



Stay Connected

Musical Connections News July 2020



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Update from Liz & Nic, Quench Arts

Hello there! Hope you are all coping ok and are enjoying the extra freedom we are all being allowed as lockdown eases. Some of you may know that Nic and I both live alone in different parts of the West Midlands and so have been working remotely from our respective homes with lots of phone calls! We've both found it really amazing to finally be able to meet up with our immediate families in a 'bubble' and to have a hug from our respective mums! We hope that those of you who also live alone have been able to form a bubble with your own loved ones, a close friend or extended family and finally have some face-to-face human contact too!

You may remember in the last newsletter that we'd just been awarded some funding to continue Musical Connections up until April 2021. This is fantastic news because the project was otherwise going to have to completely stop in September! The new funding has come from the Coronavirus Mental Health Response fund and is being managed by Mind. The funding will allow us to take on 20 new



Keep In Touch!

Remember, both Liz and Nic are happy to give you a call or text to stay in touch. We can also put you in contact with other members if you don't have their details (providing the other person agrees!)

Steve Ison is still working one day a week in his Music Support Worker role, providing online sessions and telephone calls to those who have expressed an interest. He is also setting musical tasks for people in these newsletters that you can get involved with.

Daily Distractions

Have you checked out our daily distraction activities on Facebook and Twitter? If you are online, have a look at:

www.facebook.com/quench.arts.3

www.twitter.com/quench_arts

STEVE ISON

Musical Connections
Music Support Worker

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Musical Connections members and also provide some additional support to you as existing members. At the moment, this will still have to be online and telephone support but we are hoping that this can change in the autumn (see below), if not sooner, depending on Government guidance.

Between now and April 2021, the grant will allow:

- All current members 4 'catch up' sessions of 15 mins each via phone/Zoom with a member of the artistic team (in addition to you being able to book your normal slots with Steve)
- Monthly group sessions/video tasks until April 2021 (we'll continue with video tasks and worksheets until we are allowed to meeting face-to-face in groups again)
- Steve's Music Support Worker role to continue for 1 day a week right through to the end of April 2021, which you can all access.
- Staff time to contact every previous Musical Connections member who isn't currently engaging to see how they are and whether they want to re-engage.

Bearing in mind Pete's news below, if you have a particular member of the artistic team that you'd like to receive your 4 allocated calls from, please let us know within the next week, otherwise we'll allocate someone to you. You can choose from Paul, Nicola, Steve, James, Katie or Michelle. Also, do tell us if you don't want these calls!

As with all funding, there will be a very small amount of evaluation information that we'd like to collect from you if you do benefit from Musical Connections between now and April. Of course, this is always entirely optional but it does HUGELY help us know how we are doing so that we can improve our service and it also helps us to show the impact of our work to those who provide the funding. The good news is that, for this funding, these monitoring and evaluation tasks are all extremely short and easy (about 5 mins) and can actually be



completed by text or email using a simple system that Mind has developed. If you don't have access to email or a smartphone, then we can complete the information for you over the phone. You don't have to give your full name or any identifying details, just enough information for them to be able to work out that the same person has completed a 'before' and 'after' form. We've tested the questions ourselves and they are quick and easy to do - the main part is really just 5 simple questions where you select a number on a scale like

you've seen with previous Musical Connections forms. The 1st quick survey will probably be before your first phone call. Of course, you don't have to take part in the monitoring and evaluation tasks to benefit from the project but please do take part if you can!

STEVE'S BIT

Hope everyone's doing ok and coping during these times. It's been an interesting learning curve for me working with members using Zoom & over the phone! The slight time delay makes live collaboration very difficult but that hasn't stopped MC member Bernie from singing a whole new song with me accompanying her on guitar from 5 miles away!



I've been helping a few members write songs where maybe they have a riff or a lyric and I try and help them develop it during our session. I have been doing this with Danny H, Tony H & Clare. Other members like Peter M, Andy W and Kieran H have been using sessions to work on their performance skills and try out singing new fully formed songs. Members Yvette & Mike McD haven't got Zoom so I've been working over the phone with them singing lyrics they've written over my accompaniment on guitar. There's so many ways to make music, but doing it live on the internet and over the phone are new experiences for me! Let me know if you'd like a session. Take care. Steve :)

When Can Face to Face Activity Start Back Up?

