

**By and for members of enabled**

**2021 – First edition**

**STAY HOME, STAY SAFE, KEEP WELL.**

In this issue of **OUR Newsletter** our theme is music. We hear about the Music Man project and its founder David Stanley. We also hear from some enabled members about the part that Music Man or music plays in their lives.

There is also news and a time for reflection.

## **In this edition of **OUR Newsletter****



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### **Time for reflection (page 38)**

Paul urges us to sing and make music from the heart for the Lord.

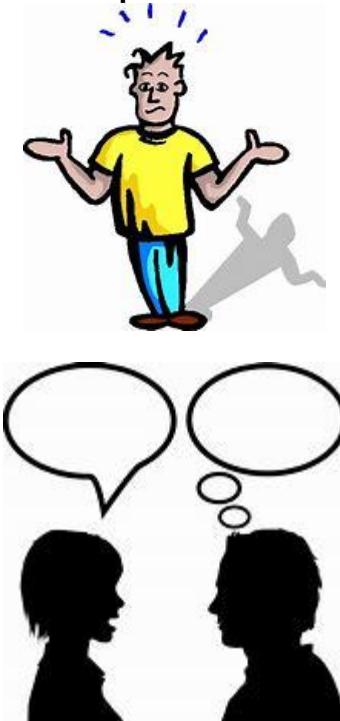


# Police chiefs urged to clarify rules on the wearing of face coverings



Disability charities have written to the National Police Chiefs' Council asking it to clarify to police officers the rules on face covering exemptions.

The call comes as police officers are still wrongly claiming that people with disabilities must carry paperwork proving they are exempt from wearing face coverings.



Concerns were outlined in the letter about:

- the treatment of people who are legally exempt from the requirement to wear face coverings, citing "widespread confusion" among police officers.
- alarm about ongoing reports of police officers wrongly claiming that people with disabilities must carry paperwork and show proof on request that they are exempt from the requirement to wear a face covering. This has no basis in law and risks discriminating against those with disabilities.

Some examples quoted in the letter were:

- an asthmatic man who was handcuffed and issued with a fine for failing to supply evidence of his condition
- a man was escorted out of a supermarket for having no proof of his exemption

The Regulations state an individual must wear a face covering on public transport and in certain indoor spaces unless they have "a reasonable excuse" which includes where they "cannot put on, wear or remove a face covering" due to "any



physical or mental illness or impairment, or "disability" or if doing so would cause "severe distress." This covers a range of conditions, many invisible, including breathing difficulties, learning disabilities, sight loss and mental ill health.



Disability Rights UK survey last year found that 60% of people with disabilities "feared being challenged if they did not wear a mask. Even though a recent Department of Health campaign stated: "**you should never challenge anyone for not wearing a face covering. Not all disabilities are visible.**"

People with disabilities who can't wear face coverings already experience high levels of anxiety and have faced hostility from members of the public.

Police chiefs are being urged to clarify the legal exemptions on face covering requirements to officers, amid fears that people with disabilities will be disproportionately impacted by a crackdown on Coronavirus laws.



# Government Disability Survey



The Disability Unit at the Cabinet Office has launched a public survey to gather views and experiences for the National Strategy of Disabled People which is planned for Spring 2021.

The Strategy aims to make practical changes to policies which strengthen the ability of people with a disability to participate fully in society. It is hoped that the survey will help the Government understand what barriers people with a disability face and practical solutions that could improve their quality of life.



The survey will cover aspects such as:

- ✓ Employment
- ✓ Accessible public services
- ✓ Experiences of discrimination and abuse
- ✓ Ways to access further support



The survey is seeking the views of:

- ✓ People with disabilities
- ✓ Carers
- ✓ Charities
- ✓ Stakeholders



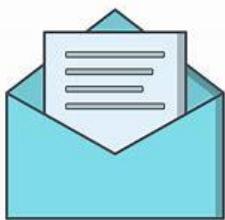
There is also opportunity at the end of the survey, for people to state if their life has changed notably due to Covid-19, and in what ways.

By taking part in this survey people everywhere can help shape the national strategy, ensuring that the interests of people with disabilities are front and centre.



The survey hosted on [Citizen Space](#) and will be open until 23 April 2021.

Responses received before 13 February 2021 will inform the development of the National Strategy for Disabled People, while those received after this date be used to inform its delivery.



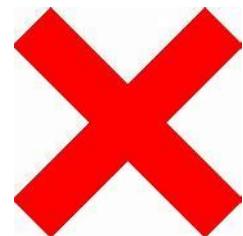
The survey is fully accessible to ensure as many people as possible have their voices heard. It is available in Easy Read, BSL and written responses can be sent to: [DUCitizenspace@cabinetoffice.gov.uk](mailto:DUCitizenspace@cabinetoffice.gov.uk).

# Reforming the Mental Health Act



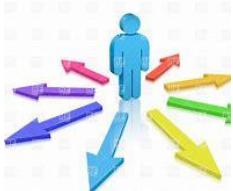
In 2017 the government asked for an independent review of the Mental Health Act 1983, to look at how it's used and to suggest ways to improve it.

