



# **SING FOR LIFE - NOTTINGHAM**

## **'THE CONCERT'**

Sunday 29<sup>th</sup> March @ 7:30pm  
NOTTINGHAM ALBERT HALL  
North Circus Street. NG1 5AA.

Celebrate the end of this great fundraising and awareness project in aid of BREAST CANCER UK as Sing For Life entertain you LIVE.

With Guests:  
ROLLS ROYCE LADIES - Fabulous Choir  
KAL'S KATS - Superb Rhythm & Blues Band

# **PROGRAMME**



**SING FOR LIFE**  
Nottingham

# THE PROJECT



**SING FOR LIFE**  
Nottingham

## EMPOWERMENT FOR WOMEN THROUGH MUSIC

At Sing For Life, we aimed to empower local women through the joy of singing while supporting a vital cause of **BREAST CANCER UK**. By participating in our project, singers not only developed their vocal and musical skills but also contributed to Breast Cancer UK and helped raise awareness.

We launched in February 2026 and Sing for Life Nottingham aimed to sign up around forty local women to take part in a six week pop-up singing project, working towards tonight's fantastic live performance - **we were thrilled to receive over 135 women!**

Absolutely no previous singing experience was necessary, just a willingness to step outside their comfort zone, get stuck in and give it a go... it's all about the journey, and they were singing and loving it in no time!

*"It's about connecting with music, embracing the joy of women singing together, in aid of the vital work of Breast Cancer UK. Being a part of our diverse community of singers gives an experience that you will never forget. The singers stepped outside their comfort zones and used the power of their voices to sing for life!"*

**Philippa Steel (Project Musical Director)**

All candidates who registered for the project attended an initial "meet and greet" session. This provided an opportunity for participants to introduce themselves, have a glass of wine or soft drink, meet others involved in the project, and connect with the project team. During this session, each participant also took part in a 'voice assessment', enabling us to determine where their voice would best sit within the project's singing group; placing higher voices within the two Soprano sections and lower voices within the two Alto sections.

Participants were provided with sheet music for all repertoire. However, the ability to read music was not a requirement, as professionally recorded learning tracks were also made available. These allowed singers to practise at home by singing along with their individual vocal parts. Following this introduction, participants attended six two-hour rehearsals held at St Paul's Church in Daybrook - a great place to sing, and the only space we could find large enough for this group! During rehearsals, singers were seated within their allocated sections while the Musical Director guided them through vocal warm-ups and introduced the repertoire gradually, building each piece week by week in preparation for the performances you hear tonight. Section Leaders were also present throughout rehearsals to provide additional support as participants learned their parts.

For some members of the group, this project marked their very first experience of singing. It was entirely natural for some to feel nervous or even sceptical about their abilities at the outset. From the beginning, we wanted everyone to feel fully supported and to understand that each person was **on their own individual musical journey**, progressing at a pace that felt right for them. Over the past weeks, we have been truly amazed by the progress that has been made. We have witnessed individuals grow in confidence and develop as musicians, and together they have become... well... **a choir!**

ALBERT HALL  
NOTTINGHAM

In aid of  
BREAST CANCER  
UK

Sunday 29th March 2026  
singforlifeningham.co.uk



PART  
*One*

Open Tonight!  
7:30 pm - 10:00 pm  
Bar until 11:00pm

# MENU



## HORS D'OEUVRES SING FOR LIFE (NOTTM)

**Sweet Dreams \$ 2.50**

Eurythmics' 1983 pop classic reimagined for SSAA voices! Hypnotic synths become soaring harmonies—playful, fun, and catchy. Perfect for showing off ensemble sparkle while celebrating ambition, curiosity, and a bit of mischief.

**Defying Gravity \$ 3.50**

This soaring anthem celebrates breaking free, embracing ambition, and rising above limitations. The upper voices weave a tapestry of hope, courage, and exhilarating musical flight.

**Firefly \$ 2.10**

Bright, playful choral piece shimmering with energy and joyful melodies. Recommended!

## STARTERS ROLLS ROYCE LADIES CHOIR

**And Can It Be? \$ 5.10**

A moving choral work featuring lush harmonies, soaring melodies, and emotional depth, evoking wonder, awe, and the power of transformation.