This is a question that we are all asking and of course, things seem to be changing daily! With Musical Connections we do hope that we might be able to at least start delivering some face-to-face sessions from some point in the autumn, if not sooner. Of course, this depends on Government advice and how the situation develops over the next weeks and months; whether the infection rates decrease or whether there is a 2nd wave of virus.

Our 1st priority will always be keeping everyone safe and minimising the risk of infection, whilst balancing this with the mental health and creative needs that we all have! The challenge for us at the moment is that some scientists feel that there is an increased risk of virus transmission with singing and playing wind instruments and this risk is obviously increased in an enclosed space. Further Government research is currently taking place, as quite a few people disagree about this, but at the moment the guidance is quite clear that community groups shouldn't be singing or playing wind instruments inside.

We are aware that many MC members have underlying health conditions which makes them especially vulnerable and at risk if they catch the virus and we are mindful that many of you also rely on public transport to travel to sessions, where social distancing and larger numbers might be a challenge. With all this in mind, we are currently planning on a gradual move back into face-to-face sessions from September, starting with one-to-one sessions and a blended approach when this can happen. This means that we'll do our best continue to provide online/telephone sessions & musical tasks by video/worksheet, for those who can't attend in person.

Obviously, our scientists and researchers are still discovering new things about the virus and treatments every day and we've all got our fingers crossed that a vaccine will be found soon. Your safety is our primary concern and, when we are able to start up some activity back at APMC this will be with very small numbers at a time, probably initially only on a 1-to-1 basis with time to clean between visitors. There is likely to be Perspex screening in place in some areas of the building and staff may be wearing facemasks and/or visors. Once we have a clear date we'll provide more information and guidance to help keep everyone safe but, at the moment we think there are likely to be several more newsletters sent out before that point!

In the meantime, the Musical Connections team are really looking forward to being able to speak to you on the telephone or through Zoom and have a proper catch up!



PETE'S NEWS: END OF AN ERA

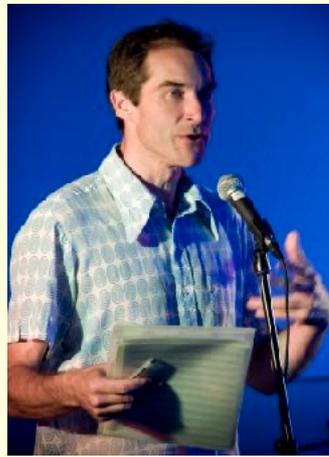
I started working with MC last century! I began as a 'shadow' to Heather Wastie (former MC Artistic Director) while I learned the ropes, then began facilitating one-to-one sessions myself. The first monitoring forms I have on record are from 1999 and were with Simon Baker! Amazing that the two of us are still making music in the same circles over 20 years later!

I have learned so much from working on MC. It was really where I cut my teeth as a freelance community musician and developed my working practice. It gave me the professional confidence to branch out and develop other types of music work in different settings. It's hard to say this without it sounding clichéd but it has also really bought home to me how unique and precious every single person is. When you work in an environment where everyone's contribution is valued then you get to appreciate how wonderful people's personalities are. That's not to gloss over difficult times, disagreements and sadnesses – there have been plenty of those, but that's real life isn't it? Because MC is a place where people can be who they are and don't have to wear masks, it feels like in some way it represents the whole of life in all its beauty, quirkiness, happiness, heartache – and especially, in all its creativity.

I don't know how many hundreds of songs and musical pieces have been created through MC but it's quite a legacy, and there is some real gold there. I would encourage you to play old CDs from time to time and/or to play songs from the archive on the website. Music is what we're about and so much of people's life experience and personality has gone into those songs – we should all keep on enjoying them!

It's hard to pick out highlights. On the one hand there are things like the huge celebratory summer gigs and the intense creativity and togetherness of the residential weeks away. On the other, special quiet moments like the first time someone previously very withdrawn sings in front of others, or particular one-to-one sessions where something happens in the air and the shared inspiration just flows as a new musical masterpiece takes shape.

