

How to get involved

Promote our services to young people

To enable young people to access the services they need, we need people like about us.

Donate

Resources and equipment- We are always grateful to businesses and organisations that are keen to support us by donating resources that we use at Centre 33.

Join the Big Challenge

Please join us in raising money for Centre 33 by taking part in one of our annual fundraisers or choose your own sponsorship activity or event.

Centre 33 will provide you with an information pack and all you need to get started.

Single or on-going monetary donations and/or Legacy giving

You can make a donation at our secure, easy to use page on Just Giving:
<http://www.justgiving.com/centretHIRTYTHREE>
Or by cheque, payable to Centre 33

Volunteer

Our work couldn't happen without support from volunteers. We have many volunteer roles from counselling, group work with young people to admin and fundraising.

Chose Centre 33 as your Charity of the year

If you are a local business owner or work for a local business, why not consider making Centre 33 your charity of the year.

"I want to tell all other young people, I want them to know that there is help: I didn't think there was anything for me, that it would work, but it has and it has given me my life back. I don't want other young people to go through what I did. I want them to know there is someone they can talk to and it can really help"

For more information, please contact: Beth Green
Centre 33, 33 Clarendon Street, Cambridge, CB1 1JX
Tel: 01223 314763 email: beth@centre33.org.uk

The Cambridge Concert Orchestra

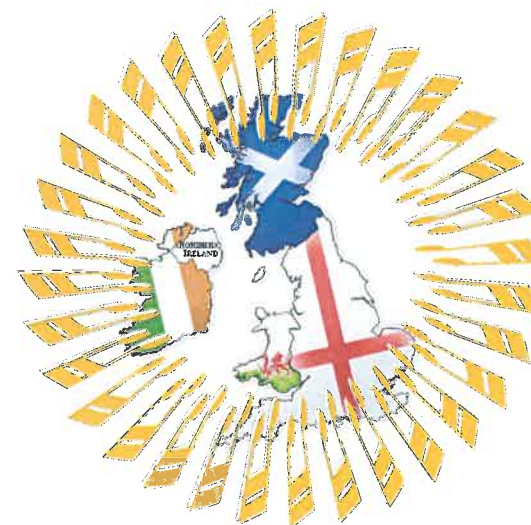
presents



From Coast to Coast



A musical journey around the British Isles



7.30pm, Saturday 11 March 2017

The City Church, Brickfields, Cheddars Lane, Cambridge CB5 8LD

in aid of



The Cambridge Concert Orchestra

Conductor: Suzanne Dexter-Mills

www.cco.org.uk
Registered Charity No: 263 524



www.centre33.org.uk
Registered Charity No: 174974

CAMBRIDGE CONCERT ORCHESTRA

Conductor – Suzanne Dexter-Mills

Leader – Susan Chapman

Compère – Jan Mentha

1st Violin	Anne Machova	Harp	Lorna Whittle
	Rob Millman		
	Helen Wingfield	Flute	Imogen Duncan
	Edwin Sung		Liz Huelin
	Erica Rees		Susan Thomas
Kathleen Long	Flute/Piccolo		
Suzanne Fuld	Oboe	James Chapman	
		Oboe/Cor Anglais	Rosalind Bubb
2nd Violin	Louise Walsh	Clarinet	Alison Jones
	Sheila von Rimscha		Angela Starr
	Laura Gerlach		David Widmer
	Barbara Taylor		
	Tim Regan	Clarinet/ Bass Clarinet/ Saxophones	Caroline Barlow
	Sarah Sangster		
	John Wintle	Bassoon	Julia Herrick
	Hannah Hare		Alison Sinclair
	Stephen Bowell		Cathy Greenwood
	Viola	Miranda Garfoot	Horn
Jan Mentha		Katrina Crawford	
Tricia Mathieson			
Mary Pountain			
Cello	Athena Wu	Trumpet	Evert Bokma
	Karen Cheung		Ellie Rugg-Gunn
	Dinan Gunawardena	Trombone	Catherine Houlston
	Laura Millman		
	Matthew Kitson		Jim Rowley
	Matthew Gretton-Dann		Sue Conrad
	Katrina Sung	Bass	Roger Nunn
	Hannah Wright		Trombone
	Percussion	Pat Welch	
		Steve Melnikoff	
Double Bass	Rosemary Hughes		
	Peter Koyander		
	Rowland Thomas		

About Centre 33

Centre 33 believes that every young person in Cambridgeshire can fulfil their potential. We support and empower young people to overcome their problems through a range of free and confidential services.

Our services:

1) **Information and Support Service:** Information and Support to young people aged 13-25 to enable them to confidently make informed decisions and access help about their health and finances, preventing isolation, mental ill health, sexual risk-taking, debt and poverty.

2) **Mental Health and Counselling Service:** Enabling young people aged 13-25 who are experiencing mental health or distress to access a safe place to share their feelings and explore ways of coping with their distress.

3) **Young Carers Service:** Respite groups, 1-to-1 support, activities, trips and holidays for young carers aged 8 to 18 years.