The review's final report said that the Mental Health Act does not always work as well as it should for patients, their families and their carers.



The Government are now proposing a wide range of changes to rebalance the Mental Health Act, to put patients at the centre of decisions about their own care and ensure everyone is treated equally.

These changes will apply in England and Wales.



The changes are based on four principles that have been developed with people with lived experience of the Mental Health Act. These are:



**choice and autonomy** – ensuring service users' views and choices are respected  
**least restriction** – ensuring the Mental Health Act's powers are used in the least restrictive way



**therapeutic benefit** – ensuring patients are supported to get better, so they can be discharged from the Mental Health Act  
**the person as an individual** – ensuring patients are viewed and treated as individuals



The Government has produced a number of documents on reforming the Mental Health Act.



This includes:

- ✓ an easy read version
- ✓ an impact assessment
- ✓ a version in the welsh language



You can access all of the documents by using the link below.

<https://www.gov.uk/government/consultations/reforming-the-mental-health-act>

You can also use this link to access an online consultation document. The consultation closes on Wednesday 21<sup>st</sup> April 2021.





# Survey shows people with hidden disabilities are less likely to receive a blue badge.



Blue badge permits help disabled people to access goods and services, by allowing them to park close to their destination. About 2.3 million disabled people in England have a blue badge, according to the latest data.

New rules, introduced in August 2019, widened the eligibility criteria to ensure people with non-visible disabilities were not disadvantaged. The changes were made to include disabilities such as autism, dementia and anxiety.

These changes applied only in England because they were already in place in Scotland, Wales and Northern Ireland.

The BBC obtained Freedom of Information Act responses from the 216 upper-tier councils across the UK.

Of the 109 councils who gave full responses, 8 out of 10 had higher approval rates for people with physical impairments.

Responding to these findings the disability charity Scope, said: "This new data shows a shocking disparity between the allocations of blue badges to people with invisible and visible impairments."





The National Autistic Society said the results showed how important it was for councils to improve training to ensure staff understood when people should be entitled to a "lifeline" blue badge.

The National Autistic Society pointed out that a blue badge could facilitate journeys with a carer for someone with autism who may not be able to understand or react to the dangers of the road.



Dementia UK, commented that these lower blue badge approval rates for people with non-visible disabilities show how some of the most vulnerable people continue to be left behind. For both family carers and people with dementia still able to drive, a blue badge permit could help to minimise any safety risks by allowing closer parking to entrances. It can also decrease feelings of anxiety around going out.

Crohns and Colitis UK said access to toilets was an extremely important issue for people with Inflammatory Bowel Disease, but many callers to its helpline had been refused a blue badge permit by their local council.

**CROHN'S &  
COLITIS UK**



It is not just difficulties getting a blue badge that is creating problems. The removal of accessible parking bays next to shops and amenities "overnight, without any consultation" to allow for social distancing during the Covid-19 pandemic had also had a "massive impact" on disabled people, Scope said.

## Introducing David Stanley – the Music Man



On 31st December 2020 it was officially announced that David Stanley had received an award from Her Majesty the Queen in the 2021 New Year Honours List. David was awarded "Medallist of the Order of The British Empire for Services to People with Special Needs". It recognised David's work as founder and CEO of The Music Man Project.



**David Stanley at the Royal Albert Hall in April 2019**

After 20 years teaching people with learning disabilities, this award has inspired David to campaign with even more vigour for accessible music education and inspirational performance opportunities for all.

David explained that “whilst it is lovely to be personally commended, the biggest reward is that it will open more doors to create even greater opportunities for us all in the future”. David is accepting the honour on behalf of our entire international family, from Music Man Projects across the UK to our overseas providers thousands of miles away in different

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continents.

Many people and organisations have helped on this journey - a journey that began in 1999.

David may be the Music Man, but he leads an extraordinary group of music men, women and children who inspire him to work harder every day.

### David's personal journey.

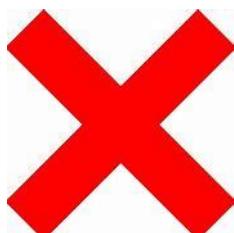


David's personal journey has been full of highs, lows and middles.

David's natural exuberance means that he usually only promotes the highs as he believes positivity and happiness is the secret to learning.

The lows have taught David more than the highs. David failed:

- his grade 5 piano
- auditions to enter music conservatoires
- to get onto a Music Therapy course
- the first time he auditioned for a TV show (He succeeded the second time though!).



The list goes on, but David believes every failure sows the seed for future success. David tries to invest in loss every time. In fact, nowadays David finds failure highly motivating!

My parents instilled a self-belief which I still draw upon every time I face rejection. My whole family moved heaven and earth to support my musical development.

They could not afford much but somehow managed to get me a £50 piano from the local paper and paid for an hour of piano tuition every week. Despite always being an expressive performer, I started late, so





my technique and discipline was a little lacking as I progressed.

