

Programme – Sat 24th Sept 2022

From 09:30 Registration & coffee

Session 1 – Where are we now?

Hosted by Andrew McTaggart

10:00 Welcome & introductions

10:10 Company warm-up

Three joyful songs to kick off a weekend of singing together, *I Believe That One Fine Day* and *Under The Shelter* led by **Ali Burns**, and *Tiri Pamwe* led by **Penny Stone**.

10:50 **Andrew McTaggart** introduces the theme of the session:
How can we build and sustain a healthy career as a choir and song leader? What are the challenges?

10:55 **Shona Brown** shares her journey into choir leading, creating a sustainable business model, and responding to the challenges of serious illness.

11:10 Discussion & response

An observation from our 'Listening Ear' & facilitator **Cathy Phillips Brady**

11:30 Coffee break

11:45-12:50 In the attic room: Developing conducting skills workshop
Led by Katy Lavinia Cooper and Ula Weber, designed for less experienced leaders. Sign up at registration to take part. This workshop will not be streamed online.

11:50 Gaelic song bootcamp

Mary Ann Kennedy leads a port-à-beul *Faca Sibh Màiri Nigh'n Alasdair?*

12:20 **Andrew McTaggart** introduces a talking point: How do we create and deliver ongoing professional development opportunities across our very diverse sector?

Panel discussion with established academic researcher and traditional music practitioner **Dr Jo Miller**, and artistic director of National Youth Choirs of Scotland **Christopher Bell**.

Discussion & response

13:05 **Andrew McTaggart** will lead *Selkirk Grace* by Robert Burns to sing us into our lunch break.

13:15 Lunch & networking time

Session 2 – Context is the key

Hosted by Alison Reeves

- 14:00 Two short songs led by **Anna Ghazal**, *Building Bridges* by the Women of Greenham Common Peace Camp, and *Standing Stone* by Melanie DeMore.
- 14:15 Inclusive practice
Alison Reeves from Making Music in conversation with **Lottie Brook** from Luminate Scotland / Dementia Inclusive Singing Network share their experience of developing and designing inclusive projects, considering barriers to participation and the strength of adopting a person-centred approach.
- 14:50 Comfort break
- 15:00 Singing songs from cultural traditions. What do we need to consider?
Wendy Weatherby leads the Scots Song, *The Twa Corbies*.
Harry Campbell leads *Ti Mama*, a Namibian song in the language Nama/Damara, as published by Bonnie Pereko.
- 15:30 **Katy Lavinia Cooper** leads an open discussion about sharing songs in an inclusive setting from cultures and traditions that are not your own.
- 15:40 What singers want!
Dr Kathleen Cronie shares her research on what singers want from their group leaders.
- 16:00 Flashmob
Penny Stone's collaboratively written *Tiri Pamwe* has its first live performance on the streets of Maryhill.
- 16:15 END of session 2

Evening programme

A ceilidh ticket is required for dinner and evening activities. The evening activities will not be streamed online.

- 16:30 Ad hoc rehearsals, in smaller gathered groups to rehearse songs to sing at the Wee Ceilidh Singaround.
- 18:00 Dinner
- 19:00-22:00 Wee Ceilidh Singaround hosted by **Josie Duncan**, followed by the Big Ceilidh with dancing. (Bar available, card payments preferred.) **Bring a song to the Singaround - sign up at registration.**

Programme – Sun 25th Sept 2022

From 09:30 Registration & coffee

Session 3 – Care, wellbeing, health & growth

Hosted by Penny Stone

- 10:00 Mindfulness in practice
Jane Lewis leads a gentle early morning practical session introducing simple formal and informal mindfulness-based practices.
- 10:35 Embodied singing
Corrina Hewat leads an original song *Colours We Bring (Song from the garden)*, opening out into a conversation about the power of adopting a holistic approach as a teacher.
- 10:55 **Penny Stone** introduces a talking point: How do we address the trauma of the pandemic in our practice?

Discussion & response
- 11:05 Lung health & breathing well
Opera singer and lung health specialist **Rachel Hynes** presents a personal insight into recovery from Long Covid and leads a series of practical exercises with a focus on the breath and breathing well.
- 11:40 Coffee break
- 12:00 **Debra Salem** teaches an energetic and fun original 8-part riff-based on the form of a 12-bar blues, *Love is all around*.
- 12:20 Engaging with research & evaluation
Penny Stone introduces a short provocation: Projecting forward, as we emerge from the pandemic, how do we best commission, collect and share the evidence we need that will help demonstrate the impact and reach of our singing work in a health and wellbeing context.

Panel discussion with Singing for Health practitioner and researcher **Dr Sophie Boyd**, network manager for the Sing for Health Network based in England **Baz Chapman**, and **Debra Salem**.
- 12:45 Warm down & closure
Two short closing songs, *Love Can Build A Bridge* (The Judds) and *Merengue* (Baz Chapman) led by **Ula Weber**, illustrating thoughts around shaping a singing session.
- 13:00 Lunch & networking time

Session 4 – Collaboration & collective action

Hosted by Mary Ann Kennedy

- 14:00 **Adelaide Carlow** leads a joyful outdoor singing session of Laura Mvula's *Green Garden* in the Burgh Halls courtyard.
- 14:30 Frameworks for the future
Our Listening Ear **Cathy Phillips Brady** reflects on key themes from the gathering.
- 14:45 **Mary Ann Kennedy** introduces a talking point: What are the challenges and opportunities of thinking and working collaboratively?
- 14:50 Elevator Pitch
Share your 2-minute dragons' den style idea for creative and collaboration projects that you would love to see happen, at a community level to address local needs, at a regional level or across the country at a national level.

Discussion & response
- 15:15 Comfort break
- 15:25 Better Times
We revisit and sing again, songs that have been shared during the gathering, followed by a final collaborative leading of the song *Better Times* by Janis Ian.
- 16:00 END of session 4

With huge thanks to the Comfort Of Voices steering group

Ali Burns, Alison Reeves, Andrew McTaggart, Katy Lavinia Cooper,
Mary Ann Kennedy, Penny Stone & Stephen Deazley

& all of the weekend's contributors, including

Adelaide Carlow, Anna Ghazal, Baz Chapman, Cathy Phillips Brady,
Christopher Bell, Corrina Hewat, Dave Milligan, Debra Salem, Harry Campbell,
Jane Lewis, Dr Jo Miller, Josie Duncan, Dr Kathleen Cronie, Lottie Brook,
Rachel Hynes, Shona Brown, Dr Sophie Boyd, Ula Weber & Wendy Weatherby

Contributors biographies are available on [the Love Singing website](#)