**Oceans & Stars \$ 2.00**

Paralleling the voyages we make through life with those of a river to the sea, this poignant original work by Amy Bernon creates a thoughtful and meaningful atmosphere

**Come What May \$ 4.30**

A passionate song expressing enduring love, with soaring melodies, heartfelt emotion, and romantic intensity.

**It's Raining Men \$ 4.00**

A high-energy, fun anthem celebrating empowerment and joy, with catchy rhythms, playful lyrics, and unstoppable spirit.

**He Aint Heavy \$ 5.10**

A heartfelt, soulful choral arrangement celebrating loyalty and compassion, with rich harmonies and uplifting emotional depth.

**One Day Like This \$ 4.20**

A luminous, uplifting choral arrangement of Elbow's hit capturing hope and joy, with soaring harmonies and shimmering emotional intensity

## MAINS SING FOR LIFE (NOTTM)

**They Can't Take That Away From Me \$ 2.20**

A timeless, romantic jazz standard, celebrating enduring love and cherished, unforgettable memories.

**Seal Lullaby \$ 2.50**

A gentle, soothing choral piece with delicate harmonies, calming melodies, and tender, lullaby-like intimacy.



**You Raise Me Up \$ 3.30**

A stirring choral anthem conveying encouragement and hope, with soaring melodies, rich harmonies, and a powerful sense of uplift and inspiration.

## DESSERTS SING FOR LIFE (NOTTM)

*and*  
**ROLLS ROYCE LADIES CHOIR**

**Defying Gravity \$ 3.50**

A dynamic fusion of the two groups performing together

**Sweet Dreams \$ 2.50**

A powerful, harmonious collaboration, blending experience with energy.

*Part Two after the Interval*

## DRINKS & COCKTAILS with KALS' KATS

*Rhythm & Blues Band*

**This Train \$ 7.99**

A spirited, gospel-infused song with powerful rhythms, celebrating faith, hope, and perseverance.

**Buena Sera \$ 7.99**

A lively, upbeat classic with smooth melodies, exuding charm, romance, and playful energy.

**Red Right Hand \$ 9.99**

A haunting, atmospheric song with dark, cinematic tones, evoking power, mystery, and suspense.

**Jumpin' At The Jubilee \$ 7.49**

A lively, swing-filled tune with infectious rhythms, full of energy, fun, and celebration.

**Peace In The Valley \$ 10.49**

A soulful, uplifting gospel ballad offering comfort, hope, and a sense of tranquility.

**Ay La Bah \$ 8.99**

A vibrant, rhythmic song with infectious energy, blending traditional sounds and playful melodies.

**On Revival Day \$ 7.99**

A soulful, uplifting anthem celebrating renewal, hope, and spiritual awakening through powerful harmonies.

**As Long As I'm Moving \$ 8.99**

An energetic, upbeat track full of vitality, celebrating freedom, change, and forward momentum.

**Reet Petite \$ 9.99**

A lively, upbeat classic with catchy rhythms, celebrating love, energy, and irresistible charm.

**+ Sing, Sing, Sing & Sweet Caroline..!**



# breast cancer uk.

Sing For Life Nottingham are so proud to be raising funds and awareness for this crucial charity.

## *Building a world that prioritises prevention.*

At Breast Cancer UK, we believe in a future where fewer people have to face breast cancer as we know that at least 30% of breast cancers are preventable through lifestyle and environmental factors. We exist to make that potential a reality: by empowering people with knowledge, driving evidence-based research, and campaigning for systemic change. We guide people on practical steps to reduce their risk of breast cancer, from diet and weight management to avoiding harmful chemicals and advocating for healthier environments.

A distinctive area of our work is shining a spotlight on Endocrine Disrupting Chemicals (EDCs) — substances in everyday products that may interfere with hormones and increase cancer risk. We collaborate with like-minded organisations to amplify our voice on this critical issue, and we fund research we believe has the potential to be a “game-changer.”