I passed my piano grades very quickly (achieving Grade 8 by the time I was 14, having only started learning at the age of 11) but I always felt slightly behind other children who started earlier.

With Mum and Dad's determination I pushed through, and thanks to inspirational teachers I reached the Junior Department of the Guildhall school of Music.

Despite feeling like the worst pianist in the building (I often hid in the Barbican to avoid being told off by my strict piano tutor!), I eventually found my spark as an improvisor – something most of my virtuosic peers struggled with.

I went on to study with some amazing teachers at Kings College, London and the Royal Academy of Music. I felt equally intimidated in the elite and historic surroundings, but my piano teacher was patient and life changing. She valued what I could do and always told me that I was tenacious! I also found my niche in musical analysis, eagerly pulling apart the music of famous composers to reveal how they achieved their masterpieces.

With that education behind me, I felt secure in my musical knowledge but was still naïve and lacked understanding in leadership and accountability.

That changed after 11 years working at a mainstream secondary school. When I left, I was the Deputy Headteacher and gained the qualification for headship.



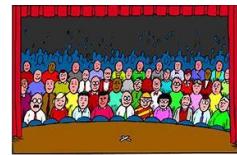
This was my first and most important stepping stone. I learnt what can go right and what can go terribly wrong in leadership.

I would not change that experience for the world.

I obviously had all the encouragement that I needed in my childhood, but it took a while for me to turn this into true confidence. I can still hear mum telling my 12-year-old self, “you just show them David” and my friend Colin from my amateur dramatic group shouting, “give it bags of oomph David!”.



Colin gave me my first opportunity to play in front of an audience. I entertained a group of elderly people and realised in that moment that music had the power to change lives.



Throughout my life I have been blessed to have the love, support and guidance of many incredible people. All of them believed in education, believed in music and believed in me. Whether they are family, friends, teachers or connections, I am grateful to them all. Collectively they taught me to make a positive difference in this world and to not be afraid of failure.





“Everything changed in my life when I met Tony, my first ever student. Southend Mencap trusted me to teach a group in the early 2000’s. Then the General Manager Marc showed extraordinary belief and vision to employ me full-time in 2012”  
The rest is history.

**David with Tony at the London Palladium in 2015**



## Looking to the future

David has many dreams for the future. David would love:

- ✓ for some of our more reflective and meaningful songs to be published by the Salvation Army. To be performed by people with or without disabilities in decades to come as a tribute to our work together
- ✓ to travel to many more overseas territories of The Salvation Army to support their incredible relief work and to connect vulnerable communities through our songs
- ✓ a purpose-built music facility like the amazing Daniel’s Music Foundation in New York. This would be the MMP official headquarters and the only specialist music education and performance centre for people with disabilities in the country
- ✓ to return to the Royal Albert Hall with even more Music Man regions
- ✓ to take some of the MMP’s amazing musicians to Broadway



Music Man Project

## David Stanley tells us about the Music Man Project (MMP) UK

The Music Man Project is an international music education service for children and adults with learning disabilities, providing accessible music tuition leading to inspirational performances. Run by volunteers, the charity gives grants for accessible arts education, promotes equal access to performance, carries out research and raises awareness of the achievements of disadvantaged people in the arts.

The music sessions focus on education, enjoyment and performance through singing, signing and the playing of accessible musical instruments, using original repertoire written especially for the project.



## The Music Man Project/The Salvation Army Partnership

The Music Man Project/Salvation Army partnership is an outstanding example of two like-minded organisations joining together to make the world a better place.

An adherent of Leigh-on-Sea Corps in Essex, David Stanley originally invited members of The Salvation Army to meet his students in Southend, strongly believing that they could work together to further their mutual goals of community service and music.

The friendship has led to two performances at Regent Hall, performances at the enabled (formerly SAFE) Summer School and dozens of workshops up and down the country to establish Salvation Army run Music Man Projects across England, Scotland, Wales and Northern Ireland.



### MMP workshop in Kilmarnock October 2018

The partnership even led David to seek out the Salvation Army in New York and start a Music Man Project in America in 2019.



### The Music Man Project at the Royal Albert Hall

One of the first Salvation Army Corps to deliver weekly Music Man sessions was Hedge End. Wearing their distinctive purple Music Man Hampshire polo shirts, these wonderful musicians joined their fellow Music Man performers at the Royal Albert Hall. We performed a special version of Kumbaya, it was a moving tribute to the ground breaking partnership with the Salvation Army.

In addition the concert at the Royal Albert Hall began with a trumpet and drum fanfare performed by The Salvation Army.



**The MMP ambassadors at Strawberry Field February 2020**

David Stanley explained “collaboration with The Salvation Army has been a great blessing. It has helped the Music Man Project reach people right across the UK”.

David believes “that the partnership is the perfect match of accessible music and faith for a community who so often get left behind”.



## Surviving Lockdown MMP wired#

In normal times, Salvation Army churches and facilities host regional Music Man Projects up and down the country. When the coronavirus put an end to all in-person teaching, The Music Man Project stepped in to support its students and the wider disabled community through a wide range of online services.

