs and we all loved having them with us for "You Never Walk Alone" in July.

CLASP Choir meets at the Bradbury Centre in Wokingham on the second and fourth Friday of each month, 12.30 - 1.30 pm

and several choir members regularly like to go along; we always leave with a spring in our step and a huge grin. David will be offering his support from the back and all are welcome to join us.

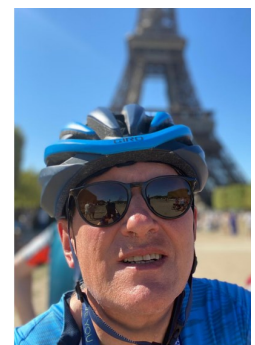


Cycling Dave

Congratulations to Wokingham tenor, Dave Moore, who took part in the London to Paris cycle challenge, 10th to 14th August, and has raised a staggering £1,130 for Mind UK. If you'd like to support the charity, go to

<https://www.justgiving.com/fundraising/David-Moore127>

Do let us know if you're taking part in similar charity fund-raising events.



Looking ahead, Sing Healthy members chose to support First Days Children's Charity, as well as Berkshire Maestros, at the Autumn Concert and the Christmas concert will raise funds for Pilgrims Heart Trust, which helps homeless and vulnerable adults.

Publicity and promotion

The eagle-eyed who receive the Crowthorne Community Magazine, Crowthorne Eye, will have spotted our piece by Mike Hardman who leads on Sing Healthy publicity and promotion. He regularly sends notices to Wokingham Word and Round and About freebie magazines and promotes our concerts in Wokingham

Today newspaper. We are less successful in finding similar free opportunities in the Bracknell area of promoting Sing Healthy and encouraging new people to 'Sound Us Out' so if you see any residential or community newsletters, please let Nicky Nicholson or Ann Stainton know.

On 1st October afternoon, we'll have a stand at the Bracknell LETS event at Birch Hill Community Centre to promote Sing Healthy Choirs among other local groups, clubs and societies. More tenors and basses would be most welcome at Bracknell choir and now is a good time to join as we'll be learning new music.

Finances

Our treasurer, Mike Gale, reported on our finances at the AGM. The financial year runs on a calendar year basis and in 2021 the charity made a profit of just over £4000 which exceeded expectations. As reported at the AGM, a significant component of this profit was a result of Kieran and Louise receiving a lower payment for rehearsals.

Given the outcome we are in the process of reimbursing them over the 2022 year. 2022 is currently tracking as expected although there are always some uncertainties around concerts and membership numbers.

Gift Aid continues to benefit the choir with a regular monthly flow of income. If you are a new member or

have just not got round to it, you can sign up to Gift Aid at any time providing you pay income tax. Registering can be done here: [Online Gift Aid form](#) or ask Mike for a paper form - Please have a chat with Mike if you have any queries or email treasurer@singhealthy.co.uk - he's happy to help.

Future music plans

We have two concerts currently scheduled - Wokingham Choir Autumn Concert on 12th November with Berkshire Maestros Camerata and the combined choirs Christmas concert on 10th December, both at the Baptist Church, Milton Road, Wokingham. Plans for next year are in formulation and we look forward

to hearing what Louise and Kieran have in store for us.

December carol singing

Louise and Kieran have been in touch with RHS Wisley and Windsor Castle respectively in anticipation of any Christmas carolling opportunities. However,

neither are holding events with choirs this year.

Royal Berkshire Hospital are already offering slots to local choirs to sing at Reading Station during December to raise funds for their charity Christmas Appeal and no doubt, more requests will follow!

Requests for help

The Lifestyle Co-ordinator at Bickerton Care Home in Warfield has been in touch. She regularly sings with residents and would love to form a choir. She'd like to

have carol singing in the corridors and rooms in the countdown to Christmas and has a few residents whose voices could do more. Is anyone willing to help her?

If you have a couple of spare hours a week and able to go to Warfield, they'd love to hear from you. Speak to Ann Stainton if you'd like more information.

Kieran outside of Sing Healthy

In the last issue we asked Louise to tell us about what she does outside of Sing Healthy. In this edition we asked Kieran to give us some insight into his other activities.