It's been a wonderful journey, and my personal thanks goes to every single one of you – past and present members, volunteers and work colleagues for making MC such a brilliant community and for teaching me so much. Though I'm stepping back from MC sessions, I'm not going anywhere and will still be doing the monthly Brainstorm sessions which many MC members frequent. I look forward to keeping connected with you all in some shape or form! Pete



QUENCH'S RESPONSE

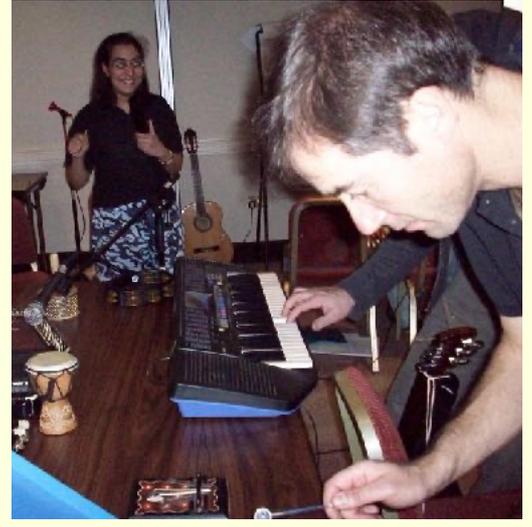
Obviously we are HUGELY sad to see Pete take a step back from Musical Connections but know that he has thought long and hard about this for quite a time. In the last few years of Musical Connections, with less funding around after the end of our Reaching Communities grant, we haven't had the resources or real need for an Artistic Director role for the project and, of course, we haven't been able to take any new members on for 1-to-1 sessions for quite a while (up until now!). When we set up the Musical Connections Hubs sessions around the city we did, however, recruit some new music leaders to our artistic team, with James Stanley and Sarah Wilson joining alongside assistants Arjun, Jake, Dan, Katie and Michelle in each hub. Now we have some new funding, we understand Pete's reasoning that it's time to give some other music leaders the chance to 'step up' and we also appreciate how busy Pete keeps himself with all his amazing work for the Choir With No Name as well as his prison work with Beating Time, his Early Years work and all his bands. Pete means so much to us all at Musical Connections and his hard work over the years has really made the project what is. We'll of course be in regular contact and know that Musical Connections will always be in his heart!! He is still very much looking forward to seeing many of you each month once the Brainstorm sessions can re-start, as he'll still be involved there.

We do plan to give Pete a proper send off at some point to properly mark everything he has done for Musical Connections but, until then, please do join us just in saying a MASSIVE Musical Connections 'thank you for the music', and for being a great guy, to Pete!

If any of you would like to pass a message of thanks on to Pete or to share a particular MC memory of working with Pete, please email or text Liz & Nic at Quench Arts and we'll collate all your comments into his leaving card. Though Pete will be greatly missed, be assured that he'll still be around on the music scene and that Musical Connections will continue with the fantastic team that we have...and that team includes each of you! Musical Connections has always been about its community & that means that it doesn't rely on just one person but everyone of us working together to support & build each other up! Liz and Nic.

THANKS PETE





How To Rebuild Your Confidence Post Lockdown

We saw this article posted by Kathryn Wheeler, 5th June on Happiful.com and thought that it'd be really useful to include here. It has some great tips and advice which we think is really helpful.

“It’s not an exaggeration to say that the Covid-19 pandemic will possibly change us for life. We’ve all been through unprecedented challenges. The way that we work, socialise, and go about our daily lives has been deconstructed as we’ve been forced into a new way of living. With all that in mind, it’s no surprise that our confidence has taken a knock, be that related to body-image, socialising with others, or rising to challenges in the workplace. Like any habit, our confidence can waver when we’re out of practice – throw in the stress of coming out of lockdown with fears around what life is going to look like, and it makes sense that many of us will be feeling unsteady at the moment. If you’re anxious about returning to normal and you want to start building up your confidence again, follow these tips:

- **Think about a time when you felt most confident**

Perhaps it was being ‘hostess with the mostest’, wining and dining your friends from the comfort of your home. How about getting stuck into a project that you’re passionate about? Or maybe it was one-on-one with someone you’re really close with. Think back to a time when you felt most at ease – confident in your abilities and the person that you are. Ponder on what it was about this situation that made you feel this way. Was it surrounding yourself with supportive people, or getting lost in something you really care about? As you start to ease yourself back to normal, try to recreate these moments.