'#MMPWired', with its live Facebook shows, Zoom music sessions, video calls and nearly one hundred new YouTube videos has brought the joy of music to the homes of an isolated community. Thanks to emergency COVID-19 relief funding, the charity delivered new musical instruments to families across the UK so they could join in with the music at home.



**Enjoying a Music Man session on Facebook Live**

The online platform has brought the Music Man Community together in new ways. Thousands have tuned in, including many people who didn't have a local Music Man Project to attend before the lockdown. They are now able to join the music-making with students who normally attend regional centres. The charity has pledged to continue these services after the pandemic, such has been the success and impact for everyone involved.

## Introducing MMP Hampshire

The Music Man Project Hampshire was established at Hedge End Salvation Army (HESA) in May 2018, following an inspiring presentation given by David Stanley and a group of his Essex students earlier in the year. Corps Officer, Major Louise Davis, had for some time felt a conviction to reach out to members of our community with learning challenges and it was clear that The Music Man Project (MMP) would provide an excellent tool for the job. Her inspiration and drive drew together a dedicated team of volunteers under the leadership of Valerie Hickox, whose background as a music teacher with experience of students with learning disabilities made her ideal for the position. The weekly session, on Thursday afternoons, quickly attracted students with a wide variety of abilities and challenges and the number of regular attendees soon reached our capacity.



The hour-long sessions are packed with musical activity, with the students singing and playing a variety of percussion instruments. The opportunity to play the Drum Kit always seems to be a highlight! It is uplifting to witness the joy our students get from making music together and the progress they make, both musically and socially. The sessions always begin and end with the 'hello' and 'goodbye' song respectively, during which students are invited to sing solo with a microphone. We have witnessed all of our students grow in confidence through these songs; one very shy lady who, at the beginning would hide behind her hands when approached with the microphone, now reaches out for it and sings



confidently; a non-verbal student who began by just staring at the microphone has developed through hitting it, to tapping it in time with the music; some have discovered previously unknown talents and now enthusiastically sing or play solos. In the early days the students arrived looking pensive, not knowing what to expect in this new environment, but all left each session smiling. Within a short time they were arriving with a smile on their faces.



**The Music Man Project Hampshire at the Royal Albert Hall**

One of the key elements of the MMP programme is giving the students opportunities to perform before an audience. During our first eighteen months we achieved this on several occasions, on one of these we joined in concert with the HESA community choir.

Each group was inspired by the other and the performance was enthusiastically received by a large audience. The highlight of this time, though, was undoubtedly a great show at The Royal Albert Hall on Monday 15<sup>th</sup> April 2019, when students from MMP groups across the UK came together to perform alongside a professional cast.



2020 then brought the enormous challenge of maintaining a programme for our students while not being able to meet in person. The Music Man Project had become an important part of their lives and we were determined to do everything we could to maintain this little bit of normality for them in some way. Like many organizations, we decided to go online. Praise God for

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'Zoom', which enabled us to continue with some form of session.

We were not sure how our students would respond but, in the event, they adapted very well. One or two have found the format too challenging, but the majority have continued with us throughout this difficult period; we have even gained a couple of new students during this time.

At the time of writing, we have completed 40 online sessions, all of which have been well attended and seen our students engaged and actively involved. They always greet each other enthusiastically and are obviously pleased to be able to see their friends on the screen.

In our live sessions we had adopted the practice of ending each week with the song 'Join Together', during the singing of which students and staff reach out for each other's hands as they sing the line 'Join together, join together, hand in hand in hand'.

We have continued to use this song at the end of our online sessions and as we sing that line we reach out and, with the screen set to 'gallery view', our hands go beyond our own frame and we can imagine that we are making contact with the person next to us on the screen.

We pray that it will not be too much longer before we can do this in person once more.

## We hear from Trinette Homes about MMP Lincolnshire



**The MMP Lincolnshire team**

We started the Music Man Project in Lincolnshire in November 2019 following discussions at Mission Development Plan meetings. We also had the opportunity to see Music Man in action at Bourne, one of our neighbouring corps. We came away convinced that Music Man is needed in Boston.

We were grateful for the instruments that were provided by The Salvation Army. We enjoyed a training day that David Stanley and the Music Man ambassadors provided in September 2019.



Three of our team work for Thera, an organisation that supports people learning disabilities in their own homes, so they spread the word around about Music Man. A local day support centre also heard about our group, so we had a head start with members without having to advertise.

We intended to have a 90-minute session for 15 people (the number of instrument sets we have) plus carers on the first Tuesday of every month.

We had 22 people and carers attending our first session and more people said that they wanted to come along. Given this level of demand we



We did manage our own short session when we could gather at the hall, we wanted to do more but this has not been possible yet. You can see our session on the Music Man Project Lincolnshire Facebook page.

For now we look forward to the end of Coronavirus, the lifting of restrictions and being able to start all over again. We know our members are as keen as us, they've told us so.

immediately started a second session on the third Tuesday of the month as well.

