



LOST CHORD UK

When words fail, music speaks

News updates...
Spring – Summer 2023

*Keeping you up-to-date with what's happening at **LCUK***

A heartfelt welcome to our Spring/Summer newsletter

What a whirlwind five months it has been since I last updated you. Your most precious commodity is your time so I shall be brief and give you the highlights of the year to date...

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Concerts in Homes

We continue our signature interactive music sessions in care homes with new homes coming onboard every month. We have started to do in person bedside one to one sessions which have been of immense benefit to residents, hugely rewarding for the musicians and of tremendous comfort to the carers and families; knowing that there can still be recognition of music for someone in the final stages of dementia is so precious. The music memory is truly the last part of the brain to go and is a final connector during the palliative care stage of the dementia journey.

It is with sadness that I have to note that covid and D&V bugs are still causing cancellations each week within our care home programme. All LCUK musicians

continue to test prior to each concert as we are committed to never unwittingly bringing illness into an environment with the most vulnerable of society. We do everything we can to keep all we come in contact with well and safe.

Power of Music Fund

We were fortunate to have been chosen to be one of the recipients of a **£1000 Power of Music Grant** from the **Utley Foundation** and **Power of Music Fund**. We have used this to fund the Quaker Meeting House Choir in Sheffield which has really built into a tight knit community of attendees, volunteers and session leaders. I am looking for funding to continue these invaluable service after July when the current funding runs out.

LCUK Choir of Hope

In March we were awarded a grant of over **£4,500** by **Voluntary Action Rotherham** to trial a **Bereavement Choir**. This was the brainchild of **Trustee and LCUK Musician, Sally Glennon**.

This extraordinary group of people touched by bereavement in so many different ways, will perform a **Concert of Thanksgiving on 31st May** at 7pm at St Gerard's with special guest, **Britain's Got Talent winner and LCUK Patron; Jon Courtenay**. There have been 10 sessions and each week attendees have laughed, cried and sung through their bereavement journey, making friends, composing songs, drinking lots of tea and coffee and eating lots of delicious cakes! It has been a truly transformative

time with attendees saying it has improved their sleep, wellbeing and confidence. Tickets are available for this **FREE** event via **Eventbrite**.



Chilterns MS Choir



After a trial of six sessions we got a resounding seal of approval from MS Chilterns centre to continue the LCUK Choir there fortnightly. These sessions led by trained music therapist Deborah Holborn have brought immense joy to the attendees. I had the privilege to attend one session and heard a lady say 'it has taken me to get MS to pluck up the courage to be in a choir and I just love it...without MS I would never have had this experience'. What an inspirational mental attitude. Brava Deborah for creating such a welcoming environment where people come not only to sing but also to chat. We are truly supporting people through music and friendship.



Kingston Library Interactive Music Session

We were fortunate to receive a large donation from Hilary O'Neil who generously made the decision to ask for donations to LCUK rather than flowers at her Mum's funeral. With the money we have launched the Angel Val community sessions at Kingston Library which are led by Maciek O'Shea and Emily Wenman. A spin off from this is a fortnightly community session will be held at The Home of Compassion where this exceptional home is throwing open its doors (and hearts) to the community and fully funding LCUK to come in and do what it does best – share top quality interactive music sessions with people living with dementia and other complex health conditions.



Blackheath Interactive Music Session

We have appointed our first **Community Engagement Musician**, fantastic long serving LCUK pianist, **Andrea Kmecova** who has raised the money to fund monthly community interactive music sessions at **Age Exchange** and **St James's Kidbrooke**. We are delighted to welcome our **first London volunteer – Dee** to the LCUK family. These sessions are fully funded by **Take Note Choir, Blackheath** and **Relish**.



Wrenthorpe Tea and Tunes



LCUK Musicians Liz Ball and Suzi Saperia reached out to me in March and expressed an interest in starting a fortnightly community choir where they live in West Yorkshire – a county that to date we have not operated in. From the first session it was clear that this was fast going to become an essential service in the area. News just in is that a concert that Liz Ball arranged starring her fantastic students along with her vocal harmony group; The Serenitas (of which Suzi is a member) raised a phenomenal £450 to support the sessions. What was so heartening to hear was that the audience contained some of the attendees of Tea and Tunes so a network of friends is already being established. Brava Liz and Suzi!



