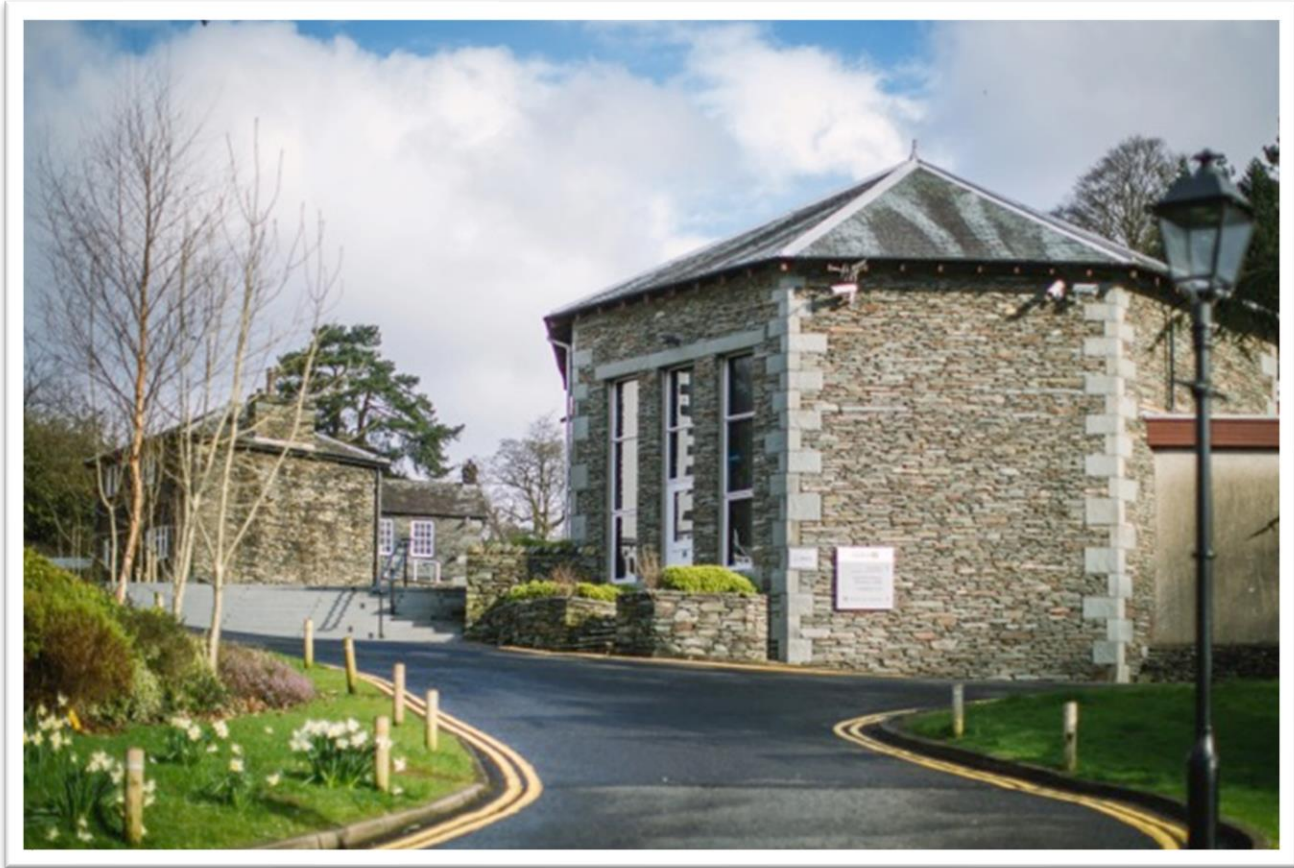


# Harps North West 2022 Festival



University of Cumbria, Ambleside  
Friday 29th to Sunday 31st July

## Festival venue



### University of Cumbria, Ambleside campus Rydal Road, Ambleside, Cumbria, LA22 9BB

The campus is based in a beautiful part of the Lake District in the centre of Ambleside with glorious views all around. The main festival venue will be in the Charlotte Mason building and all meals, except the Festival dinner, will be served in The Barn. The Saturday evening Festival dinner will be held in the Beehive building. Workshops will be held mainly in three adjacent soundproofed rooms, which will be opened up into one large space for the Saturday evening Party. There is a lift in the Charlotte Mason building for ease of moving harps around the venue. Parking is available outside the Charlotte Mason building for those with mobility issues.