"I've always held a broad range of interests. Perhaps it's why the notion of selecting a 'career path' at any point has often felt closer to a step on the journey in retrospect. Perhaps the closest you could get is calling mine an 'arts-based' career. Whatever it is, it's always contained music. And I'm lucky enough to have worked with some amazing people over the years. Them as composers, conductors, filmmakers, soloists; me as new music promoter, interviewer, film director and collaborating producer.

Over the years, I've built up skills in video production, audio engineering, branding and marketing. Skillsets that are often missing from smaller arts organisations, where a tiny team usually do the role of whole departments on their own. I've worked for these organisations as a member of staff, and 'on the other side' as a supplier. I've learnt a lot from these experiences about the

practicalities of running my own business. To date, achieving a clear brief at the beginning of a project remains the biggest piece of learning!

Since my return to choral direction with Sing Healthy, my interest in the voice has grown substantially. Around the same time, I started work on behalf of a voice coaching agency - to assist with confidence in public speaking, concerns around accent for ESL speakers - and worked with around 150 people in those two years. In 2019 I started to explore how my work with the voice - as an instrument - could co-exist alongside my voice coaching work. I decided to work for myself, continuing my work with the voice, but modulating the focus away from accent and elocution.

These days, I assist a wide variety of people with their vocal confidence. I work 1:1 and run group workshops where we practise speaking to an audience, reducing verbal fillers and learning to feel comfortable speaking spontaneously and on the spot. I've had a substantial increase in requests for help with video work, which does feel like my career has come full

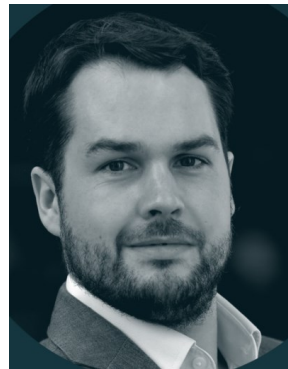
circle since my days of running my video production company from 2010-14.

But this time, I'm not working with the equipment so much. I'm working with people to help them feel like themselves in front of the lens. So they can talk about what's important to them without apology. And connect more directly with their audience. Many of these people are other coaches or small business owners, and I relish using the grounding and performative knowledge of singing in this work. It's hugely exciting to see people come to life in front of the lens - it's akin to the work of bringing a concert to its performance. I love it."

www.jointhedialogue.com

www.linkedin.com/in/kieranmorris/

Thank you Kieran!



Farewell to the Bradbury Centre

Wokingham choir has been rehearsing at the Bradbury Centre for several years, but there have been some limitations acoustically and with space for singers as the choir has grown.

We have been through a process to look at alternative venues and consulted with the members on their preferences.

As a result we have moved to St Crispin's School sixth form centre which is a modern

attractive space. We are all looking forward to new era of rehearsals ahead of us!



Trustee plans

Thanks to all who responded to our questionnaire about their experiences of Sing Healthy with a view to helping the trustees identify where to focus our efforts.

The data has already been very helpful and led to the selection of a new Wokingham

rehearsal venue.

Reassuringly there was not a demand for radical change – indeed many comments were oriented around leaving things as they are.

That said, the trustees are gathering more views and in the process of considering

what improvements can be made for members without compromising what attracted you and keeps you coming!

The Trustees



Chair
Ann Shaw
Wokingham and
Bracknell Alto



Trustee
Nicky Nicholson
Bracknell Alto



Secretary
Lynn Marshall
Wokingham Mezzo



Trustee
Paul Dunn
Wokingham and
Bracknell Bass



Treasurer
Mike Gale
Wokingham Tenor



Trustee
Ann Stainton
Wokingham and
Bracknell Alto

Thank you!

Let's hear from you

As always, feedback is very welcome - the Trustees are here to make sure that the members enjoy being with Sing Healthy so let us know what you think and what you would like to hear about.

Drop any of us an email or just come and have a chat.

Chair - Ann Shaw (Ann.Shaw@singhealthy.co.uk)

Secretary - Lynn Marshall (Lynn.Marshall@singhealthy.co.uk)

Treasurer - Mike Gale (Mike.Gale@singhealthy.co.uk)

Trustee - Ann Stainton (Ann.Stainton@singhealthy.co.uk)

Trustee - Paul Dunn (Paul.Dunn@singhealthy.co.uk)

Trustee - Nicky Nicholson (Nicky.Nicholson@singhealthy.co.uk)