- **Say it out loud**

A mantra is a short assertion that we connect with and repeat to ourselves. Mantras help us to visualise what we desire, making it easier to focus our energies on achieving a certain goal. And the science agrees. A study published in *Brain and Behavior* found that silently repeating things to yourself soothes the system responsible for letting your mind wander – prompting you to stay in the moment.

Your mantra should be personal to you, so think about what it is that you want to achieve, or the things that you need to remind yourself of. Repeat your mantra to yourself in the morning before you begin your day, or in quiet moments when you need a bit of a boost.

It’s really worth meditating on what *you* need from *your* mantra, but to get you started, try:

- *I am worthy of love, support, and respect.*
- *I am capable of overcoming the challenges that come my way.*
- *I am in the process of loving my body.*
- *I believe in my ability to achieve my goals.*
- *I am enough.*

- **Dress to express**

Forget trends and ‘fashion faux pas’ – it’s time to dress to express yourself. What makes you feel good? Is there an item of clothing that has particular sentimental value to you – perhaps the outfit you wore when you first met your significant other, or when you shared happy times with friends and family? Maybe there’s a colour or print that perfectly captures your energy, and the energy that you want to give out into the world. Find what it is, and strut your stuff.

- **You've got to see it to be it**

Self-love and confidence is a journey, and it's not something that will come easily for all of us. But by sharing the good times, and being honest about the hard times too, we build each other up. Fill your social media feeds with joyful, compassionate, self-loving individuals. Make sure that your online sphere is a place where you feel seen and inspired – not drained or self-critical. Unapologetic, unconditional self-love is contagious. Start your feed of positivity by following: [Megan Crabbe](#); [Hannah Witton](#); [Stevie Blaine](#); [Grace Victory](#); [Callie Thorpe](#); [Donté Colley](#)

- **Go easy on yourself**

The hard truth is that confidence doesn't happen overnight, as much as we wish it would. It takes time under normal circumstances, let alone what many of us are going through at the moment as we emerge from what has been an impossibly trying time. So go easy on yourself, don't push too hard too soon. Understand what you need to feel supported, whether this is having someone to check in with when you are feeling anxious, or not overwhelming yourself with commitments. However you do it, and whatever it takes, do it your way. You've got this.”

Article from <https://happiful.com/how-to-rebuild-confidence-post-lockdown/>

Links:

<https://happiful.com/how-can-the-clothes-we-buy-impact-our-confidence/>

<https://www.instagram.com/bodyposipanda/>

<https://www.instagram.com/hannahwitton/?hl=en>

<https://www.instagram.com/bopo.boy/?hl=en>

<https://www.instagram.com/gracefvictory/?hl=en>

<https://www.instagram.com/calliethorpe/?hl=en>

<https://www.instagram.com/donte.colley/?hl=en>

Members Area

Bernie's Poems

Families At Lockdown

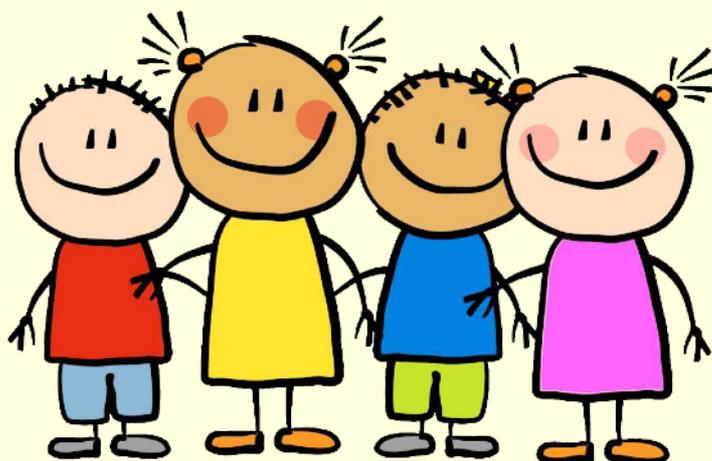
I stand and stare at the 4 walls
- where I live
I look intensely above me
and down below
I'm waiting for a family member
to drop off some food shopping
Food is on my mind!!
A few weeks have passed
- since I have had shopping delivered
But today is MY day
Thank the Lord that this day has come
.... "I can hear my door bell"
..... "I must go"
Hooray to my family member
It's time to share our few words
We are still keeping our distance
At this pandemic time
One day it will be over
Just rest assure

