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DEREK PARAVICINI

Station Hotel, Sth Nutfield, 16/8.

You may have read the recent article in the Daily Mail, or seen one of the T.V. Documentaries, about Derek but if you haven't let me tell you a little about him. Derek, born in 1979, is an extraordinarily talented pianist, despite being blind and having severe learning difficulties. He plays entirely by ear, and has a repertoire of many thousands of pieces that he has memorised - jazz, pop and light classical - and he is a great improviser. Derek has played in venues across the UK, including Ronnie Scott's,



the Barbican Halls and recently at Queen Elizabeth

Hall in London. He has also entertained in Europe and the U.S. and has appeared in the news media across the world. This will be his first visit to the Station. He plays keyboard and will be accompanied by Jody Robinson on vocals, Chris Bailey on drums and Graham Bailey on bass guitar. His repertoire is amazing and we look forward to hearing the great standards as well as other songs requested by the audience.

Music

We get out what we put in!!

I was listening to an announcer on BBC2 earlier today and as her voice was raspy I got to thinking how much we take our speaking voices for granted. We are all affected by pollution, allergies and what we eat. As singers we are always being asked "do you have to watch what you eat", some singers do and everyone is different.

Common allergies include milk products (milk, cream, cheese) which cause too much mucous to take over the throat. I myself can't drink orange juice when I sing but apple juice is fine. I can't drink tea when I sing as it dries me out but coffee is fine. Lots of people complain to me at this time of the year that they find their speaking voice getting sore after being out, this may be due to allergies to tree pollen, grass pollen and other allergic reactions. Also, lots of people don't really use their breath properly and find that they get tired when speaking (teachers, bank tellers and other people who speak all day).

So the next time your voice feels sore, just take a little time to think where you have been and what you have eaten, you might be surprised to see what affects your voice!

Sarah-Jane Morris of Melisma Music is a Gold member of RH123.com;
'endorsing good practice for local business'.

Melisma Music (Consultancy) T: 01737 249839

W: www.melisma.org.uk



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