The sessions were an instant success. We are not ashamed to say we cried when everyone joined in with Kum Ba Ya. The group soon learned many of the classic Music Man songs plus more and quickly developed their own favourites.

A break half way through the session has encouraged conversations and friendships.

Three of the team are booked on a Makaton course to help with signing.

We had planned to lead the monthly 'Songs of Praise' in August but that's on hold.

Because there is some daily contact it has been possible to keep in touch with members. Letting them know what's on and when, so they can watch the Facebook sessions.



An MMP Lincolnshire session

## Jo-Anne Graham tells us about MMP Scotland.

Here at the George Steven Community Hub, we haven't let a worldwide pandemic hold us back!

We delivered musical instruments to people at home and started sessions online via Zoom, that was back in March.

Jim, our devoted Music Man leader, you could call him, "the Scottish David Stanley with a guitar", then delivered weekly online sessions. Jim, along with Helen are the two staff from the hub who are responsible for developing MMP Scotland and making it the success it is. Jim retired in December, we will all really miss him but thought we would share this photo because it captures the fun, happy and creative leader he was!



We are delighted to have Helen back now. whilst the Music Man Wired sessions are happening during lockdown, she is doing things a bit differently on MMP Scotland Zoom. Helen is teaching us Makaton to pop music. We are currently learning "reach for the stars" by S Club 7.

The Wired sessions have been so well received by individuals from MMP Scotland.

We have regulars Alan, Caroline, Graeme and Sharon who love joining in as many as they can.

Recently, they have been wearing the MMP Scotland polo shirts when joining in.

Alan's Mum Aileen said, "they are absolutely chuffed to be recognised as being from Scotland because of the bright orange polo shirts".

There is no denying the energy, fun and joy that Music Man brings and being able to meet with others from all over the country has really lifted spirits during an otherwise challenging time.



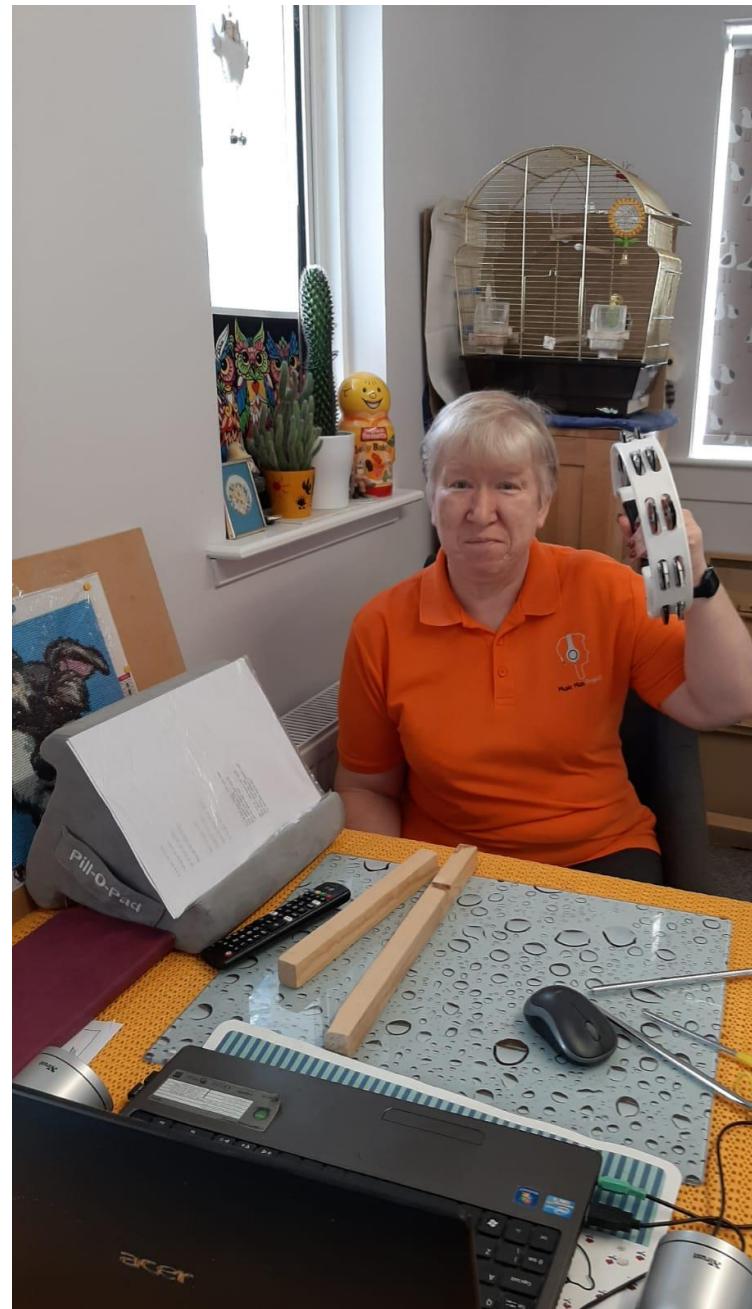
**Caroline enjoying MMP wired**

## Sharon Falconer and Music Man

Sharon has not missed a single session of MMP wired and has written out her timetable, so she knows exactly what time to be online for.

