


SYNCHORDIA PRESENTS



“With A Little Help



A CONCERT IN AID OF



Programme



Saturday 21st September 2024 at 7:30pm

IN ASSOCIATION WITH GRAVESEND GRAMMAR SCHOOL

Featuring: Synchronia Ensemble & Singers

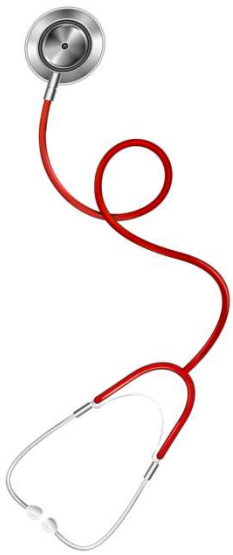
Synchronia Recorder Ensemble

Gravesend Grammar School Choir & Senior Band

Riverview Junior School Choir

Soloists





The Aortic Dissection Charitable Trust

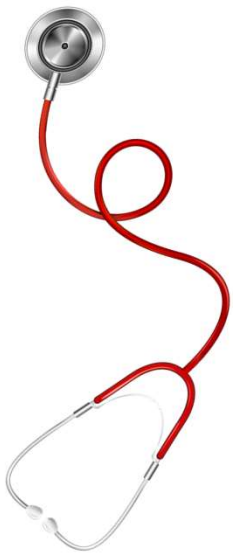
Every week in the UK & Ireland over 70 people suffer an aortic dissection. The Aortic Dissection Charitable Trust is the UK & Ireland charity uniting patients, families and the medical community in a shared goal of improving diagnosis, increasing survival and reducing disability due to aortic dissection. We are bringing consistency of treatment across the whole patient pathway through:

- Increased access to education for medical professionals & patients in the UK & Ireland
- Working with those responsible for healthcare policy in the UK & Ireland to ensure that there is consistency in the provision of diagnosis for acute aortic dissection, specialised follow-up for survivors & access to clinical genetics for relatives
- Promoting funding for medical research into the detection, prevention, treatment & cure for aortic dissection. September 19th marks Aortic Dissection Awareness Day every year. Originally created for rare aortic diseases, including dissection by its founder, Timo Söderlund (a type A dissection patient in Sweden in 2016), the day has become a global movement.

The journey started as a family petition following the death of Tim Fleming, who died of an aortic dissection in 2015 after being sent home from the emergency department with an incorrect diagnosis of indigestion. The petition gathered the support of thousands of bereaved families impacted by misdiagnosis, along with many patients who had poor outcomes because of a delayed diagnosis of aortic dissection.

Tim's family, along with the UK & Ireland national patient association, co-created a national campaign in 2017 to drive change, increase awareness, improve diagnostics rates & save lives by increasing aortic dissection awareness within emergency medicine across the UK & Ireland. Supporters included Heart Research UK, the Royal College of Emergency Medicine, the Society for Cardiothoracic Surgery, the Vascular Society, the Royal College of Radiologists & the British Cardiovascular Society.





However, many aortic dissection patients continued to be misdiagnosed, resulting in fatal outcomes. Recognising the need to increase reach & broaden our aims, to include improving consistency of treatment across the whole patient pathway, in late 2020 The Aortic Dissection Charitable Trust was established as a registered charity. In 2021 the charity officially launched with the support of patients, families, health care professionals, MPs, the Secretary of State for Health & Social Care, the John Ritter Foundation & medical associations including the British Cardiovascular Society. The Aortic Dissection Charitable Trust is the aortic dissection focussed charity in the United Kingdom & Ireland.

It spearheads patient advocacy & has encouraged countless medical centres to run awareness activities & events throughout the week of the 19th. Some, such as the Marfan Foundation who are the custodians of this awareness day, are now running events throughout the entire month of September. Vascular Disease Awareness Month also falls in September, so it is a very important month of the year for aortic diseases.

Aortic dissection is the most common aortic emergency with 70 people per week suffering from the condition in the UK & Ireland. Type A dissection has a 2% mortality per hour within the first 24 hours and acute type B dissection carries a mortality rate of up to 10% over 30 days. Over 2,000 patients lose their lives to aortic dissection each year in the UK and Ireland. More needs to be done to raise awareness and elevate the profile of this preventable condition.