## *We're changing the narrative on breast cancer. We are working toward a world where:*

- All people have access to evidence and support to reduce risk.
- Governments and regulators take action to limit exposure to harmful chemicals and enact health-protective policies.
- Research into the causes of breast cancer is prioritised — not just treatment.
- Prevention is no longer a footnote, but central to how we confront cancer as a society.

## *Can a healthy lifestyle reduce my risk of breast cancer?*

Yes, a healthy lifestyle can help lower your risk of breast cancer. Studies show that at least 30% of breast cancer cases could be prevented through lifestyle and environmental changes.

In addition to lifestyle factors, harmful chemicals in your environment may also increase your risk. Your risk of breast cancer changes throughout your life and can be influenced by major life stages like puberty, pregnancy, breastfeeding, and menopause. Certain risks cannot be changed, such as age, gender, genetics, family history of breast cancer, and breast density.

## *Tips from Breast Cancer UK to reduce your risk.*

- **Drink less alcohol** - Scientific studies have shown that for women, when it comes to breast cancer risk, the more alcohol you drink, the greater your risk.
- **Get active** - It's thought that exercise lowers the levels of certain hormones and reduces inflammation. This can help lower the likelihood of breast cancer developing and progressing.
- **Be a healthy weight** - In women, there is a link between excess weight and breast cancer risk, but this depends on menopausal status. In men, excess weight is also linked to an increased risk of breast cancer.
- **Eat well** - Some foods or food components may be protective, while others may increase your risk. Because the effects of a healthy diet on your breast cancer risk take a long time to show, consistent, long-term healthy eating is crucial.

# MEET THE PROJECT TEAM

## PHILIPPA STEEL – MUSICAL DIRECTOR



We are so excited to perform at the Albert Hall in Nottingham in just over a week's time! Our singers sound absolutely amazing and it's going to be such a fun and celebratory evening. I cannot wait for our audience to hear our sound and what we have achieved in only 6 weeks. Our concert will be a pure celebration of that and of course the incredible amount raised for Breast Cancer UK is staggering. We hope as many people as possible can join us to experience what a joy this project has been!

## REBECCA WILLIAMS – ACCOMPANIST

Rebecca who as our piano accompanist has been learning up all the material, covering the rehearsals with her accompaniment and again performs for us tonight. What would we do without her? Rebecca says: "I have been so looking forward to being part of this exciting and inspirational new musical project in 2026".



## HOWARD LLOYD – PROJECT COORDINATOR



Projects like this need a logistics expert and an organisation master, which is what Howard brings to Sing for Life Nottingham! He has served as the main point of contact for our singers and for all of the wonderful organisations that will be supporting us with this project, including our charity partner Breast Cancer UK. Howard has worked on similar singing projects and seen how much confidence they can bring to people looking to try something new.

## IAN WATTS – OVERALL CREATIVE DIRECTOR

Ian has guided this project from initial conception through to its successful delivery, ensuring it achieves its goals of musical excellence and empowerment while fostering a fun and creative atmosphere throughout. He is the Musical Director of Carlton Male Voice Choir and, over the past two years, has led a similar initiative—Nottingham Men Allowed—for lower voices, in support of Prostate Cancer UK. Plans are already in place for the project to return in 2027.



# OTHERS THAT HAVE HELPED US...

Our immense thanks goes to the following people who have made this project possible:

**SECTION LEADERS:** Holly Jewitt-Maurice (Soprano 1's), Liz Baldock (Soprano 2's), Dorothy Thompson (Alto 1's), Jane Brooks (Alto 2's).

**VOICE ASSESSORS:** Katharine Dryden & Andrew Atkinson.

**PROMOTION & SOCIAL MEDIA:** Laura Garside.

**LOGISTICS & SUPPORT:** John Matthews, Kath Matthews, Julie Lloyd, Celine Watts, Joe Bean, Sally Bennett, Graham Bennett, Zara Smith, Vince Carter, Sei Jun Wong, John Walters, Philip McKiernan, Tim Vernon, Robbie Jacques, Peter Gregory, Andre Pavia, Chris Murratt, Martin Duckworth, Huw Thomas, Adrian Davies, Mary Maxwell (Notts Hospitals Radio), John Coulson (PA), Ben Dew & the crew at Presentation Design Services (Lighting).