This year has been particularly difficult for Sharon and her family, on top of the hub being closed, lockdowns and other restrictions in place, her Mum has been receiving treatment for cancer.

Sharon's Mum Jackie said "Music Man and the Zoom sessions have been a Godsend. Sharon needs to be kept busy and the sessions have really boosted her confidence. Sharon is loving it, she recognises people from enabled summer school, other MMP groups and feels like she really knows David and Jenny. When attending the Hampshire session, Sharon was instantly recognised by her orange polo shirt and was made to feel really really welcome into the group".



**Sharon taking part  
in MMP wired**



Jackie said that when first going online, Sharon would be a bit reluctant to talk but it's a different story now, "she is singing away, dancing and playing her instruments".

Her Dad has even sawed up some planks of wood, so she now has a woodblock instrument to add to her collection! I even get a shot of the instruments and join in too".



On one occasion when Sharon did go to the hospital with her Mum, she managed to log into the hospital wifi, joined Music Man on Facebook live and sang along, doing all the actions, while waiting for her Mum. But because the appointment finished too early, Sharon made her Mum wait outside in the car until Jenny's session was over!

Jackie said, "it really does lift my spirits to watch, I don't have time to get down about things, we have got too many online sessions to attend"

## Ben Fuller and Music Man written by Mary Fuller (Ben's Mum)

Our lounge door bursts open! It's Ben smiling all over his face and exclaiming 'It's Music Man'!

Our first lockdown seems a long while ago now, and we wondered how Ben would cope without his full and varied voluntary work he enjoyed every day. It was not long before he had organised a programme/time table for himself, available on Zoom and Facebook Live.

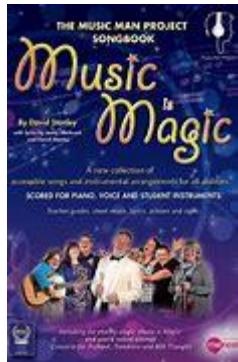
Music Man became a household word, and David Stanley, Jenny Hitchcock, Sarah Mann and of course Murphy (the dog), became living legends in our conversations and materialising in Ben's annex through the wonders of technology.



**Ben wearing his  
MMP Kent Polo Shirt**



It's not difficult to see why Ben is attracted to this lively, joyful musical style, and enjoying the experience of sharing his first love, music, with Music Man participants.



Ben's first experience of the Music Man Project was at the enabled Summer School, followed by a fabulous day with enabled friends at The Salvation Army, Droitwich. The song 'Music is Magic' became personal for Ben, when he was chosen to sing a verse in the final festival at the enabled Summer School. How thrilled we were to see Ben engaging and singing a solo!! Gosh!!!

Thank you enabled for this wonderful opportunity.

With 'Music is Magic' becoming much more personal, and with a sense of belonging to him, and with the tune firmly in his head, it wasn't long before Ben had mastered playing 'Music is Magic' on his digital piano and keyboard. This progressed to playing church organs whenever he got the opportunity, the tune even resounding in Norwich Cathedral!

Just before our first lockdown, (literally a week before), Ben had an organ recital at the local church for St. David's Day Daffodil Tea. It was a lovely event and his programme theme was 'Music is Magic'.

Lockdown 3 and the Music Man Project is again stepping up to the plate, with daily Zoom and Facebook Live sessions. It's wonderful, we're all thrilled.

Ben now sports a yellow MMP tee shirt (Kent - yellow is Ben's favourite colour!), and a blue MMP Hoodie (Essex - after all Ben like his Dad is an Essex boy). He plans on getting more colours!!!



**Ben wearing his  
blue MMP Essex Hoodie**



## Ashley Bishton tells us about learning to play the Violin

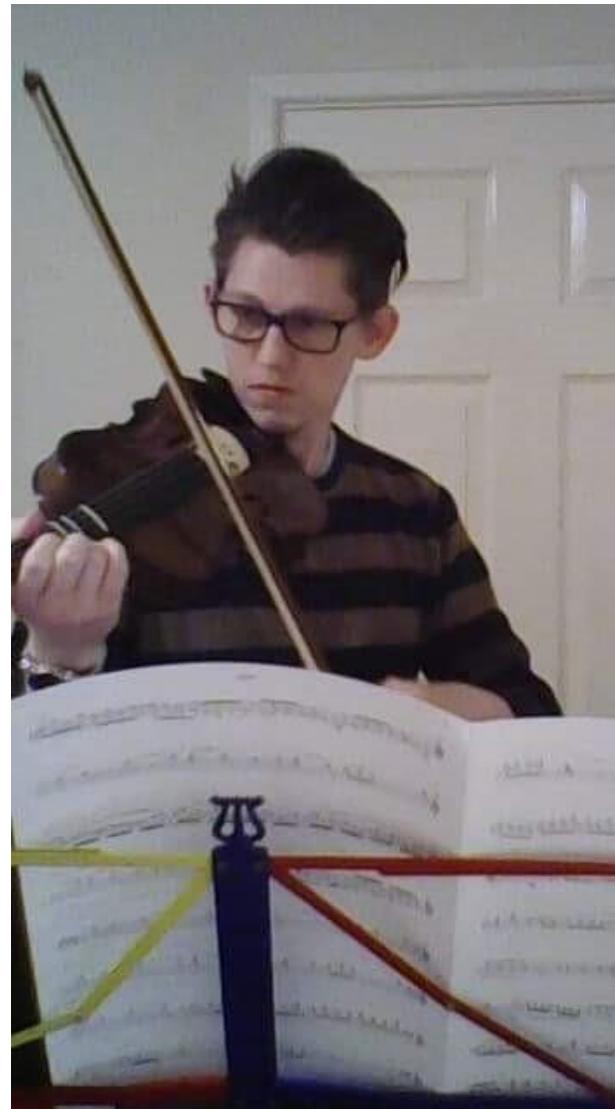
Music has always been important to Ashley. Ashley plays the Cornet and plays this in the band at the enabled Summer School. Ashley also treated us to a solo on his Cornet when we had a Music Man workshop in Droitwich.

