

The Jocelyn Pook Ensemble and the Nottingham People's
Choir present Jocelyn Pook's *Anxiety Fanfare and
Variations for Voices* on 30 September at Nottingham
Contemporary



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Wednesday 30 September
Nottingham Contemporary | 7.30pm

Anxiety Fanfare and Variations for Voices
Music and words by Jocelyn Pook

Donna Lennard *soprano*
Melanie Pappenheim *mezzo-soprano*
Jonathan Peter Kenny *countertenor*
George Ikediashi *bass*
Jocelyn Pook Ensemble
Nottingham People's Choir

[Jocelyn on BBC News talking about Anxiety Fanfare](#)

Following their performance at the **Tête à Tête Opera Festival** last week, the Jocelyn Pook Ensemble will join forces with the **Nottingham People's Choir** to perform Pook's ***Anxiety Fanfare and Variations*** at **Nottingham Contemporary** on September 30. The choir is funded by the **Institute of Mental Health** - a partnership between Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham. They will be performing alongside soloists Donna Lennard (soprano), Melanie Pappenheim (mezzo-soprano), Jonathan Peter Kenny (countertenor) and George Ikediashi (baritone).

"It's very positive to talk about mental health issues which are still stigmatised in society and yet they are so common." Jocelyn Pook

Commissioned by the **Mental Health Foundation** and premièred at the Wigmore Hall as part of the **Anxiety Arts Festival** London 2014, the ***Anxiety Fanfare and Variations*** is a musical exploration of everyday mental health disorders written in five movements.

The theme of mental health is very personal to Pook, whose family has been touched by mental illness over three generations. The Mental Health Foundation commissioned critically-acclaimed Jocelyn Pook to write the *Anxiety Fanfare* after her song-cycle *Hearing Voices* in 2012, also on the topic of mental health. The Times commented that Pook approached the subject with “*taste and integrity*” whilst Time Out called it “*touching, charming and even funny*”.

For *Anxiety Fanfare and Variations for Voices*, Jocelyn Pook spoke to people who suffer from anxiety, which made her especially interested in their experiences of living with anxiety day-to-day. Exploring anxiety in its many manifestations – hyperventilation, adrenalin rushes, indecision, insomnia – Jocelyn brings pathos and no small hint of humour to the piece. *Anxiety Fanfare* is scored for a string sextet, a quartet of brass, four soloists and a large community choir.

Errol Francis, Artistic Director, said:

"We are living in anxious times. Anxiety disorders are amongst the most common mental health problems in the world and anxiety is experienced by everyone at times. The arts tend to reflect individual experience in a human, non-clinical way, and in a format that many people feel comfortable exploring. Jocelyn Pook's Anxiety Fanfare and Variations for Voices sets out to explore anxiety as one of the most common mental health problems and, paradoxically, a creative and expressive driver. Pook not only extends the musical form of the fanfare, which is usually associated with brass instruments, but tackles the subject of anxiety with both pathos and humour. The work is specially written for the participation of a community choir, in this performance the Nottingham People's Choir along with professional soloists and aims to address mental health stigma and promote social inclusion and wellbeing. In doing so the Fanfare places mental health at the centre of cultural and artistic activity."

Jocelyn Pook



Jocelyn Pook is one of the UK's most versatile composers, having written extensively for stage, screen, opera house and concert hall. She has established an international reputation as a highly original composer winning her numerous awards and nominations including a Golden Globe, an Olivier and two British Composer Awards.

Often remembered for her film score to *Eyes Wide Shut*, which won her a Chicago Film Award and a Golden Globe nomination, Pook has worked with some of the world's leading

directors, musicians, artists and arts institutions – including Stanley Kubrick, Martin Scorsese, the Royal Opera House, BBC Proms, Andrew Motion, Peter Gabriel, Massive Attack and Laurie Anderson.

Pook has also written the film score to Michael Radford's *The Merchant of Venice* with Al Pacino, which featured the voice of countertenor Andreas Scholl and was nominated for a Classical Brit Award. Other notable film scores include *Brick Lane* directed by Sarah Gavron and a piece for the soundtrack to *Gangs of New York* directed by Martin Scorsese.

With a blossoming reputation as a composer of electro-acoustic works and music for the concert platform, Pook continues to celebrate the diversity of the human voice. Her first opera *Ingerland* was commissioned and produced by ROH2 for the Royal Opera House's Linbury Studio in June 2010. The BBC Proms commissioned Pook to write a work for The King's Singers in collaboration with the Poet Laureate Andrew Motion on a work entitled *Mobile. Portraits in Absentia* was commissioned by BBC Radio 3 and is a collage of sound, voice, music and words woven from the messages left on her answerphone. She has received critical acclaim for her song cycle *Hearing Voices*, which was premiered in December 2012 by the BBC Concert Orchestra and singer Melanie Pappenheim at the Queen Elizabeth Hall.

Pook graduated from the Guildhall School of Music and Drama in 1983, where she studied the viola. She then embarked on a period of touring and recording with artists such as Peter Gabriel, Massive Attack, Laurie Anderson and PJ Harvey and as a member of the Communards.

She also tours extensively with The Jocelyn Pook Ensemble, performing repertoire from her albums and music from her film scores.

Pook won an Olivier Award for the National Theatre's production of *St Joan*, and for her music-theatre piece *Speaking in Tunes* she won a British Composer Award. She won a second British Composer Award for her soundtrack to *DESH*, which accompanies Akram Khan's dance production of the same name. Pook has also composed scores for television shows and commercials, and was nominated for a BAFTA for Channel 4's *The Government Inspector* (Dir: Peter Kosminsky).

In 2014 Pook composed the score for a new dance piece *Lest We Forget* choreographed by Akram Khan for English National Ballet to mark the centenary of the First World War, as well as the score for *King Charles III*, a new play by Mike Barlett being performed at Wyndham's Theatre, London. Both *Lest We Forget* and *King Charles III* won Sky Arts Awards in 2015 for their productions.

Pook has chaired and been a judge on various panels including the British Composer Awards, Ivor Novello Awards and BBC Proms Young Composers Competition.

www.jocelynpook.com

Nottingham People's Choir

The Nottingham People's Choir was set up in 2013. Its aim is to promote mental health and wellbeing through the joy of singing. The choir meets during the day time to appeal to people who are perhaps unable to work. The choir has a very inclusive attitude and is open to literally anyone - whether or not they think they can sing! There are no auditions and neither are there expected standards of individual's abilities. That said, the Choir Leader, Angela Warren encourages people to sing to the best of their ability. The choir is funded by the Institute of Mental Health and also supported by the Royal Centre, Nottingham which provides free rehearsal space in the wonderful environment of the Royal Concert Hall. The choir has about 50 active members but is always welcoming new people. The choir is frequently asked to perform at local events and the opportunity to contribute to the *Anxiety Fanfare* has been a great honour.

"It's an honour to be given this opportunity to sing in London with this incredible project and for our People's Choir to be chosen to do so" – Denise

"I've clocked up 40 years with this diagnosis - I never dreamt we would be singing about it in London!" – Rodney



The Institute for Mental Health

The Institute is a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham, bringing together the healthcare and education sectors to achieve 'Research Excellence for Innovation'. Our mission is to improve people's lives through the use of ground-breaking research and pioneering educational activities. We are dedicated to improving the care and treatment of people who use our services through innovating, developing, exploiting and distributing knowledge about mental health.



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