

**CV**  
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### **Personal Statement**

I am a full-time Brighton UK-based professional musician and sonic artist - contemporary cellist, community musician / in healthcare, and composer - working in the field since 2000. Acoustic / electric cellos, loopers, environmental sounds, and voice are my primary sound palettes; my work encapsulates improvisation, movement, embodiment, listening, and wellbeing.

In July '23, after ten years in frontline creative community practice, I was awarded an Arts Council England DYCP grant to explore creative sustainability, the primary focus of which was applying what I had learned in a decade of supporting others' creative wellbeing to developing my own. I did this primarily through structured one-to-one explorations of relational movement and sound.

Since the conclusion of the DYCP - including a five-day Making Space residency at Fabrica, Brighton, in June '24 – I have new tools, enquiries, and skills to continue exploring and sustaining my creative practice through music and relational movement. This solo and collaborative artistic work currently runs alongside and is mutually supportive of my ongoing community- / healthcare-based projects.

### **Artistic Projects**

#### **June 2024-present:** Belarina Project

- Brighton Dome (Anita's Room) residency July '25
- +VE artist residency, Argyll, April '25 (tbc)
- facilitating workshops for participation February '25
- recording solo & collaborative pieces for movement and somatic enquiry
- regular self-led embodiment / cello / movement sessions for practice development

#### **July 2023-June 2024:** ACE DYCP: *Creative sustainability and development through music, sound, listening, and somatic enquiry* - included:

- 18 collaborative one-to-one and public Contact Improvisation and movement events with live cello - creative collaborations throughout the UK with Asher Levin, Lee Bolton, Julia Samel, Paul Smith, CI jams at Goldsmiths, and with Harriet Roberts at Buddhafield SOMA
- four solo reflective / process artist days to support / develop / digest collaborative events
- five-day artist residency *Turning My Cello Around* inc. participatory movement-based public event (Fabrica, Brighton, June '24)

#### **Selected highlights 2000-2023:**

##### **Solo cello**

- BBC Radio 3 *Late Junction* solo commission live from Latitude Festival
- worldwide tours (inc. US / Canada, 14-country EU tours)
- four CD releases: *Hespera*, *Laurasia*, *Kissing Nettles*, *Scythe* (7" vinyl)

##### **Composer**

- seven Arts Council England -funded soundtracks / processions for filmmaker Tereza Buskova (2008-present), inc. current 4-month British Council exhibition at IKON, Birmingham (Friends in Love and War)
- PRSF-funded commission for outdoor acrobats Mimbres' *Falling Up* (2013-15)

##### **Collaborative cello & session work**

- processional cello for Ikon Birmingham's 60<sup>th</sup> anniversary (February 2025)
- four John Peel BBC Radio 1 sessions (with Lianne Hall)
- live: Liam Gallagher, Birmingham Arena (2017)

- live: Sydney Opera House / Brighton Dome (Brighton Festival commission 2003) / Royal Festival Hall - Stomp's Lost & Found Orchestra (2005-2012)
- collaborative audience performance-workshop *Make Piece Together*: Leigh Folk Festival, Fort Process, Green Gathering, Buddhafield (2015-present)
- live music to film with Sarah Angliss: BFI Southbank *Gothic*, and *Brighton Rock* 70<sup>th</sup> birthday at Duke of York's (2015-17)
- recording with British Sea Power, The Damned, and Nick Pynn

## **Community Music / in Healthcare**

**Brighton & Hove Music for Connection (BHMC), 2013-present** - founder, facilitator, programme manager:

- *Interactive Listening Walks* (with Dr Bethan Prosser): creative listening / sound-making for British Library, National Trust/Changing Chalk, BHCC, Universities of Brighton & Sussex (2019-present)
- *Silver Strings*: weekly group of 12-20 later-starter string players (violin, viola, cello): mixed backgrounds & ability (complete beginners to more experienced) (2013-present)
- adult beginners' / mental health / refugee string improv groups: wellbeing and connection (2014-present)
- NHS-commissioned dementia-friendly music-making sessions (60 per year) (2016-25)
- five-year lead partner in BHCC commission for older people's music (2020-25)
- BHMC founded via 24-month programmes, London School for Social Entrepreneurs
- partnership work with huge range of B&H / Sussex -based community and arts organisations
- BHCC Covid Champions awardee 2020

**Wishing Well Music in Health, 2013-present** – musician / trainer

- musician: Royal Alexandra Children's Hospital & Trevor Mann Baby Unit, various dementia assessment units / acute hospitals, ITUs, mental health units
- trainer: Brighton & Sussex Medical School: eight-week modules with third-year medical students: *Transferable Skills from the Arts* (2016-present), musician apprenticeship & mentoring scheme (2015-present)

## **Professional Support / Trainer**

- Action Learning Set facilitator with Community Works (2021-present)
- guest lecturer Goldsmiths University of London / Sound Connections (2017-2024)
- mentor: University of Brighton, Community Works (2016-2020)
- singing-based staff wellbeing sessions / conferences / awaydays (2016-present)

## **CPD**

Extensive training including:

- 2025-26: 12-month Mindfulness Teacher Training (Christopher Titmuss)
- 2024: one-day participatory music and nervous system regulation (Darren Abrahams)
- 2023: six-day MOT for Musicians Working in Challenging Circumstances (Snape Maltings)
- 2023: five-day nervous system regulation, touch-based consent programme (Eshana Spiers)
- 2021: four-session singing training (CYMAZ)
- 2020: four-day Action Learning Set facilitator training (Action Learning Centre)
- 2017-2018: 12-month School for Social Entrepreneurs Trade Up programme, London
- 2017: one-day music and child development / neuroscience (CLADAC)
- 2016: six-day Musicians Without Borders training, Netherlands
- 2014-2021: Action Learning Sets Brighton / London
- 2014-present: clinical supervision, personal therapy
- 2013-14: 12-month School for Social Entrepreneurs Start Up programme, London
- 2013-14: 12-month Musician in Healthcare Settings training & apprenticeship, Brighton (Rhythmix), plus three-day music & dementia training (Dr Jane Bentley / Wishing Well)
- 2011-2013: 2-year Community Music Skills: Goldsmiths University of London
- lifelong: musicianship skills developed through formal learning (inc. Guildhall jazz programme), six-year improvisation apprenticeship with John Gray, specialist cello tutors, extensive experience in rock / pop / jazz / folk / electronica / no-specific-genre bands