The first recorded case of aortic dissection was in the autopsy of King George II in 1760. Others include American actors John Ritter, Lucille Ball, Alan Thicke, playwright Jonathan Larson, diplomat Richard Holbrooke, Japanese actor Hiromi Tsuru, manga artist Kentaro Miura, & Depeche Mode's keyboardist Andy Fletcher, all of whom died suddenly & unacceptably from aortic dissections.

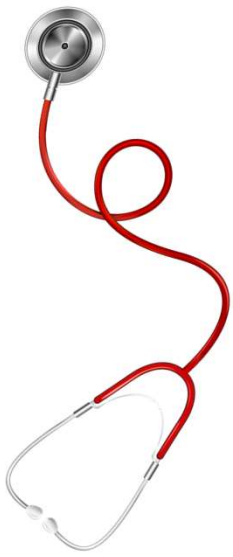
But there have also been some notable survivors of this condition. While this is by no means an exhaustive list, some include New Zealand cricketer Chris Cairns, Judas Priest's guitarist Richie Faulkner, BBC radio presenter Bob Harris, and former English footballer Steve Perryman, as well as our conductor Nick Downs.



THE
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CHARITABLE TRUST



<https://aorticdissectioncharitabletrust.org/>



Part One

I'll Be There For You
Everyone

The Rembrandts

Perfect Day
RVJS Choir

Hoku

Adagio & Rondo
Solo – Nick

Singelée

You've Got A Friend In Me
Recorders

Randy Newman

He Ain't Heavy
Alright On The Night

The Hollies

I'm Still Standing
Alright On The Night

**Elton John / Bernie
Taupin**

Seasons Of Love
Synchordia Singers

Jonathan Larson

If I Didn't Have You
GGS Senior Band

That's What Friends Are For
Solo – Frances Tate

**Burt Bacharach /
Carol Bayer Sager**

Mambo No 5
Synchordia

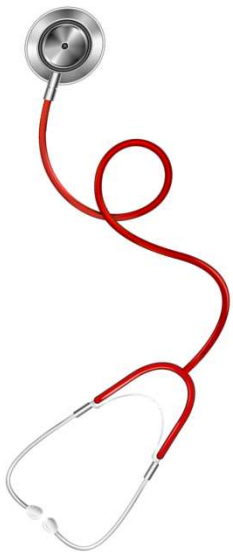
**Lou Bega / Pérez
Prado**



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**INTERVAL - 20 minutes (Refreshments served by the
School PTA)**



Part Two

You've Got A Friend
Combined Choirs

Carole King

High Hopes
RVJS Choir

Panic At The Disco

La Basson rie
Solo – Nick

Quenton Ashlyn

Bridge Over Troubled Waters
Recorders

Simon & Garfunkel

Lean On Me
GGS Choir

Bill Withers

Count On Me
Alright On The Night

Bruno Mars

Careless Whisper
Alright On The Night

George Michael

Proclaimers Medley
Synchordia Singers

Arr. NJD

It Takes Two
Synchordia

**Sylvia Moy / William
Stevenson**

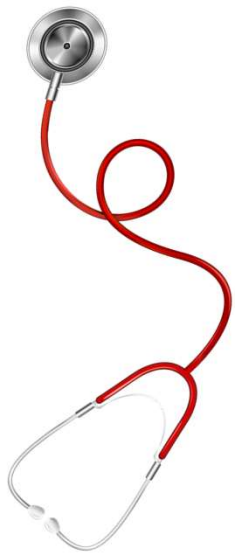
**With A Little Help From My
Friends**
Everyone