**VENUES:** The Albert Hall (Nottingham), St Paul's Church-Daybrook, The Vale Pub-Daybrook.

## SING FOR LIFE – YOUR CLASS OF 2026!

Our thanks and well done to the following singers who made it all of the way through the project to perform on the Albert Hall stage. Be very proud of them and please shout and clap loudly for them to give them your support tonight as they perform, many of them for the first time ever!

**SOPRANO 1's:** Sarah Turner, Stef Roberts, Roz Mayes, Danielle Milsome, Jen Straw, Tracy Lowe-Sheppard, Annette Parkes, Heather Ince, Sally Bennett, Jasmine Green, Kelsey Pickard, Nicole Robinson, Claudia Pitter-Nowell, Celine Watts, Kelly Kingham, Ann Hallam, Franziska Meszar, Claire Pavier, Kelly Montague, Helena Stone, Gail Bennett, Stephanie Tutin, Wendy Kerr, Leesa Shepherd, Susan Hinks, Victoria Murphy, Liz Beverly, Jeanette Martin, Hannah Breedon & Katherine Fisher.

**SOPRANO 2's:** Gwen Harrison, Bernadette Gealy, Gemma Collins, Lauren Fletcher, Abby Richardson, Helen Gregory, Kate Duncan, Nadeesha Arachchige, Jo Ventham, Sarah Lister, Kath Matthews, Francis Newsham, Suriena Dean, Melissa Fitzgerald, Tiffany Goddard, Sharon Martin, Margaret Simms, Melanie Liddy, Lindsay Nova, Janet Corderoy, Liv Bluett, Andrea Bauder, Jacqui Anderson, Lucy Shelley & Kim Hallam.

**ALTO 1's:** Elizabeth Aspell, Irenka Goodman, Laura Sullivan, Stephanie Cooke, Jodie Tait, Zara Smith, Valerie Morton, Anita Thompson, Leanne Povey, Claire Rayment, Helen Radford, Erika Juhasz, Sophie Sloan, Lyn Walters, Rachel Fletcher, Ali Barr, Grace Cartwright, Zoey Merrick, Becky Aldridge, Melissa Watt, Kasia Cox, Boc Kirk, Lindy Jones, Philippa Taylor, Reyna Stewart, Judith Maltby-Crisp, Katie Malinski, Lisa Boardman, Jeanette Carter, Polly Sumpton, Marion Smith, Linda Burdett, Teresa Jarvis, Joanne Wilson, Christine McGrath, Sharon Green, Sian Gresswell, Emma Alder & Vicky Waterhouse.

**ALTO 2's:** Jean Madeley, Ellie Pereira, Laura Hughes, Ursula Smith, Sarah Williams, Liv Hough, Jane Bunyan, Kate Haines, Angie Hull, Blaise Ingram, Chris Geeson, Helen Carter, Clare Stevens, Tara Laughlin, Nazen Smith, Stephanie Jackson, Sophie Scott, Carol Burton, Lucy Pollock, Emma Collishaw, Debbie Downer, Katie Dickson, Sharon Horder, Alice Priestley, Honour Cann, Denise Redford, Wendy Stone, Julie Monks, Julie Malinski & Tracy Rose.

# OUR GUESTS...

## ROLLS-ROYCE LADIES CHOIR

We are so pleased to be joined by this fantastic choir - thanks Rolls Royce Ladies!

Established in 1959 as a social gathering for female employees of Rolls-Royce and spouses of the many male employees, the Rolls-Royce Ladies Choir has evolved into a vibrant community of around 40 members welcoming singers of all backgrounds. Under the skilled guidance of our Musical Director, Christine Hunt, and the talented pianist Philippa Steel, we bring together a diverse repertoire spanning classical, traditional, and modern pieces ranging from Cole Porter to Coldplay! At RRLC, we're not just about preserving tradition; we're about ensuring choral singing remains dynamic and inclusive for all generations. That's why we're committed to making our performances entertaining, attractive and accessible to the younger crowd, aiming to boost membership and guarantee the enduring legacy of choral music.