Please contact the Festival team for further information via [festival@harpsnorthwest.org.uk](mailto:festival@harpsnorthwest.org.uk).

Harps North West is a charity (number 1093441) whose main aim is to promote playing, teaching and appreciation of the harp.

## WELCOME!

We are delighted to present our tutors for this year:

Jean Altshuler  
Mary Dunsford  
Lauren Scott  
Charlotte Petersen  
Susan Lambert  
Alice Pell

*The festival will open on Friday evening at 7.30pm with a concert in the Percival Theatre.*

Registration for residents will be Friday 29<sup>th</sup> July from 4pm. Non-residents will be able to register on Saturday or Sunday morning by 9am.

Accommodation will be in new blocks, all with en-suite single rooms, a shared kitchen/common room with parking close by, a short walk from the main Festival venue.

There will be a Festival Dinner in the Beehive on Saturday evening. A Festival Party in the Charlotte Mason Building will follow, with performances of some of the pieces learnt during the workshops plus session tunes led by Susan Lambert until late.

You are advised to take out personal insurance in case of illness or cancellation. There will be secure accommodation for harps in the Charlotte Mason building; however harps should also be insured as Harps North West cannot be held responsible for any loss or damage.

To ensure your place, please complete the booking form and return to the HNW Festival team along with your deposit. Please see booking form for details.

## Meet our Tutors



**Jean Altshuler** has been playing the harp since she was seven. She attended Music and Art High School in New York and graduated from Oberlin Conservatory on a harp scholarship. After many years as principal harpist with several American orchestras she moved to the Lake District where she now lives. She is a founding member of Harps North West and has taught workshops on early music and Eastern European tunes arranged for lever harp. She met classical guitarist Ed Heslam in January 2016 after seeing an anthology of his music beside the unique and extraordinary musical stones at the Keswick museum of local history. Since then she has enjoyed learning and playing Ed's arrangements of tunes from Cumberland and Westmorland. They have performed at venues throughout the North of England and Scotland

Jean Altshuler



**Mary Dunsford.** You may know Mary best from our JaNEWary Challenge videos, where she gently guides you and players across the globe through new music in daily manageable segments, or from the Pachelbel's Canon online ensemble video we created, which was the largest collection of harps in one video to date! One of our regular tutors, Mary has been playing harp for well over 30 years and teaching for more than 20. Her versatility of style, coupled with her attention to detail, always makes for fun and informative sessions, where participants leave with renewed confidence and improved sound. A trained Musician in Healthcare, Mary works in both hospital and hospice settings with her music, and this sensitivity to meeting individuals in the moment transfers into her supportive teaching style.

Mary Dunsford

## Meet our Tutors



**Lauren Scott** is a UK harpist and composer and has worked as guest principal harp with many of the UK's leading orchestras and chamber groups. Lauren has been our Composer in Residence throughout 2021. She is also founder of a non-profit organisation that combines professional musicians with local young musicians to benefit local causes. As well as being involved in promoting youth music in her local area, Lauren is active in the wider UK harp community and has been chairman of the United Kingdom Harp Association; an organisation that puts on harp events and supports harpists across the UK. For more about Lauren visit: [www.lauren-scott-harp.co.uk](http://www.lauren-scott-harp.co.uk)

Lauren Scott



**Charlotte Petersen.** Based in her home town of Peebles in the Scottish Borders, Charlotte is one of Scotland's most talented harpists, composers, arrangers and performers of music for the clarsach and harp. A well-known face at the Edinburgh Harp Festival, Charlotte's warm stage presence and skilful communication make her a sought after performer. Audiences around the world have delighted at her compositions, some of which have been recorded as soundtracks for BBC radio plays. Charlotte's own arrangements have been published in a series of books and a number of these are included in the Royal Conservatoire of Scotland's Traditional Music Syllabus. An experienced and committed teacher, Charlotte teaches at schools around Edinburgh including St Mary's Music School and has inspired a succession of students to pursue a career in music

Charlotte Petersen

## Specialist classes

Our own very talented tutors, **Alice Pell** and **Mary Dunsford** will be giving specialist classes on Saturday. To apply for these courses please complete the booking form or contact [festival@harpnorthwest.org.uk](mailto:festival@harpnorthwest.org.uk)



**Alice Pell** will be holding a session on Clarsach harps for **ABSOLUTE BEGINNERS**. No previous music experience is needed and harps will be provided. Hello there! My name is Alice and I started learning on a 34-string harp when I was eleven years old. I progressed onto a Concert harp and studied at Leeds College of Music. In more recent years I now prefer to teach and play on the Clarsach harp as well as the smaller 22-string lap harp shown in the photo. I feel lucky to have had this beautiful instrument accompany me along life's journey and I wouldn't have been without it.