Ashley also plays the trumpet. Ashley plays the trumpet in an orchestra for people with a disability in Worcester. The last piece that they were learning to play before the first lockdown in March was the Star Wars theme.

Ashley explained that this was a very difficult piece to play. The orchestra have not been able to meet and rehearse since March 2020 due to the need to maintain social distancing.

Ashley decided that he would also like to learn how to play the Violin. Ashley is hoping that he will be able to learn to play the violin to a standard that will allow him to play a violin in the orchestra.

Ashley, when we have not been in lockdown, has a weekly Violin lesson for an hour.



**Ashley practising the violin**

Unfortunately, as Ashley is a beginner online lessons for the Violin are not possible.

The types of things that Ashley learns on his lessons are bow technique, finger placement, the different positions, full notes and slur notes. Ashley is currently working on playing scales.

Ashley tries to play for at least 20 minutes each day.

As well as his lessons and practices Ashley has also bought some Violin books for beginners and intermediates. He also listens to and watches violin players trying to identify the techniques that they are using.



**Ashley with his Violin**

Ashley is really enjoying learning to play the Violin. Ashley hopes that one day he will be able play well enough to fulfil his dream of playing the Violin in the orchestra.

Ashley sometimes posts videos on the enabled Facebook page of his Violin playing



## Chris Wren-Kirkham tells about what he and his son, also Chris have been doing musically during the Coronavirus Pandemic.



**Chris and Chris performing**

Chris and I attend Sutton Salvation Army Church where I am part of the team that looks after the band. Chris has recently joined the band playing the drums. We are delighted that his Autism is no barrier to being part of the band and he loves taking part.

We have missed being able to play with the band over the last few months. However, we have been able to share music in other ways. I have recorded piano pieces online most weeks. We were delighted to be asked to do three musical sessions for the enabled Facebook group in July for enabled Summer School at Home, in September and most recently for enabled at Christmas.

These featured piano and drums in a range of different styles of music, including a number of requests.

For us, music is a means to communicate on many levels and is an important part of our Christian witness. Whether you know the words associated with a tune or not, I believe that the music can resonate at a deep spiritual level.

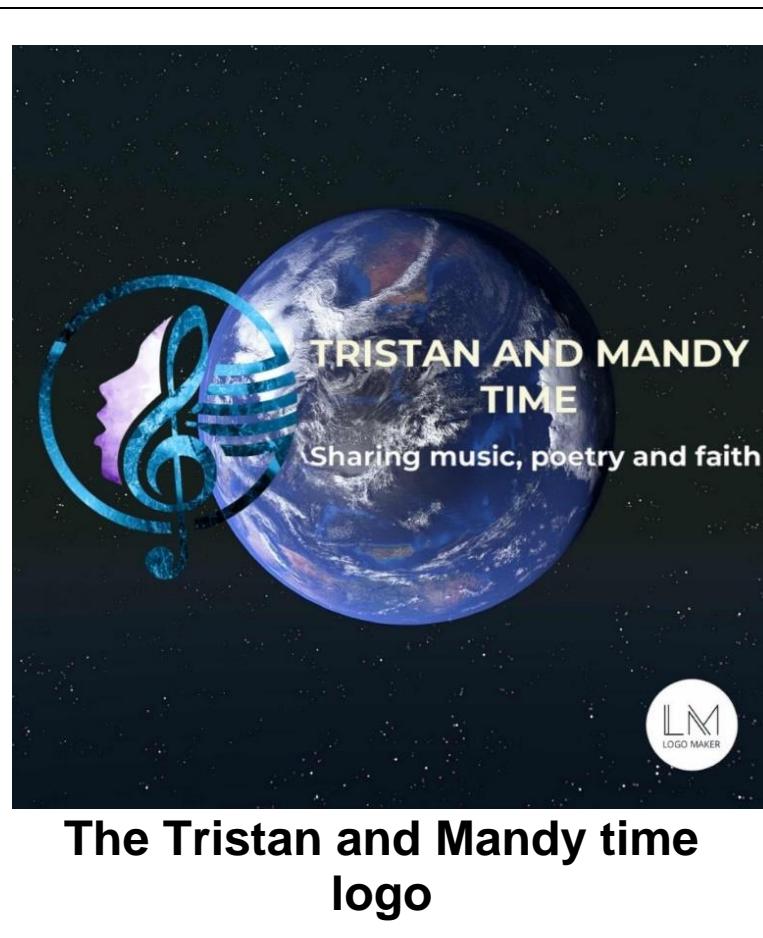
We hope that everyone who has listened in has enjoyed our music and we look forward to doing more in the future.