Volunteers

It has been a really busy time for our band of volunteers as the **community sessions** and **care home concerts** increase. We enjoyed a visit to the Town Hall after Mayor Tajamal personally invited LCUK Volunteers to have a tour of the civic building by way

of thanking them for the outstanding commitment they give to the charity.

We have started wearing our red polos emblazoned with the logo and our lanyards, helping them to stand out at sessions for both the residents and clients.

In May we heard from the Royal Voluntary Service that **Pete Dye had been made a Coronation Champion**.

I nominated him because of his courage and commitment which has truly helped LCUK evolve in the post pandemic world. Pete was a special guest at Windsor Castle. What was so tremendously heart-warming was the excitement of all his fellow volunteers, the musicians and the attendees of community sessions. He will forever more be known as 'Coronation Pete'.

Whilst Pete was at Windsor Castle, **Chairperson Ben Frith** and **Secretary Deborah Stone** were invited to a special **Coronation Service of Thanksgiving at Sheffield Cathedral**. LCUK really is making it's mark.

We have had a surge in interest of new volunteers which has been really wonderful when the media is reporting that volunteering is down.

We welcome **Jean, Pippa, Gill, Brenda, Jennie, Dee and Katie** and are excited about working with them over the coming months.

A huge shout out to **volunteer Marg Pemberton** who started **Tea and Tunes at St Leonard's in Dinnington** that is bringing immense joy to so many in the community.



Superhero Challenge

May sees the 2nd Superhero Challenge month with Sally Glennon doing **10,000 steps a day in May**, and Gill Goodrich doing a **Birthday fundraiser**. Maria King did her first half marathon in **Manchester** and I did my first marathon; the **Salzburg Marathon**. We are all trying to boost our fundraising whilst finding the superhero within ourselves. I have to say I certainly found my inner superhero around my 23rd mile in 31 degrees heat!

If you should like to donate please follow the donate links on our website: www.lost-chord.org.uk/donate

Welcoming new musicians

We have welcomed new musicians to the team; Lisa Coates, Matt Tilley, Thomas Mottershead, Meryn Williams, Nick Dwyer and Andrew Clearly. We still have a waiting list of musicians to integrate through our mentoring programme and are being contacted on a weekly basis by outstanding professional musicians who feel called to do this fulfilling work.

Introducing members of the LCUK team

On 5th June we start yet another faze of our journey as we welcome **Lynsey Greenwood** as **Operations Manager**. Lynsey will do 25 hours per week for us and will be the only other salaried employee.



Freelancer Andy Foster has devoted two days a week to LCUK since March and has been working on the **website and our marketing materials**. You are now able to view all our public sessions from the website which is very exciting. We are trying to reduce our carbon footprint and in the last 18 months I am proud to report that we have moved from a **paper to purely digital operations** for all our invoicing, reporting etc.



Freelancer John Highfield has continued to gain **extensive coverage** for Lost Chord UK in the **media in South Yorkshire** with regular articles in The Yorkshire Post, Sheffield Star, Telegraph, Rotherham Advertiser and all the glossy **regional** magazines.



Lincolnshire Launch

Trustee Antoune has been tireless in his devotion to fundraising the money to **launch sessions in Lincolnshire** which we did in style with an Interactive Music Session at **Grimsby Minster** as part of **Mental Health awareness week** and a

session at **Myos House**. Both sessions were fully funded by the **Rotary Club of Scunthorpe Pentagon**.



Rotary



The above is only the highlights of what has been happening over the last five months since the Christmas newsletter. There is so much more to tell you such as Sickelholme Golf Club and South Yorkshire Police band both choosing us as their Charity of the year, but I will save this for a later date. You can keep up to date daily by following us on social media.

My personal thanks and immense gratitude goes to the outstanding commitment of the Board of Trustees led by Chairperson Ben Frith, Treasurer Mark Procter, Secretary Deborah Stone, Kim Bottomley, Sally Glennon and Dr Malcolm Venables, to the wonderful Volunteers, the exceptionally talented musicians who hold the key to unlocking memories for people living with dementia and other complex health conditions and of course to you our supporters and donors without whom the music would fall silent. Heartfelt thanks, Clare Langan, CEO, LCUK.



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