

Voices 2010 : ARCHIVE of 1st Festival of A Cappella Singing

ARCHIVE of December 3rd 2010 Singing and Health Day

Sense of Sound and The Black-E are delighted to invite you to a Singing and Health day, featuring a series of seminars and presentations by some of the UK's leading specialists.



This event is aimed at health practitioners, those working with health and the arts, community groups, youth workers, singers, singing teachers, students and anyone interested in how arts and health can be used to improve well-being.

To secure a place on this **FREE** seminar contact Sense of Sound on **0151 702 7799** or email **info [at] senseofsound.net**.

SINGING and HEALTH DAY PROGRAMME

10-11 Registration

11-12pm Dr Ian Morrison - from the Sidney de Haan Research Centre for Arts and Health will focus on singing and mental health.

12.15-1.15pm Kim Chandler - will discuss the benefits of singing in conjunction with fascinating facts regarding the athletic aspects of the voice.

2.15-3pm Professor Martin Ashley - Boys and singing: his presentation will look at the changing voice of boys in adolescence.

3pm Performance by Jennifer John and Ogo

3.15-4pm Sue M Jones - her presentation will focus on vocal health based on her experiences and knowledge as co-director of the Vocal Clinic Services.

4.15-5.15pm Round table discussion - featuring the presenters and led by Sense of Sound's Artistic Director, Juliet Russell.

This event marks the start of **VOICES - a celebration of all things a cappella** - at the Black-E and The Bluecoat between 3rd & 5th December.

Saturday 4th and **Sunday 5th** will consist of various **FREE** choir performances and workshops which will take place at **The Bluecoat** and **Radio Merseyside**.

SATURDAY 4th December @ The Bluecoat

Come and enjoy performances by some of Liverpool's best choirs.

2-2.30pm Mersey Harmony - Liverpool's fantastic ladies barbershop

3-3.30pm Vox Voices – a contemporary community choir

3.30-4pm Hope Street Harmonies – an electric repertoire ranging from traditional Gregorian and African songs through to unique arrangements of popular soul, pop and rock songs

7-7.30pm Liverpool Socialist Singers – singing for change and inspiration

EVENING CONCERT:

8pm- 9pm PERUNIKA TRIO with support by **Sense of Sound Singers**

PERUNIKA TRIO – a London based female trio that incorporates Bulgarian, Macedonian and Russian traditional music and orthodox chants into a broader Slavic repertoire. Their a cappella performances include poetry and storytelling.

“The voices of angels” – BBC London : “As fine a slice of Eastern European a cappella as you’re likely to find” – FROOTS : “****” – Financial Times

Places for this **FREE** concert are limited so please book your seats in advance by contacting **info [at] senseofsound.net** or by calling **0151 702 7799**

SATURDAY 4th December@ Radio Merseyside

Come and participate in some amazing **FREE** workshops and enjoy the opportunity to sing and have fun.

11-12.45pm Liverpool Socialist Singers workshop

1-2.45pm Kim Chandler (Funky and fun)

3-4.45pm Perunika (Bulgarian singing)

SUNDAY 5th December@ The Bluecoat

A full day of fantastic **FREE** workshops for all ages to come and join in

10-11am for parents and children aged 0-7 yrs old – with Joanne Pue

11-12pm for parents and children aged 7-11yrs old – Joanne Pue

12-1pm Norwegian singing with Hedda Aronssen

1-2pm Rap/hip hop for 12yrs and above – Curtis Watt

2-3pm Improvisation with Steve Boyland

3-4pm Gospel with Ian Davidson

4-5pm West African singing with Ogo Nzeakor

5-6pm Contemporary Pop, Soul and RnB with Sense of Sound

This 3 day festival is supported by **Youth Music** and the **Year of Health and Wellbeing**.

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