



## Musical Connections newsletter

Helping people to live  
happier and healthier lives



**“Music is the great uniter. Something that people who differ on everything and anything else can have in common.”**

- Sarah Dessen





With a return to in-person events and finally, an Autumn term that hasn't been affected by any restrictions, we were delighted to co-host 'Unity in Community' at the beginning of November. A fantastic evening, including Monkgate, Rolling Tones and Tower Court group members, and beneficiaries of Converge, an organisation linked with York St John University, supporting any adults who have experienced mental health conditions, it was a very special opportunity for everyone to join together on stage at the recently opened York St John University Creative Centre. Whether it be MC favourites, collaborative performances with Emerging Voices and Communitas (the two Converge choirs) or a big feel-good dancing finale to 'Shut Up and Dance', the joy on everyone's faces was evident throughout, and as the concert title rightly suggests - a true testament to the unifying power of community music!

## On The Bonnie, Bonnie Banks o' Glen Lodge!

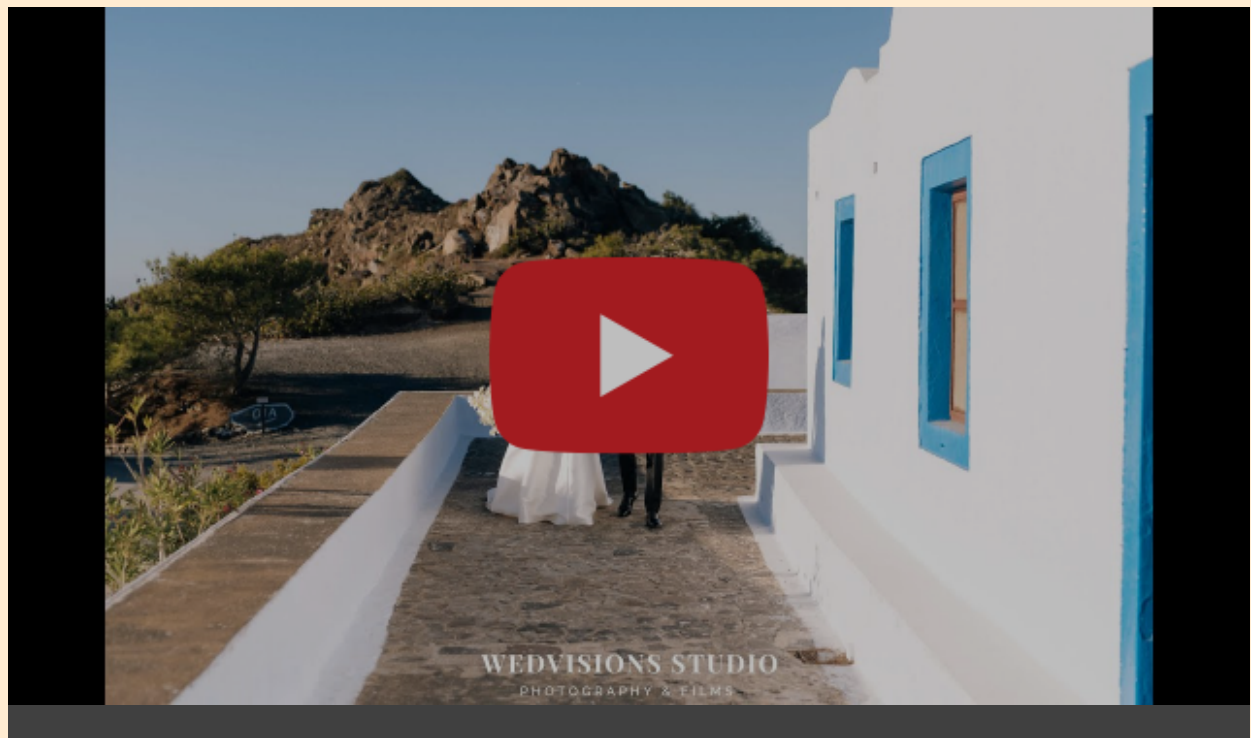
We are incredibly fortunate to have strong relationships with a number of local schools and colleges across the city, and recently thoroughly enjoyed hosting a Scottish-themed afternoon involving members of our Glen Lodge group and St Aelred's school children. Armed with Scottish flags, blue and white scarves, and plenty of enthusiasm, members and children joined together to learn traditional Scottish songs, try their hand at Ceilidh dancing, and play a game of musical bingo. The children also gave a fantastic performance of Brave's Touch the Sky which they had been learning during their music lessons. It was a gorgeous afternoon for both group members and children alike, giving them the unique opportunity to connect and laugh with a different generation, and proving that changing

the words to 'What Shall We Do With the Drunken Sailor?' will always be funny, whatever age you are! A huge thank you to Mrs Feehan at [St Aelred's Primary School](#), and to all of the Year 6 children for their brilliant singing and dancing - we can't wait to see you again soon!



# Cheers To Our MC Dancing Queen!

It's not often that one of our Musical Connections musicians gets married, in fact, it hasn't ever happened in the lifetime of the charity, so you can understand why we were all rather excited in the build up to Abby's recent wedding in Santorini. Celebrating in true MC fashion, we produced a surprise version of 'Get Me To The Church On Time' featuring guest appearances from some of Abigail's Tower Court and Monkgate group members. Recorded 'undercover' during a Rolling Tones session and released the eve before the wedding on our Facebook page, it was a wonderful way to honour such a special occasion. To quote the lyrics, 'Here's to a long and happy marriage – we really hope you had the best day!' You can watch the full video below:





# "Gospel music is sung straight from the heart"

- Mahalia Jackson

...and didn't Gale Farm Court group members prove it during their Black History Month celebrations in October! Channeling their inner gospel voices and enjoying music by Louis Armstrong, Tina Turner, and Nat King Cole, we managed to sneak this wonderful recording of them - they're always enthusiastic singers, but as you can see, they really put their hearts and souls into this one! If you, or anyone you know, would like to be involved in fun and light-hearted sessions just like this, then don't hesitate to get in touch - we'd love to hear from you. Gale Farm meet on Thursdays @ 3.30-4.45pm at Gale Farm Court sheltered housing scheme, Front Street, Acomb YO24 3DR.



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**Musical Connections**

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