Alice Pell



**Mary Dunsford** will be leading the afternoon session for a **YOUTH GROUP**, which will include an hour of tuition from each of our guest tutors, Lauren Scott and Charlotte Petersen. Open to both lever and pedal harp players, Mary's sessions will focus on patterns and flow, and will have fun playing with the rhythm base to transform styles. We will also use the Pachelbel Canon pattern as a basis for exploration!

**Lauren Scott:** Let's get into Bad Habits! Fun session where we'll be learning riffs & harp loops based on Ed Sheeran's hit, Bad Habits. No reading necessary.

**Charlotte Petersen:** Charlotte's own arrangements of contemporary songs - you may have heard it on a film - A Million Dreams from The Greatest Showman or Sleepsong from Lord of the Rings or perhaps on a computer game as the theme tune. See how amazing these can sound when written for the harp.

Mary Dunsford

## Workshop Content

### **Jean Altshuler – Cumbrian Music, New and Old**

Cumbrian tunes old and new composed and arranged by Ed Heslam especially for Harps North West. Ensemble pieces that sharpen your rhythmic skills and improve precision while expanding your repertoire.

### **Mary Dunsford – Fluid Movement**

This year Mary is focusing in on fluidity of movement, with music to stretch but also free you. Tapping into your body's innate ability to both remember movement (muscle memory) and to move with more freedom than our concentrating-self may allow, this workshop will open up your playing beyond the gorgeous piece(s) you may learn within it!

### **Lauren Scott – Ensemble Workshops**

#### Ensemble Workshop 1

**Beatles Mayhem!** Come and join us as we work through a fun medley of Beatles tunes for harp ensemble for mixed abilities. Lauren Scott 'work-shopped' this medley with Harps North West online during lockdown; so this is an opportunity to play it all together in person. Online resources are available to look at this music in advance of the day if you wish.

#### Ensemble Workshop 2

**Harp Adventures.** A chance to play together mixed ability ensemble music that has been written or arranged by our composer in residence, Lauren Scott.

### **Charlotte Petersen – Gaelic and Scottish Tunes**

Exploring and learning a selection of accessible arrangements of Gaelic and Scottish tunes set at appropriate levels to add to your repertoire using different techniques to inspire and challenge.

### **For your guidance: playing levels**

**Mixed:** All confidence levels catered for within the workshop.

**Elementary/intermediate:** You have been playing for a while and/or prefer to work at a steady pace.

**Intermediate/advanced:** You are a more experienced player with a confident approach who prefers music that is slightly more challenging.

## Alternative activities – Saturday pm

### Alexander Technique with Erica Donnison



#### To help you find ease and lightness at your harp

This session by Erica Donnison, MSTAT, will help you find ease and poise when practicing and performing. Erica is a trained Alexander Technique teacher based in South Cumbria who has an interest in helping people perform to the best of their ability. The session will be experiential and involve some hands-on to help participants become more aware of the tension patterns that they hold. We will explore how to sit with ease whilst engaging your back to support your arms so that your hands can be free to play.

If you have any questions please email Erica at [goodposture@me.com](mailto:goodposture@me.com) or look at her website [www.postureclinic.co.uk](http://www.postureclinic.co.uk)

Erica Donnison

### Tai Chi with Sarah McCormack



Sarah has been teaching Lee style Tai Chi for 18 years. The practice of Tai Chi whether it be for a short session or as part of a daily or weekly routine teaches us to relax. It can also increase energy, improve posture and balance, circulation and immunity, and flexibility. After a gentle warm up with a few stretches, Sarah will teach three or four breathing exercises and then a sequence of moves from the Lee Style Tai Chi Short Form, a moving meditation. The session will be of interest to complete beginners as well as anyone with any experience of Tai Chi.