Lennon & McCartney



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Part Two

SYNCHORDIA ENSEMBLE

Piccolo

Jane Challis

Flute

Jane Challis
Briony Mepham
Stephanie Wood *

Recorder

Jane Challis
Claire Franklin
Briony Mepham
Frances Tate
Diana Wells

Clarinet

Azaria Ajibola
Michelle Gray
Julia Herod (Eb)
Lesley Topping *

Bass Clarinet

Peter Stafford *

Alto Saxophone

Julia Herod
Sophie Hilton +
Laura Peters

Tenor Saxophone

Ellie Nixon
Peter Stafford *
David Wright +

Baritone Saxophone

Piers Gray +

Trumpet

Jeremy Clarke
Becky Lock +
David Williams
Phillip Woolmer

French Horn

Siân Halsall
Esther Lock +

Baritone Horn

Claire Williams

Tuba

Mark Jennings

Percussion

Dylan Wells

Drum Kit

Ryan Downs

Keyboard

Jane Noakes

Bass Guitar

Peter Stafford *

Violin

Claire Franklin
Ellie Nixon
Laura Peters

Cello

Lynne Bishop
Zoe Haines
Liz Lindsell

Double Bass

Richard Lock +

SYNCHORDIA SINGERS

Soprano

Jenny Bardoe
Catrin Board
Elaine Bush
Jane Dunn
Elspeth Hopkins
Jacqui Jacques
Ann MacEwan
Catherine Stafford *
Gill Webb *
Diana Wells
Michelle Wood *

Alto

Kay Bentley
Ann Brennan
Chris Creed
Helen Downs *
Sally Mashiter
Briony Mepham
Frances Tate
Andrea Wright

Tenor

Graeme Bentley
Paul Hopkins
Jon Stafford
Phil Wood *

Bass

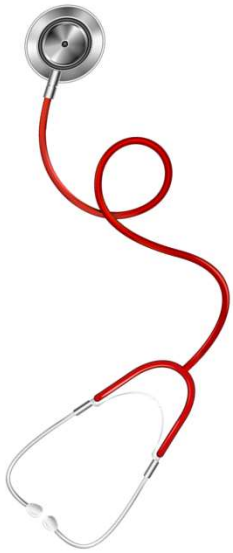
Vic Downs *
John Elsdon
Ken MacEwan
John Swaffer
Bob Yule



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* denotes original members + denotes guest players
Alright On The Night players shown in italics



Our Performers

SYNCHORDIA The ensemble was the first part of Synchronia to be formed in 2009. The ensemble is a community of players from beginners up to professional players and as such there is a place for everyone in the group. The ensemble have a showcase concert once a year in March in company with Synchronia Singers and other groups from within, most recently the Recorder group. The ensemble also plays at community events in and around the Gravesend area. If you play an instrument or enjoy singing, and want to get involved, please visit our website for more details.

ALRIGHT ON THE NIGHT is a saxophone quartet / group with double bass and drums, playing a range of popular, jazz, swing, and classical music, guaranteed to make you tap your toes and bring a smile to your face. The group was formed in 2013 by five friends who have been playing in numerous bands together for many years around the Medway, Maidstone and Gravesend areas. Starting with the smallest instrument, we have Piers Gray on Soprano, Sophie Jenner on Alto, David Wright on Tenor, Nick Downs on Baritone, and Richard Lock on Double Bass. Every so often we invite a guest drummer who brings a different aspect to our performances.

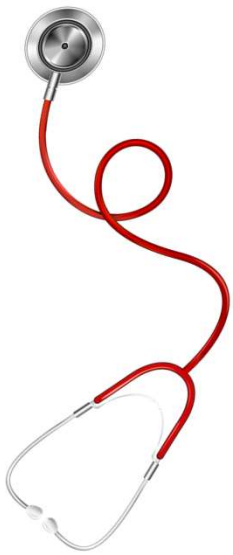
If you would like to contact the group to arrange a performance, you can drop us an email at info@alrightonthenight.com, or call us on **07928 818898**.

You can follow us: @AlrightOnTheNight, a Twitter page : @AlrightSax, and an Instagram page : AlrightSax.



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NICK DOWNS

By the time Nick left school, he was proficient in playing bassoon, recorder, piano, viola, drums & percussion, having played for the Kent Youth Wind Orchestra & Kent County Youth Orchestra on bassoon & contrabassoon. At Trinity College of Music, he studied bassoon with Stephen Maw & piano with Philip Coleman, leading to a GTCL qualification. He continued at Trinity for a further year, on the Postgraduate Performance course, concentrating on the bassoon. After college, he began working as a musician with Kent County Youth Service, based at 3D Studios in Northfleet. He instigated & tutored on the “East Meets West” music project in partnership with Kent Music School, aimed at juxtaposing the cultural differences of western wind instruments with eastern percussion.

