

Dear choir,

We have 7 Wednesdays to prepare for our final concert of the season. With this in mind, we are asking for members' commitment to attending these weekly rehearsals so that the concert repertoire can be thoroughly prepared.

It goes without saying that as many of us as possible are required to sing on concert day for a performance of strong forces!

Please ensure that you have told your Voice Rep - Janet (sopranos) Sue O'K (altos) and Stephen (tenors & basses) whether, or not you will be participating in the concert (17th June).

We have already rehearsed:

29th March:

Pages 14-19 of the Coronation Anthems

Pages 48-59 & 56-59 of Queen Caroline

19th April:

The King Shall Rejoice pages 29-45

The full Wednesday rehearsal schedule is accessible on the Members' area of the website. Please keep up with personal preparation & revision at home and mark up your score with Will's directions.

Supporting 'hearing' at rehearsals

As music is primarily an auditory activity based on sound, being able to hear well is vital for us as a choir.

A few weeks ago, I attended a Zoom session which is relevant to us all. It included practical strategies for rehearsals to reduce hearing problems for those with hearing loss, as well as for members with no difficulty.

The webinar can be viewed here:

[Webinar recording: Preventing and managing hearing loss](https://www.makingmusic.org.uk/webinar-recording-preventing-and-managing-hearing-loss)
[makingmusic.org.uk](https://www.makingmusic.org.uk)

These are the main points that I picked up on:

In general, people are far more embarrassed about hearing problems than sight difficulties.

People will automatically get their eyes tested regularly, however do nothing about having a hearing test - recommended every 3 years, as once lost it cannot be regained. Everyone should be encouraged to get their hearing checked!

What we can do:

Singers with hearing loss need to be placed with a direct sight line to the conductor and where they can be aware of what others around them are doing, with a 'buddy' by their side to prompt. The Voice Reps will be happy to help. Ideally, we should all be able to see the conductor.

Conductors can give well-paced, straightforward directions with repetition as necessary.

Everyone in the choir can actively support by:

'Tuning in' to hear - **focussing active listening as a group.**

Cutting out all unnecessary **background noise** in the hall, including chattering & whispering (other than buddy support) during rehearsal time.

Written support for members' reference:

Will has provided a music schedule for the term in advance. Stephen & I will continue to publish pre-rehearsal music schedule notes, a review of what has been covered, what needs to be practised independently at home, next steps etc in notices on the Members' area of the website.

This information is intended to be of help to us all. If anyone has concerns about their hearing related specifically to their music activities and wants to look into specialist support, here is a link to an audiologist who looks after musicians:
Rob Shephard - BAPAM

bapam.org.uk

[Specialist Support for Performers | Audiologist](#)
[youtu.be](#)

[Audiology Advice All Musicians Should Hear](#)
[\(Consultant Clinical Audiologist Mr Rob Shephard\)](#)
[youtu.be](#)

With best wishes,
Maggie