From intimate church halls to grand venues like The Dome in Buxton and The Albert Hall in Nottingham, we love sharing our music with audiences far and wide. Collaborating with other choirs and musical ensembles is a special joy for us, fostering mutual admiration, enjoyment, and respect. As we approach our 70th anniversary in 2029, our dedication to the perpetuity of RRLC remains steadfast. Join us on this musical journey and experience the magic of choral singing with Rolls-Royce Ladies Choir! [Connect with us on Facebook, X, and Instagram to stay updated on our performances and events.](#)



## KAL'S KATS

What a treat to have this amazing Rhythm & Blues band, thank you so much for performing for us tonight!

Superb stage presentation and lighting creates a wonderful wow factor. We involve the audience by providing dance tuition to really engage them to make your event 'simply go off in style' - and forget all your troubles for a few hours at least.

We play across the UK and Europe for Weddings, Parties, Corporate events and themed events e.g. .Great Gatsby, Peaky Blinders Swing Dances, Steampunk.

Our Band reputation is paramount thus we can guarantee a fantastic time! Swing dance instructors can feature at our dances - run dance tuition and can be booked separately for your own dance lessons.

[www.kalskats.com](http://www.kalskats.com)



# OUR SPONSORS...

## MHR Global - Finance, HR and payroll working as one.

We are pleased to be highlighting MHR Global, a Nottingham-based HR and Payroll software company who are passionate about supporting the local community and giving back in meaningful ways. They support over 1,450 organisations, with a record 98% customer loyalty. Their partnership enables us to raise vital funds and awareness, bringing our community together through the power of song and making a real difference for those affected by cancer. A huge thank you to MHR, we are so grateful for their support.

[mhrglobal.com/uk/en](http://mhrglobal.com/uk/en)



## Turner & Townsend - Navigating complex programme delivery.

Our kind sponsors partner with our clients to deliver major projects and programmes with precision, skill and a sharp focus on achieving the outcomes that matter most. With over 22,000 specialists in more than 60 countries, they blend local knowledge with global insight to tackle challenges of any scale.

Drawing on decades of experience, they help clients adapt to changing demands and tackle the challenges of complex programme delivery with confidence. Working in partnership makes it possible to deliver the world's most impactful projects and programmes across real estate, infrastructure, energy and natural resources. Thank you to them for sponsoring Sing For Life (Nottingham)!

[www.turnerandtowntsend.com](http://www.turnerandtowntsend.com)



[carltonmvc.org](http://carltonmvc.org)

## Carlton Male Voice Choir - ENROL – EXPERIENCE – ENJOY!

Carlton Male Voice Choir stands as a distinguished ensemble of lower voices under the expert leadership of Musical Director **Ian Watts**, consistently delivering captivating performances across various genres. They prioritise **inclusivity, ensuring accessibility to all** while performing at a diverse array of venues, from festivals and car shows to grand concert halls and enchanting theatres, public parks, and even esteemed Minsters and Cathedrals, often in support of charitable causes via our own charity 1214041.

*“We are so pleased to support the women and upper voices of the project Sing For Life Nottingham and we truly hope that they find the love & joy of singing for many years to come”.*

**Banks Music Publications** kindly sponsor the full cost of the scores for the Sing For Life piece: **YOU RAISE ME UP.**

- Location: Kindar House, The Crichton, Glencaple Road, Dumfries, DG1 4ZZ.
- Type: Music publisher.
- Focus: Publishing and distributing printed music (such as sheet music, arrangements, or educational music materials).
- [www.banksmusicpublications.co.uk](http://www.banksmusicpublications.co.uk)



"VOICES UNLEASHED"

SING FOR LIFE NOTTINGHAM '26

*with Calton Male Voice Choir*

*In Concert*

@ THE GARAGE CHILWELL

Saturday

09 May, 2026 - 7:30pm

Just £6+booking fee

THE GARAGE - 63 High Rd, Chilwell, Beeston, Nottingham NG9 4AJ



plus a bucket  
collection for:

**breast  
cancer uk.**

THANKS FOR COMING!

breast  
cancer uk.



ROLLS-ROYCE   
*Ladies' Choir*



SCAN FOR



GARAGE TICKETS £6