Sarah McCormack

## Alternative activities – Saturday pm

### Looking after your Harp session with Mark Sharp of Teifi Harps



This will be an informative and interactive talk on how to look after your harp between services; with an emphasis on string replacement and looking after your levers. There will be opportunities to 'have a go' as a lot of these skills are much easier to grasp when you have had the chance to physically do them under expert guidance.

Mark Sharp

## Festival Party & Late Night Session

Hosted by Susan Lambert



Susan's introduction to the musical world was through her Gran. After studying music at Durham University she was lured into the world of the harp in 2012 through Harps North West, which saw her thrust upon Hadrian's wall on national television for BBC Wall of Sound Project with no more than 2 songs (on repeat) in her repertoire. Since then she has become obsessed and works as a full time musician, teaching piano, performing sax in a big band and then anything and everything harp related including attending workshops, performing for weddings and events, going into care homes and schools, folk sessions, remote recording, dipping her toe into the world of arranging and really just looking for any opportunity to play.

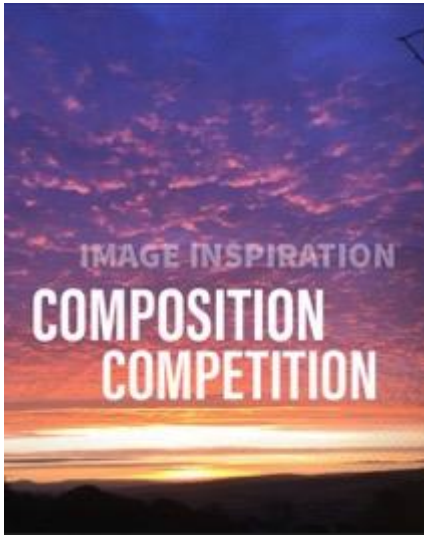
### Welcome to the Saturday night festival party!

Hosted by Susan, the evening event will be a very relaxed gathering of all the festival attendees in which, aided by the festival tutors, everyone has the opportunity to perform to each other. This will include pieces worked on during the festival as well as pieces from outside the festival that you might be itching to perform in a supportive and relaxed environment with a friendly bunch of harpists.

The evening will also involve the launch of the result of our 2021 Composition Competition and lockdown project, a wonderful book full of the compositions of our very own HNW members, printed with the beautiful images and stories that inspired them. The books will be available in print and digitally, and we will celebrate its release with a group play through of our competition winner Judy Sharps' piece "Sunrise"

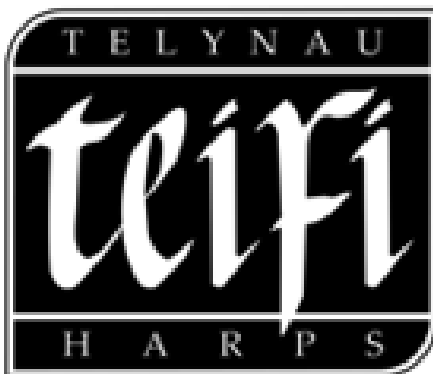
And for all you night owls who still have energy to burn we will be hosting a late night playing session, again this will be very relaxed and just for the pure fun of playing and socialising. We will be using the tunes from the HNW Session book which you can find on our website. You are invited to grab a drink to join in and bring along any instrument you like! Or simply sit and listen.

## Exhibitors & harp servicing



### MUSIC! MUSIC! MUSIC!

There will be sheet music and CDs available to purchase from our tutors and we are taking this opportunity to launch our HNW Composition Competition book 'Image Inspiration and lockdown creations'.



### TEIFI HARP SERVICING.

Teifi Harp Technician, Mark Sharp, will be present at the Festival, offering participants the opportunity to get their harps serviced during the Saturday and Sunday between 9am and 4 pm. There will be limited spaces that will be booked on a first come, first served basis; so to avoid disappointment it is advisable to book early by contacting Ros Robinson by email: [info@teifiharps.com](mailto:info@teifiharps.com) or by phone: 01559 363222.

The cost of a service will be £80 per hour (Including VAT) plus the costs of any materials i.e. replacement strings. You can expect a standard service to take between one and one and a half hours.



### SOUNDPLUS

Soundplus are featuring their Wireless Microphone for the Harp together with Portable Wireless Amplifier suitable for gigs.

