

## Art at Home Monthly Newsletter

May 2020

Hello again!

As we now find ourselves settling into this 'new normal' we hope that you are continuing to find ways to look after your wellbeing and connect with others whether via phone, letter or online. Things can feel rather difficult at the moment but there is always lots we can do to keep ourselves busy and creatively engaged.

Our first newsletter in April was a real success and we've had some lovely feedback, here are some examples below from those who were happy to share their comments!

*It was really great to read with all the advice on things to do. Thank you so very much...we will remember this time and how it changed our lives for the better...Thanks to all who contributed to your April edition - Gerald*

*I'm a couch potato but at least that's stopped me from sprouting! - Brian in response to Julie's exercises*

*It's so good, contains all the information one could need. There are so many points here that can help me out - Armajeet*

In this month's newsletter we offer music from Wigmore Hall and a lovely activity suggested by our 'Artist of the Month' Sarah, based on objects you can find in your home.

We do hope that you enjoy reading the newsletter and doing some of the activities – let us know what you get up to!

You can **contact us** on:

020 7321 2702 / [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org) / [julie@resonatearts.org](mailto:julie@resonatearts.org)

Best Wishes,  
Kathryn and Julie



# ENJOY MUSIC FROM WIGMORE HALL AT HOME!

You can type or copy and paste the short links below directly in to your internet browser to access the concerts.



Enjoy **piano quintets** by Brahms and Frühling with Stephen Hough (piano) and the Castalian String Quartet.

**Link:** <https://bit.ly/2K9AqWQ>

Join Stile Antico, one of the world's finest vocal ensembles, for a programme entitled **Arise, My Love: sensuous Renaissance settings of the Song of Songs**.

**Link:** <https://bit.ly/3ahfJD9>

For an in-depth look into Schoenberg's *Pierrot Lunaire*, check out **Inside the Score** with The Alban Berg Ensemble, soprano Magdalena Anna Hofmann, and writer and broadcaster

**Link:** <https://bit.ly/2xsk0X1>

For some energetic jazz fusion, listen to this performance by **Vijay Iyer** (pianist) with The Ritual Ensemble.

**Link:** <https://bit.ly/2VdoyJE>



Have a listen to **Folk Up North** with the Donald Grant Quartet and presenter Lucy Drever – she'll get you doing warm up and singing along. This concert also features a specially commissioned film of the Scottish countryside, created by cinematographer Oliver Wilkins.

This concert was designed for school groups and families, so there are some interactive elements, and plenty of beautiful **Scottish folk music** to enjoy too! Skip to 15.31 on the video for the start of the concert.

<https://bit.ly/2XJzMqY>

WIGMORE HALL



Scotland is one of my favourite places and I hope you enjoy the picture and singing along to the **Skye Boat Song** (see below). Perhaps you could imagine yourself in that beautiful landscape or in a boat rowing across the water like Flora MacDonald and Bonnie Prince Charlie! Before you sing, do some slow breathing, some simple stretching, rolling the shoulders and a wiggle all over - or why not use Julie's gentle exercise from last month's newsletter and Opera Holland Park's vocal warmup - **Kath**

### Skye Boat Song

Loud the wind howls loud the waves roar  
Thunderclaps rend the air  
Baffled our foes stand by the shore  
Follow they will not dare

*Speed bonnie boat like a bird on the wing  
Onward the sailors cry.  
Carry the lad that's born to be king  
Over the sea to Skye*

Use this link to hear the song on a computer: <https://bit.ly/2SIU00N>

Many's the lad fought on that day  
Well the claymore did wield  
When the night came, Silently lain  
Dead on Colloden field

Though the waves heave  
Soft will ye sleep  
Ocean's a royal bed  
Rocked in the deep, Flora will keep  
Watch by your weary head

Where is your favourite place you have travelled to? Do you have any songs that remind you of it? Let me know at [kathryn@resonatearts.org](mailto:kathryn@resonatearts.org)

## Artist of the Month

Each month we are featuring one of our lovely volunteer Creative Befrienders, whose role includes supporting us in our projects and events or offering art sessions in people's own homes. As we now can't see them in person, it is wonderful to connect remotely!

### This month we meet:

Sarah Gudgin

**Artform / Interests:** I work with stories and memories through creating, curating and engaging with art. I use art, sound, photography, poetry and stories to inspire curiosity, awareness and thought.



**Where are you living at the moment?** Sanderstead, south Croydon.

**Tell us what you can see:** A mature oak tree in my garden which I look at all the time; I love the way it changes in the light throughout the day. There are bluebells and two lilac trees in blossom.

**Tell us your favourite thing about practising your art form?** People, their stories and memories are at the heart of my work and inspire me.

**What are your suggestions for what we can do at home?** You might not think so, but everyone is a collector of sorts. We all accumulate things in our lives over time, which are important to us, such as holiday souvenirs, sea shells, clothes, photographs or even family heirlooms. I've worked in museums for over 25 years and I've come to know a bit about what objects can tell us about the past and the people that they used to belong to. Every object can tell a story and we've all got things in our homes which tell the story of us.

**The Museum of Me.** In this exercise, I invite you to create a mini museum of your own, which is all about you!

**Step one: which three objects in your home are most important to you?** It could be a childhood toy; a kitchen utensil that you use often, something sentimental from someone special, or an object connected to work. It doesn't have to be valuable, just anything that you treasure for some reason.

**Step two: spend time with your favourite things and really look at them.** Notice the shape, the weight, the texture. Try to use all of your senses including touch and smell. When we look at things closely, even familiar objects can take on new meaning.

**Step three: write your own personal message about your things.** This could be a description of your objects or a short story about each thing that you have chosen. Or tell someone about the things in the Museum of Me and they could write it down for you.

**Here are some ideas to get you thinking about each object:**

- What do you like about each one?
- Do you recall any stories about them? Such as where the object came from.
- Which object is your favourite?
- If you have chosen a photograph, what can you notice in the picture?

**Step four: make a display in your home of your Museum of Me.** Invite someone to look at your things with you. If you have a smart phone, take a picture and send it to a friend or family member.

### Sarah's Museum of Me

#### Teddy

My brother gave me Teddy when I was born. He's wearing clothes that my mother knitted. He smells so good! He's a bit shabby, but I still love him.



#### Key ring

This reminds me of my travels in India. I was hassled at a bus station and a schoolboy stepped in to defend me. I was so grateful, that I gave him some money. Just as my bus was leaving, he returned with this key ring and gave it to me. I will never forget the kindness of that boy!

#### Photo frame

I bought this in a busy market in Nepal. I had to barter for it and I got it cheap, but I always wished I'd paid the traders more.

The picture is of my two most precious things, my daughters!



#### Further activities:

- create a Scrapbook of things that interest you with notes on why.
- Visit museum collections online:  
Victoria and Albert Museum - <https://bit.ly/2WqvUZD> (copy in to a browser)  
Museum of London - <https://bit.ly/2KYOfYM> (copy in to a browser)