

Resonate Now

February 2021

Hello everyone

February has been a rather chilly one so far, with most of us seeing some snow! We hope you have enjoyed looking out of your windows at the changing scenes, or perhaps you might have even ventured out for a walk.

The Resonate team have started the beginning of the year with our **online music project** in partnership with Wigmore Hall and the Royal Academy of Music. We have continued connecting volunteers with individuals interested in the **'art of conversation'** and our online choir continues exploring lots of wonderful songs together.

In this month's letter, in the spirit of Valentine's Day **we celebrate love**, but perhaps not in the usual 'romantic' ways we always think of. Jude shares with us some thoughts and insights on the subject across the next two pages!

In January we provided some information on the vaccine, and this month we're pleased to hear that most people over age 70 have now received their first dose. Everyone over 70 should have been contacted, so if you have not yet heard from the NHS, you can now ring 119 or book your appointment online via the NHS website.

We hope you enjoy reading our February Resonate Now, and if there is anything you would like to see included or you have any ideas, let us know.

Happy Resonating!

Julie and Jude

You can **contact Julie** on:
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julie@resonatearts.org



Resonating Hearts – what *is* this thing called love?

Below, Jude invites us to think about love in all its forms.

All illustrations by Melissa Youngs.

Well, another Valentine's Day has just passed and like me you may have wondered again what it's all about. Is Geoffrey Chaucer responsible because of his 14th century writings about romantic and devoted courtly love? Or has St Valentine's Day simply gathered a head of steam since the 18th century, morphing into the multi-million pound industry it is today for sellers of flowers, chocolates, cards and celebratory breaks.

I'm perhaps not alone in having mixed feelings about celebrating February 14th. For those not currently in, or in sight of, a 'relationship' this celebration can feel like an exclusive club to which we do not have membership. Even those with partners may find the concept 'too commercial' or lacking in the spontaneity and authenticity our souls hanker for. It simply doesn't seem to be a 'real celebration of love' which surely should include us all!

So...what is love?!



The **ancient Greeks** realised that love is indeed a many splendored thing and discerned six varieties of it, some of which are experienced in friendship or with strangers.

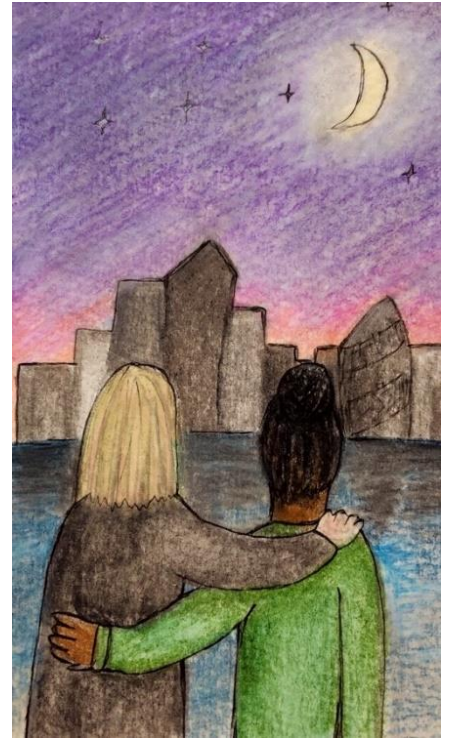
Barbara Fredrickson has researched extensively into the feelings and body chemistry of love and suggests that first and foremost **love is a feeling** – a subtle and ever-shifting force which changes like the weather. It is a highly pleasurable feeling with the power in a moment to literally 'change your mind', expanding awareness of your surroundings and even your sense of self.



“Love is the ephemeral and precious openness you feel well up in your chest, not a rock solid ring on your left hand”

Her other critical message (for Valentine’s Day and every day) is that love is not exclusive – it’s not just for a spouse or a romantic partner, it’s available to all.

Love is connection – something which blossoms anytime two or more people connect through a shared positive emotion like amusement, awe, joy or serenity. Combine this with chiming body chemistry and responses and a *shared will to care for each other’s well-being* and we hit the sweet spot!



Poignantly, Barbara calls these three strands of connection **‘positivity resonance’** – a thing we hold very dearly at Resonate Arts...

What is love to you?

Love is.....

Love is.....

Love is.....



Raising funds to support Resonate Arts!

- A reminder that if you are a member of the Co-op you can support **Resonate Arts** simply by doing your shopping in stores and online! The Co-op will donate money to the charity for every purchase made. You can register 'Resonate Arts' as your chosen charity at <https://membership.coop.co.uk/causes/53944>
- We have launched a £10,000 appeal through Kindlink. Even the tiniest of donations are helpful to us. As a small charity, all contributions make a difference. <https://www.kindlink.com/fundraising/westminster-arts/resonatearts>

What's On

Online

Musical Connections

Join us for three stand-alone sessions in March in partnership with Wigmore Hall, exploring creativity, music, words and text. You can attend one session or all three!

Wednesdays:

3rd March, 11am

10th March, 11am

17th March, 2pm

If you would like to join, contact Julie on 0300 030 7212 or julie@resonatearts.org

Offline

If you are interested in joining our upcoming **poetry project** taking place over the phone, or would like regular phone calls with a lovely volunteer Creative Befriender, please **contact Julie** 0300 030 7212 or julie@resonatearts.org for more information.

A reminder that for support and advice and to sign up to regular news and information, you can contact the Dementia Advisors:

Westminster: **Terezie** - 07540 502379

Kensington & Chelsea: **Mandy** - 020 8969 9105