

**A new wristband invention monitoring stress
to be tested in a performance of
Jocelyn Pook's Anxiety Fanfare
at the PRS New Biennial in Hull and London**

Anxiety Fanfare and Variations

Sunday 2 July | 3pm | Albemarle Music Centre, Hull
Sunday 9 July | 2pm | Clore Ballroom, Royal Festival Hall, London

London International Gospel Choir
Jocelyn Pook Ensemble
Lore Lixenberg *soprano*
Melanie Pappenheim *mezzo-soprano*
Jonathan Peter Kenny *countertenor*
George Ikediashi *bass*

Revival of Hearing Voices

12 – 15 July | 7:30pm | The Print Room at the Coronet, Notting Hill

Jocelyn Pook Ensemble
Melanie Pappenheim *mezzo-soprano*
Dragan Aleksic *visual artist*

A new wristband invention measuring stress and levels of anxiety will be tested at a performance of Jocelyn Pook's ***Anxiety Fanfare and Variations for Voices*** in free public performances as part of the PRS New Music Biennial in Hull on Sunday 2 July and on Sunday 9 July in London in the Southbank Centre's Clore Ballroom.

The performances will be in collaboration with computer scientist **Professor Reyer Zwiggerlaar** from Aberystwyth University who has created wearable technology that will respond to the level of anxiety in the vocal soloists and trigger a photographic back projection during the performances. The wristbands will be monitoring the pulse rate, galvanic skin response (GSR), movement and temperature of the four soloists – **Lore Lixenberg, Melanie Pappenheim, Jonathan Peter Kenny** and **George Ikediashi**, performing alongside the Jocelyn Pook Ensemble and the London International Gospel Choir.



Aberystwyth University's biometric work started with an EPSRC funded project which looked at using thermal imaging to estimate truth in interview environments. Since then, they have developed alternative biometrics measurement systems, which have concentrated on a wristband design. They are interested in further development of the wristband biometrics technology towards health related applications, especially those linked to mood, anxiety, emotions and the role art could play in changing these.

Jocelyn Pook's *Anxiety Fanfare and Variations for Voices* was originally commissioned by the Mental Health Foundation and premièred at the Wigmore Hall with the Mind and Soul Choir of the South London and Maudsley NHS Foundation Trust as part of the Anxiety Arts Festival in 2014. 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.

Hearing Voices

12 – 15 July | 7:30pm
The Print Room at The
Coronet

Melanie Pappenheim
mezzo-soprano
Jocelyn Pook Ensemble
Dragan Aleksic *visual
artist*



Continuing the theme of mental health, Jocelyn Pook's *Hearing Voices* will be performed at The Print Room at The Coronet in Notting Hill from Wednesday 12 to Saturday 15 July, accompanied by a series of art installations by Dragan Aleksic. *Hearing Voices* touches on a theme very personal to Pook, whose family has been touched by mental illness over three generations. The Times commented that Pook's *Hearing Voices* approached the topic "with taste and integrity".

Inspired by **Gail Hornstein's** 2009 book ***Agnes's Jacket: A Psychologist's Search for the Meanings of Madness***, Jocelyn Pook's *Hearing Voices* focuses on five moving stories - her mother, her great aunt, the seamstress Agnes Richter and artists **Julie McNamara** and **Bobby Baker**. The piece documents the changing perceptions of mental illness – **hysteria, madness, dementia, psychological disturbance** - through the bewilderment, embarrassment and stigma associated with it. On another side,

Bobby Baker's own experience often shows the comic as well as darker side of living with psychosis and hallucinations.



Pook's great-aunt Phyllis Williams spent her last 25 years in an asylum, possibly to save her family the social embarrassment of having her re-enter society. Nowadays her diagnosis of "hearing voices" would probably not have resulted in such a severe life-sentence. Pook's mother wrote a novel about her own breakdown and horrific medical treatment entitled ***In Two Minds*** under the pseudonym of Mary Cecil.

As Pook explains:

"What used to be called "hysteria" a century ago is now seen in a completely new light. I'm fascinated how psychosis is so often associated with creativity. Artists and composers down the ages have been afflicted with numerous mental disorders. Perhaps, as Bobby Baker suggests, these creative spirits are merely more receptive and in a sense reflect, like litmus paper, the greater illnesses in society."

Following the premiere of *Hearing Voices* at the Southbank Centre in 2012 with the BBC Concert Orchestra which was commissioned by BBC Radio 3, the Mental Health Foundation commissioned Pook to write a new work for its inaugural Anxiety Arts Festival London 2014, for which Pook wrote the *Anxiety Fanfare*. Time Out chose the premiere of *Hearing Voices* as one of their top five events of 2012, calling it "*touching, charming and even funny*". Following this, *Hearing Voices* was last performed at Tête à Tête Opera Festival in 2015 to critical acclaim.



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.

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 Bartlett which was performed at Wyndham's Theatre, London and transferred to Broadway in New York and BBC TV. Pook has also worked with dance companies such as English National Ballet, DV8 Physical Theatre, Shobana Jeysingh Dance co and Phoenix Dance co.

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



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