Website: [www.soundplus.com](http://www.soundplus.com)

Contact: [john@soundplus.com](mailto:john@soundplus.com)

## Timetable

	Time	Tutor	Course	Level	Select
Friday 29th July 2022	Arrival, registration and refreshments from 16:00. Charlotte Mason Building.				
	17:30 – 19:00		Dinner		
	19:30 –21:30	Opening concert: Charlotte Petersen, Jean Altshuler, Lauren Scott & Mary Dunsford			
					Tick Choice
Saturday 30 <sup>th</sup> July	8:00 – 9:00		Breakfast		
	9:00	(Tuning)			
	9:30 –11:45 (Coffee10:30)	Jean Altshuler	Cumbrian Music	Intermediate	
		Charlotte Petersen	Gaelic & Scottish Music	Elementary	
		Lauren Scott	Harp Adventures	Mixed	
	9:00 – 11:45	Alice Pell	Beginners’ Workshop	Absolute beginners	
	11:45 – 12:45		Lunch		
	13:00 – 15:00 (Tea 15:00)	Jean Altshuler	Cumbrian Music	Mixed	
		Charlotte Petersen	Gaelic & Scottish Music	I/A	
		Lauren Scott	Beatles Mayhem!	Mixed	
	13:00 – 17:30	Mary Dunsford & guest tutors	Youth Session	Under 18 years old	
Alternative Activities	15:30-16:30	Alexander Technique			
		Tai Chi			
		Harp care talk			
	16:45 – 17:45	Alexander Technique			
		Tai Chi			
		Harp care talk			
	18.30 pm	Festival Dinner in the Beehive			
	20:00 till late	Led: Susan Lambert	Party: Session Pieces	Everyone	
Sunday 31st July	8:00 – 9:00		Breakfast		
	9:00	(Tuning)			
	9:30 – 11:45 (Coffee 10:30)	Jean Altshuler	Cumbrian Music	Advanced	
		Mary Dunsford	Fluid Movement	Elementary	
		Lauren Scott	Harp Adventures	Mixed	
	11:45 – 12:45		Lunch		
	13:00 – 15:00	Mary Dunsford	Fluid Movement	I/A	
		Charlotte Petersen	Gaelic & Scottish Music	Mixed	
		Lauren Scott	Beatles Mayhem!	Mixed	

## Fees and booking details

I would like to reserve a place on the Harps North West Summer Festival 2022

**(Please complete shaded boxes as applicable)**

	Qty	Price	Total
<b>Full residential weekend</b> (accommodation in single en-suite rooms, full board including Festival dinner on Saturday night, tuition and music)		£295	£
<b>Non-residents</b> (all facilities, lunch, coffee and tea, tuition, music)		£175	£
<b>Non-residents:</b> optional festival dinner on Saturday night		£25	£
<b>Absolute Beginners' Workshop</b>		£25	£
<b>Youth Session</b>		Free	
<b>Opening concert:</b> Lauren Scott, Charlotte Petersen, Jean Altshuler and Mary Dunsford		£10	£
Under 18's - free if accompanied by an adult		Free	
		<b>Total</b>	£
		<b>Less deposit</b>	£
		<b>Balance due by 30 June 2022</b>	£

A non-returnable deposit of £70 (£50 for non-residents) should be paid, preferably on-line (or by cheque made payable to Harps North West)

Please ensure that your insurance covers cancellation due to illness.

Online banking details;

**Account Name:** Harps North West **Sort Code:** 40 16 22. **Account number** 81806521

Please use your surname followed by Festival 2022 as reference.

**Please note:** however you pay, please return a completed form either by email to festival@harpnorthwest.org.uk or post to the Harps North West Festival Team, 16 Lowther Street, Penrith, Cumbria, CA11 7UW.

On receipt of your application you will be sent an acknowledgement. Joining instructions and directions to the venue will be sent by email on receipt of your final balance.

Closing date for receiving bookings and paying any outstanding balance is 30 June 2022.

**Name** (please print clearly) -----

**Address** -----

**Telephone** ----- **Date of birth (if under 18)** -----

**Email** ----- I have enclosed a cheque ☐ or paid by BACS ☐

**Dietary requirements?**.....



# Harps North West 2022 Festival Concert

A fabulous evening  
with harpists

Lauren Scott  
Jean Altshuler  
Mary Dunsford  
Charlotte Petersen

Friday 29th July 2022  
19:30 - 21:30

Percival Lecture Theatre  
University of Cumbria, Ambleside

Tickets £10 on the door  
or contact [festival@harpsnorthwest.org.uk](mailto:festival@harpsnorthwest.org.uk)