**Chris and Chris performing**



# Amanda-Jayne Lanceley tells us about Tristan and Mandy's Music Time



The Tristan and Mandy time logo

On the 20<sup>th</sup> March 2020 we began Tristan and Mandy Time.

My husband Tristan, who has learning disabilities, is an amazing pianist. He is our church pianist and senior choir (Songster) pianist. As the first lockdown loomed, he was upset about not being able to play at church as music is his life.

I came up with Tristan and Mandy Time and it took off. We did a half hour session on Facebook Live every day for twenty weeks. We then reduced this to 45 mins every Friday at 4pm. We were advised to set up a Facebook Group which we did. We were blown away by how many people have joined the group, we currently have 430 members.



As well as all across the UK our members come from all over the world including Canada, America, Australia, New Zealand, Iceland, South Africa, Portugal, Italy and France.

It is so hard at the moment to keep going day to day. Our aim has always been to help our members to stay positive and give them something they can look forward to. Many have said we have been their lifeline and really blessed them. Doing Tristan and Mandy Time has really helped us both and blessed us in return.

God has blessed us with a wonderful and unexpected ministry and one we never thought possible. We have decided we will keep doing Mandy and Tristan Time even after this pandemic is finally over. We are not going to stop as we feel God has led us into this ministry and that He has placed us right where he needs us. We pray He will continue to use us and our gifts to bring others nearer to Him as well as bring encouragement, hope and joy in the weeks and years ahead.



**Tristan and Mandy Lanceley  
as they appear on screen  
with  
Tristan and Mandy Time**



***Speaking to one another by psalm, hymns and songs from the Spirit. Sing and make music from your heart to the Lord. Ephesians Chapter 5 verse 19 (NIV)***



Music is all around us. Most people like and enjoy music. Some of us are talented musicians and singers, others less so. Musical talent, or the lack of, does not mean that we cannot enjoy music.

Music tends to play a part in our life.  
There is background music in shops.  
Music when you are on hold when on the phone.  
The radio when you are in the car.  
When commuting or travelling on train or bus journeys all around are people with headphones on, mainly listening to music.



Music is often involved in celebrations and festivities.



Music is a key part of worship.  
Music is a gift from God that each of us can enjoy. A powerful song can move you to joy or tears.



Paul in writing to the Ephesians urges them to speak with each other by psalms, hymns and songs from the Spirit. He suggests that they sing and make music from the heart for the Lord.

What Paul is encouraging is that we express our spiritual thoughts and feelings not just through words but also through music. How often has a hymn or song in worship moved you and lifted your spirits?



One of the aims of our partners The Music Man Project is to enable everyone, regardless of ability or disability, to tap into their innate musicality.

I often speak of the power that I have experienced during Music Man workshops. Many Music Man songs are engaging and fun, including Makaton signs, the playing of instruments, actions and dancing.



As enjoyable as these songs are, when songs like Kum Ba Ya, Peace and Hope or Join Together are sung, the feeling in the room changes. When these songs are being sung there is an intensity and spirituality that encompasses everyone. You have to be in the moment as it is difficult to explain in words. I know that I am not the only person to experience this. Often people are moved to tears and real power is experienced.



Music from the Spirit is a wonderous gift.

I leave you to reflect on these questions:  
What part does music play in your life?  
Do you use music as a distraction?  
Do you embrace music?  
Are you embracing the Spirit and singing and making music from your heart for the Lord?



May God bless you. Stay safe and keep well during these unusual times.



## enabled Prayer Network

Would you like to join the enabled Prayer Network?

You will receive a weekly email, usually on a Friday, which includes a passage from the Bible, a message of encouragement, news, information and suggestions of people and things to pray for.

If you would like to join email:

[chris.stringer@salvationarmy.org.uk](mailto:chris.stringer@salvationarmy.org.uk)

## Contact enabled

If you have any comments, questions or contributions for **OUR Newsletter** we would be very pleased to hear from you.

You can contact enabled in the following ways:

	<b>Letter</b>	<b>Chris Stringer, The Salvation Army, 101 Newington Causeway, London, SE1 6BN.</b>
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	<b>Mobile phone and text</b>	<b>07889755067</b>
	<b>Facebook</b>	<b>enabled (previously Salvation Army Fellowship of Endeavour SAFE)</b>
	<b>WhatsApp</b>	<b>enabled</b>