Between 1999 & 2004 he served on Gravesham Arts Council’s Executive Committee, representing in turn 3D Studios & himself, as an individual member of the Arts Council. This involved him assisting with grant & sponsorship application decisions, providing sound reinforcement for arts festivals, and supporting other member societies in their regular events.

Between 1996 & 1998, he set-up & conducted the London South-East Methodist Youth Choir, a young people’s choir based at Sittingbourne & Gravesend Methodist Churches. He was also the Musical Director & conductor of the Northara Singers, who performed in & about the Gravesham area, from 1997 until January 2001.

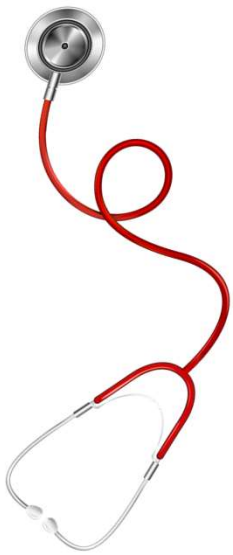
He became self-employed as a musician in 1998, building up a highly successful private music teaching & performance business in the local & surrounding areas. This led to solo performances with local organisations & clubs, as far afield as Reading, Cannock, Staffordshire, and Hounslow, West London, as well as singing the bass solos in *The Crucifixion* in Thanet & *The Creation* in Reading. He teaches bassoon, saxophone, recorder, drum kit, piano, keyboard, brass, percussion & clarinet.

He has also been a regular guest player with the East Anglian Single Reed Choir on bass, baritone & tenor saxophones. He has toured with a number of ensembles to various parts of the world, including Germany, Holland, Singapore, Malaysia and China. After leaving the County Youth Service in 2000, Nicholas took up a post with Kent Music School as a part-time teacher of bassoon & saxophone, complementing his private tuition practice.



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This led to the set-up of the acclaimed Saxophone Ensemble at the local Music Centre in Gravesend, growing from a quartet to a nonet, and tackled music from all musical genres, including Nick's own arrangements. He expanded his teaching for the service, to include drum kit & clarinet, as well as having responsibility for the Junior & Senior Centre Wind Bands, and Adult Ensemble – a group for adult players of all instruments at all standards (the precursor to Synchronia).

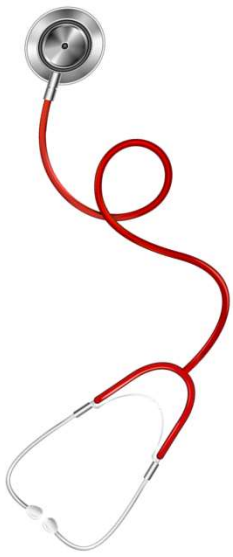
Nick was, between 1996 & 2006, the Musical co-ordinator of Gravesend Methodist Church, organising the musical needs of the church, from providing organists to rock band, conducting choirs & ensembles for services & special events, researching & installing multimedia systems, as well as regularly playing for services on organ and in the Worship Band. 2004 saw the release of his first CD – a compilation of music from his one-man concerts – called Eclectic. He arranged, sequenced, recorded & performed all the parts on every track of the CD, & is currently looking into future recording projects. From January 2005, he was employed exclusively by Kent Music, as Assistant Area Manager for the Thames-Gateway area, holding the role of Head of Dartford Centre, based at the Mick Jagger Centre. Projects included the “Endangered Species Project” aimed at promoting bassoon, double bass, trombone, french horn & tuba to years 5 & 6 pupils in Gravesend & Dartford, resulting in a bassoon population of some 13 players.

