



Surrey Network

Universities of the Third Age

CREATIVE THERAPIES & SINGING FOR HEALTH & PLEASURE

A Study Day on Friday, 19th October 2018

At The Menuhin Hall, Stoke d'Abernon (map on next page)

Speakers: Bekah Duncalfe, Rebecca Hitch & Ursula Steiger
With the Canterbury U3A Singing for Pleasure Choir

The innate qualities of music can be used to facilitate emotional well-being and communication. This can enhance self-awareness and the awareness of others, improve attention and concentration, promote communication and improve self-confidence and independence. The first two speakers work with people with brain injury, dementia and autism. Ursula Steiger has been running an interest group on singing at Canterbury U3A for ten years and appreciates the health benefits of singing as well as the sheer pleasure of being involved. She is aware of the work of the Canterbury Christchurch University research group on singing and health and gives talks on this subject herself. In her second session Ursula will be accompanied by the Canterbury U3A choir; she is bringing with her a coach-load of her 120-strong choir.

Programme

- 9.30 Registration
- 10.00 Bekah Duncalfe & Rebecca Hitch – Meraki & the Creative Therapies, Music, Art, Dance & Drama. How do they work? Emphasis on Music.
- 11.00 Coffee / tea
- 11.30 Bekah Duncalfe & Rebecca Hitch – Well-being through Creativity. What can we take from the Creative Therapies for our own lives?
- 12.30 Lunch - Bring your own - tea/coffee available
- 1.30 Ursula Steiger - The Health Benefits of Singing with Audience Participation for the Willing
- 2.30 Tea / coffee
- 3.00 Ursula Steiger with the Canterbury U3A Singing for Pleasure Choir
- 4.00 Departure

Speakers: Bekah Duncalfe & Rebecca Hitch are therapists, and partners in Meraki Creative Therapies Ltd. in Farnham. They work with individuals and groups, many with brain injury, dementia and autism. Ursula Steiger is a member of Canterbury U3A and has given workshops and talks about the health advantages of singing. As well as running the Singing for Pleasure Choir, she has given national summer school courses on Singing for Pleasure for around seven years

To book send the slip below, with a cheque for £10 (non-U3A guest £12) payable to 'Surrey U3A Network', or bank transfer to HSBC acct 11519018 40-27-07, ref 'Event month(s)' e.g. Feb, Mar, to John Kennedy – U3A, 20 Greville Park Road, Ashted, KT21 2QT, Tel 01372 273561, e-mail surreyu3astudyday@btinternet.com. Enclose a SAE or e-mail address for confirmation. Fees are not normally refundable. Website, see the next page.

Singing Study Day

19th October 2018

Please print Confirm by ticking E-mail or enclosed SAE Cheque or bank transfer



Title First Name Surname Name of U3A

Address

Post Code Telephone E-mail

See next page if you need disabled parking, tick , or a wheelchair space in the hall, tick

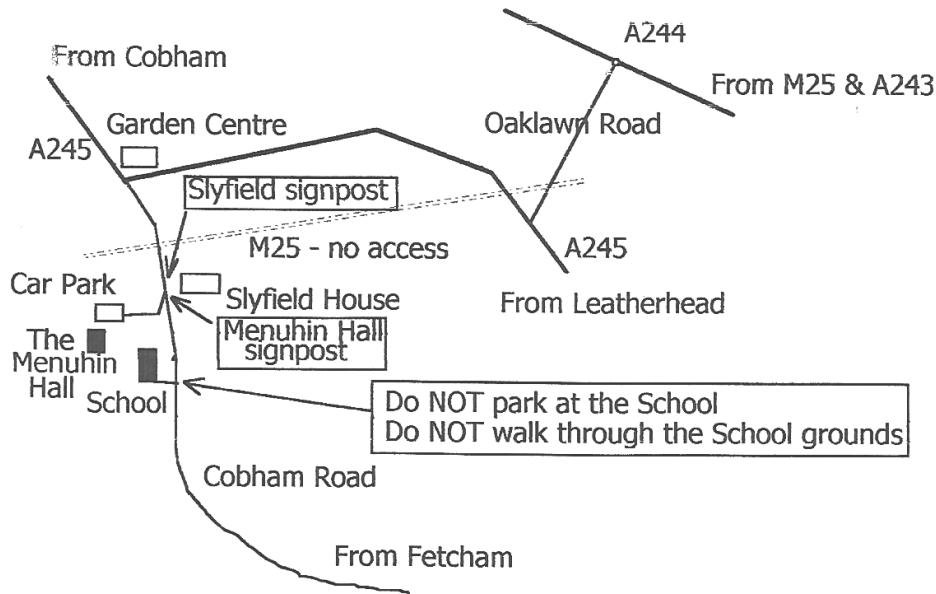
The Menuhin Hall

Cobham Road, Stoke d'Abernon, KT11 3QQ

Map ref: TQ 132 579 on Landranger 187, Explorer 146

Telephone 07763 805046 (emergency, on day only)
or Menuhin Hall Office 08700 842020

There is a Garden Centre (01932 862530), about 800 metres to the north of the Menuhin Hall where light lunches are available. Reservations not required.



The Menuhin School was founded in 1963 in London and moved to its present site in 1964. It has about 80 pupils learning to play stringed instruments including piano and is financed, in part, by the DfES. Lord Menuhin was born in New York on 22nd April 1916 and died on 12th March 1999 in Berlin. His parents had come from Russia. His first public concert was in March 1924 and his first in Europe, in Paris, in 1927. His performance of Elgar's Violin Concerto was recorded at the Abbey Road Studios in 1932. The Hall, designed by Mark Foley, was conceived as a memorial to Yehudi and was handed over to the school on 5th August 2005. The official opening was on 7th January 2006. Yehudi is buried near the stone pillar in front of the Hall. Nearby is an oak which he planted on his 80th birthday. The Hall was first used for U3A Study Days on 14th October 2005 when the Steinway grand piano was used as no other was available.

Surrey Network Website - <http://u3asites.org.uk/surreyu3anetwork/> has application forms for study days & other events plus information about the Surrey Network and links to Surrey U3A websites.

Disabled Parking. There are six spaces behind the hall, there are more in the main car park. If you have a blue badge and need level access to the hall then tick "Disabled parking" on the booking slip. You will then be allocated a space at the back of the hall if available and sent a permit. If you can manage from the main car park (i.e. you are able to manage some steps with handrails) then please do not tick "Disabled parking". That will leave the back of the hall spaces for those that are very immobile.

There is a "drop off" space at the back of the hall where disabled who are not the driver can gain level access to the hall.

Wheelchair spaces. If you need a seat removed in the hall to accommodate a wheelchair then tick Wheelchair on the booking slip.