Better days are coming
That's a promise from my heart



Friends

To have a friend can be a lifetime
But for many people
It is for a season.
Real friends are there when you need them
But you may have to repay their kindness
When they need your help too.
Everyone needs someone
But that special person is hard to find.
He or she will turn up
When you least expect it
So try not to search too hard
He or she is out there...
When the time is right.



Poems by Bernie Beckford

Danny's Top 10 Music Jokes

1. Q. How many Kings have there been? A. Just one Elvis Presley.
2. I phoned up to buy tickets for an Elvis tribute act. The voice said. "Press 1 for the money, 2 for the show..."
3. I heard a man singing "Do... Re...Mi" the other day. I thought he'll go Far.
4. Q. How do you make Lady Gaga cry? A. Poker face.
5. I used to be in a band called Origami, but we folded.
6. Did you hear about the band called 999 Megabytes? They haven't done a gig yet.
7. Q. What happens when a jazz musician's clothes are all worn out? A. It's ragtime.
8. LeAnn Rimes. No, it doesn't.
9. Q. Why did they let the turkey join the rock band? A. Because he had his own drumsticks.
10. A kettle drum and a pair of cymbals fell down a 200-foot cliff. B-boom! Tcchh!



Jokes by Danny Harris

Daily Distractions

Here are some examples of our Daily Distractions over the last few weeks:

Monday Meditations:

Make a nature mandala

wildlife
watch



You will need

- Bags or baskets to collect natural materials

Natural materials:



Sticks

Grass



Leaves

Feathers



Pebbles

Pine cones



Flowers

Only pick from your own garden and leave plenty for pollinators!

- 1 Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).



- 2 Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.



- 3 Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



- 4 Remember to take a photo of your finished mandala!

The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

Illustration: Corinne Welch © Copyright: Royal Society of Wildlife Trusts 2020

Check out Fearne Cotton's '**Happy Place Festival**' online from the 12th June to the 12th July. It has a month-long schedule full of passionate people promoting mental and physical wellbeing! Roam around the virtual grounds and find inspiration from the amazing performances, tutorials, and speakers that are making this festival so special! Connect your mind and body, unlock your creativity, and find your Happy Place!

www.happyplacefestival.com

Tuesday Tunes:

This month we shared 'Visions' by Jess, and 'Disposable' by Tali from our Plugin inpatient project and 'Hype' by Matt, from our Wavelength youth project. If you have internet access you can check them out here. If not, they'll be on your CD.

https://soundcloud.com/quench_arts/06-visions-jess

https://soundcloud.com/quench_arts/09-hype-matt

https://soundcloud.com/quench_arts/05-disposable-tali

Musicleader Spotlight:

This month we took the opportunity to highlight Pete before he moved on from Musical Connections:

Pete Churchill: The wonderful Pete has worked on the Musical Connections project for so many years and has also worked on some of our other Wellbeing and training programmes. Pete is an amazing musician, able to turn his hand to any instrument, and his nurturing manner brings out the best in people. Pete is in many bands, including some we have previously highlighted ([The Strangest Feeling](#) and [Bonfire Radicals](#)) but today we will highlight another called [The Destroyers](#) which are definitely worth checking out as they have such a unique sound: <https://www.thedestroyers.co.uk/>

During Lockdown, Pete has been turning his hand to some fab parody videos. You can check those out here:

<https://www.youtube.com/watch?v=4kcN4XGQCuk>

<https://www.youtube.com/watch?v=qG0QBkICopU>

https://youtu.be/8rEB-nQq_3E

<http://www.peterchurchill.co.uk/>

#SupportLocalMusicians



We also introduced people to Maddie:

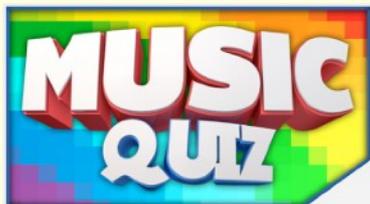
Maddie Kirby: is the Young Assistant Project Coordinator on our Plugin project and as well as being skilled in project management, she's also an amazing harpist, pianist and singer! During lockdown, she is doing a series of virtual concerts (one is tonight, for only £2.50). Not often you get to see a harpist playing live from your front room 😊 You can find out more here [@MadelineKirbyHarpist](#): www.madelinekirbyharpist.co.uk/virtualconcerts



Do check out the free games on the Science Museum website if you can:

<https://www.sciencemuseum.org.uk/games-and-apps>

Music Quiz:



With credit to Radio Times (www.radiotimes.com), here are 45 music quiz questions spanning 6 whole decades. The answers are on the last page.

Ready, steady, quiz!

1. Which English Sir has had No. 1's in the 50's, 60's, 70's, 80's and 90's?
2. Billy Corgan is the lead singer of which alternative rock band?
3. Who had a No.1 hit with Ice Ice Baby?
4. Jimmy, Robert, John and John: can you identify this rock band from the first names of their original line-up?
5. What is the middle name of Sir Paul McCartney?
6. How many members are there in pop group Little Mix? (bonus point for each member you can name).
7. Which famous film star danced (and flew) in the video to Fatboy Slim's 2001 track Weapon of choice?
8. Which 1977 hit single by the Spanish vocal duo Baccara is the best-selling single of all-time by a female group?
9. In what year did Elvis Presley die? (a bonus point for the month)
10. In 1975 Bohemian Rhapsody was number one for nine weeks. It was finally knocked off the top slot by a song with a name that appears in the lyrics of Bohemian Rhapsody. Name the song and the band that ended Queen's number one success.
11. What was Britney Spears' first single called?
12. Reginald Kenneth Dwight is better known by what name?
13. What was the name of Amy Winehouse's second and final studio album released in 2006 and reached number one in multiple countries across the globe?
14. Which band had a huge international hit album in 2002 with the record "A Rush of Blood to the Head"?
15. Knights in White Satin was a 1967 hit for which band?
16. Which band sang The Final Countdown?
17. What was David Bowie's real surname?
18. How many members are there in South Korean mega boyband BTS?
19. Which talent show judge managed Westlife?
20. Who sang the 1965 James Bond theme, Thunderball?
21. Roger Taylor is the drummer in which band?
22. In which year did the Spice Girls release Wannabe?
23. Spandau Ballet features which former EastEnders actor in its line-up?
24. Which song begins with the line, 'I thought love was only true in fairy tales'?
25. Linger and Dreams were hits for which Irish group?
26. Which Bob Dylan song did Adele include on her first album?
27. Which novelty act had a Christmas number one in 2000 with, 'Can We Fix It'?
28. Which 80s group, featuring Phil Collins, recently announced a reunion?
29. Over the years, how many Sugababes have there been?
30. Which girl group had hits including Pure Shores and Never Ever?
31. What's the name of the 1957 musical prison drama starring Elvis Presley?
32. Who became the lead singer of the 90s band Cast, after serving as the bassist for the La's?
33. What was the name of the original drummer for The Beatles?