He developed Wider Opportunities Projects on flute, clarinet, bassoon, trumpet & trombone, and was heavily involved in their delivery in local schools and through the Red Rooster Project, funded by Sir Mick Jagger. In June 2005, Nicholas was asked to be a part of a trio which was to develop into the Night & Day Jazz Duo, which performed across the North Kent area for private parties, corporate events or weddings until COVID appeared. In August 2008 he was made redundant from Kent Music, which resulted in the setting up of the North Downs Music Studio. As part of this, he set up the Synchronia Ensemble. 2013 saw the ensemble branch out by way of the Synchronia Saxophones, a quartet of soprano to baritone saxes formed from the main ensemble. Nick was, until 2017, the Musical Director for Hulviz Amateur Musical Society, having conducted his first show with them in November 2008



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In November 2011, Nick incorporated the business, becoming the Director of North Downs Music Studio Ltd. Christmas 2011 saw Nick's freelance orchestral work take him on tour to China with Kent Sinfonia, performing as Principal Bassoon in 10 concerts in the south & south-east of the country. From April 2015 until its disbanding in July 2018,

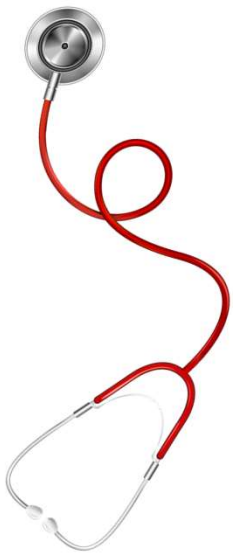
Nick took on the role of conductor & Musical Director of the PLA Choir in Gravesend, which performed several times for civic functions in Gravesend in the presence of the Mayor of Gravesham, as well as their own Christmas Service at St George's Church in Gravesend, and alongside local schools for concerts. September 2015 saw the launch of the Synchronia Singers, providing an opportunity for singers of all levels to make music making alongside the other Synchronia ensembles, with Nick as its conductor. Following several collaborations between the Synchronia and Alright On The Night Saxophone Quartets, Nick joined the latter as their regular baritone player in September 2019.

April 28th 2023, saw Nick taken into hospital with acute unexplained back pains, which, due to the dedication of Darent Valley Hospital's A&E team, was diagnosed as an Aortic Dissection. He was transferred to St Thomas' Hospital in London, where stabilisation work was undertaken. A long recuperation has followed, but tonight sees him return to full-scale public performance, "With a little help from his friends"



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THANKS

Like all events, tonight has been made possible by the generosity of all those involved, both in front of, as well as behind the scenes. The planning goes back a year, and thanks must firstly go to those who have supported the team.

Firstly, to the team here at Gravesend Grammar for their unfailing support throughout the years, as well as tonight, in setting up the hall and providing space for our performers to do their thing.

As always, our publicity team produces everything we need from posters to programmes, including for the first time, our e-programme.

The team of people who assist in transporting our equipment on a weekly basis, and also for performances. First to arrive and last to leave, they do sterling work to make everything you see seem effortless.

The School PTA for providing the refreshments.

Our front of house team for getting you all into the hall, and for sorting out the raffle.

Our choir's rehearsal pianist, Jane, for calmly dealing with everything that gets thrown her way, and Graeme for assisting with the accompaniments for the solos.

The members of the Synchronia Committee for doing all they do behind the scenes.

All of the performers from all of the various groups. Thank you for your input into tonight's concert.

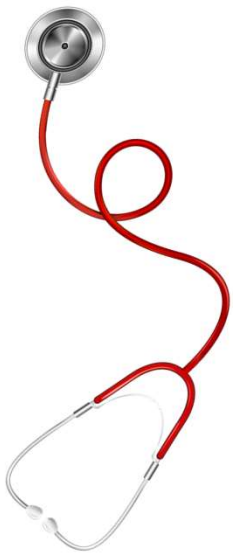
To you, our audience, for being persuaded to come along tonight and support such a worthy cause.

Finally, to the medical teams at Darent Valley & St Thomas' Hospitals for their acute and on-going care. What you do is very often unseen, but vital, and very much appreciated by us all.



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UPCOMING EVENTS

Alright On The Night - Saturday 28th September 2024 7.30pm -
Aylesford - Concert with The Medway Singers

Alright On The Night - Saturday 16th November 2024 7.30pm -
Dover - Concert with Revelation Strings

Synchordia Singers - Friday 13th December 2024 7.30pm -
Longfield Parish Hall - Christmas Celebration

Riverview Junior School Choir - Wednesday 5th February 2025 -
O2 Arena, London - Young Voices

Synchordia Main Concert - Saturday 1st March 7.30pm -
Gravesend Grammar School - Numbers