34. In what decade was American jazz trumpeter Miles Davis born?
35. Which artist headlined Friday night on the Pyramid Stage at Glastonbury Festival 2019?
36. What was the name of Madonna's first studio album, released in 1983?
37. Rockstar David Howell Evans is better known by what name?
38. Complete the first line of the Bill Withers hit: "Ain't no sunshine ..."
39. Will.i.am is best known for performing with which hip hop group?
40. What English county do Supergrass and Radiohead have in common?
41. Which band released a tie-in single for the live-action 2004 Thunderbirds movie?
42. Björn Again is a tribute band for which world-famous pop group?
43. Which famed British musician played a wizard singer in Harry Potter and the Goblet of Fire?
44. In what year were the hit songs Uptown Funk, Bad Blood, Chandelier, Fancy, Rather Be and Anaconda released?
45. What was the name of Johnny Cash's backing band throughout his career?

Weekend Wanderings:

There has been LOADS of good stuff to check out online this month, with Download Festival, the Isle of Wight Festival At Home and, locally, Birmingham Women's & Children's Hospital Big (Virtual) Gig. Some of this has been available on YouTube through your TVs so we hope you've all enjoyed what you've managed to see. Do look at places like the Ikon Gallery, The Natural History Museum if you are interested in virtual tours.



Did you watch Musical Connections Music Leader, Katie Stevens, give her free, live Facebook live gig as part of Musicstan? This is available to watch on catch up and links nicely to her folk music special interest session, so have a watch if you can!!

<https://tinyurl.com/KSMusicstan>



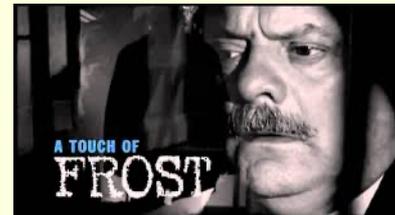
Every 2nd Thursday 7-9pm on the **Muzikstan** Facebook page is a performance by some fantastic diverse artists from around the world.

Sunday Soundtrack:

Every Sunday we thought we'd ask for song suggestions on a given theme so that people can widen their musical horizons. We had LOADS of contributions this month to our themes. Liz and Nic's choices are here - what are yours?

TV Theme Tunes

Liz - I very nearly chose the tune to Homeland because that has some lovely trumpet playing on it - I really must check out who that is! However, I'm actually going to select the theme tune to 'A Touch of Frost' which has the fantastic playing of Barbara Thompson on saxophone. Now there is a call to take a seat on the sofa! <https://youtu.be/NxmMPprGRfs>



Nic – There are lots I could choose for this but I'm going to avoid the many children's tv programme themes I love and go for the theme to the BBC adaption of Pride and Prejudice. Love the series, love the music and, in my opinion, the best costume drama of all time. <https://youtu.be/mWxPSnGoPG8>

Reggae Music

Nic – I'm going to choose a track by my friend Jean McClean who Liz and I had the pleasure of working with for many years at Sound It Out and Liz has played trumpet on many of her pieces. This is her signature song - 'I'm A Reggaebaby' <https://youtu.be/DI-nQrEwbnQ>



Liz - Oh no, Nic stole my thunder there! Of course, there are loads of amazing local musicians and groups that I could choose but I'm going to select 'Ghost Town' from The Specials, a group based over the border in Coventry, just because the tune was really original and quirky for its time. It's probably a bit controversial because it's Two-Tone rather than strict reggae but it is a classic: <https://youtu.be/RZ2oXzrnti4>

Music That Makes You Feel Happy

Liz - I'm going to choose Cumbia Celtica by Salsa Celtica. If you've not heard of this group you should definitely check them out. A great fusion of salsa with traditional Scottish instruments.

<https://youtu.be/8JUMz4E0moM>



Nic - I'm going to choose Don't Stop Me Now by Queen as it has such energy. <https://m.youtube.com/watch?v=HgZGwKwLmgM>



Music That Makes You Dance



Liz - No judgement but I'm going to choose Get Lucky by Daft Punk...but you really wouldn't want to see my dance moves!!

<https://youtu.be/5NV6Rdv1a3l>



Nic - I'm going to choose the Grease Megamix which always seemed to be played at school discos and parties when I was growing up. The Grease soundtrack was my first LP bought for me by my Dad when I was 2 - apparently I used to dance and sing Greased Lightnin' around the house. I lost my Dad a few years ago and miss him every day so it seems apt to choose this on Father's Day. <https://m.youtube.com/watch?v=6phwuXPafuA>