Centre 33 supports around 6000 young people each year. Last year, we supported 6979 young people, of those:

- 701 young people accessed counselling reducing feelings of isolation, distress and risk-taking thoughts and behaviour, including self-harm and suicide.
- 2879 school pupils accessed mental health awareness and healthy relationships.
- 452 young people accessed an assessment and ongoing support in housing, homelessness, sexual health, mental health, benefits, money and family relationships.
- 108 young people accessed our schools counselling service.

SOMEONE TO TALK TO

Centre 33 is a registered charity in England and Wales- 1074974

Programme

7:30 Welcome from Centre 33 followed by the evening's music from Cambridge Concert Orchestra

- London Salute – Philip Lane
- Hampstead Heath (Easter Monday) – J. C. Holliday, arr. Fred Adlington
- Brighton Beach Overture – Paul Lewis
- A Somerset Rhapsody – Gustav Holst
- Motifs from 'Short Ride in a Fast Machine' – John Adams, arr. Gareth Glyn
- Men of Harlech – Trad., arr. Ronald Hanmer

INTERVAL - Please enjoy a refreshment, snack and purchase your raffle tickets

- Songs of the West – Gustav Holst
- Irish Journey – Gilbert Vinter
- On Ilkla Moor Baht' At – Trad., arr. Clive Richardson
- Loch Lomond – Trad., arr. Clive Richardson
- Nocturne in the Old Kent Road – Peter Crantock, arr. Ronald Hanmer
- Knightsbridge (In Town Tonight) from 'London Every Day' – Eric Coates
- Cornish Carnival – Unknown

Don't forget to buy your ticket for the Centre 33 Prize Draw for your chance to win a fantastic prize.

**Tickets are £1 each and are available at the back
The draw will take place at the end of the evening**

About the Orchestra

The Cambridge Concert Orchestra is celebrating its 50th Anniversary in 2017, and we are delighted to be playing here this evening. We enjoy playing a wide repertoire of light orchestral music, and are very fortunate to have our own extensive library of sheet music, much of it donated to the orchestra by Charles Shadwell (formerly of the BBC Variety Orchestra). This means that every concert is different, and there is always something for everyone. Our emphasis is on enjoyment.

We also relish a challenge; in 2011 we took part in the BBC's "Light Fantastic" project, and were recorded at Maida Vale studios with snippets broadcast on BBC Radio 3. In 2015 we collaborated with Cambridge Community Circus to accompany their aerial acrobatics and circus capers. In 2016 the Orchestra was privileged to take part in the Somme 100 project. We provided live accompaniment to a 1916 film from the Battle of the Somme, in commemoration of its centenary.

To mark our Golden Anniversary we have commissioned a new piece from Nigel Hess, a British composer, best known for his television, theatre and film soundtracks, including the theme tunes to *Campion*, *Maigret*, *Wycliffe*, *Dangerfield*, *Hetty Wainthropp Investigates* and *Ladies in Lavender*. The piece will be premiered at our Gala Concert on 8 July 2017, to which you are all most cordially invited.

Annie's Story



Annie (10) has been the sole carer for her Dad for a number of years, her older siblings and Mother live away and contact can be unpredictable. Annie's father has severe breathing problems as a result of emphysema; his condition is too serious to operate.

Annie cooks the meals, often cleans and does the shopping as Dad finds it too difficult to move without becoming breathless. Often Dad is unable to make it up the stairs to bed and sleeps on the sofa. Annie will sleep on the sofa beside him for fear that she may not hear if he needs her in the night.

Annie is sociable and on-going with her peers at school, but is often tired and has limited time to engage with her friends outside of school. Annie was referred to the Young Carers Project at Centre 33 through her primary school and she decided she would like to attend a regular group. Through groups and one to one sessions, Annie has been able to have some respite from caring for her Dad, have fun and talk through how she would like things to be in the future. Annie was voted by her peers to act as a representative at the Young Carers project. This has involved attending meetings to help decide on future activities, trips and holidays, presenting to professionals and helping to make future decisions on the project.

***This evening's concert is in aid of the
Centre 33 Young Carers Project***

The Cambridge Concert Orchestra has been fortunate in having Suzanne Dexter-Mills as Musical Director since 2002. Suzanne lives and teaches in Suffolk, where she directs ensembles in schools and for the Suffolk County Music Service. Suzanne was formerly conductor of the Suffolk Concert Band and South Suffolk Youth Orchestra and regularly coaches the woodwind section of the National Children's Orchestra. In addition, she finds time to play as Principal Clarinetist in the Wolsey Orchestra, the Churchgate Sinfonia and the Churchgate Wind Octet.

We never forget that the music we play is to be enjoyed, and sincerely hope you enjoy the concert.

Forthcoming Concerts

8 July 2017, 7.30pm - The Cambridge Concert Orchestra's 50th Anniversary Gala Concert, West Road Concert Hall, Cambridge CB3 9DP, in aid of VSO.

18 November 2017, 7.30pm, concert at St Luke's Church, Victoria Avenue, Cambridge, for Freedom From Torture.

ENQUIRIES

Enquiries from musicians wishing to join us are welcome, particularly violinists. We rehearse in the north of Cambridge in term-time throughout the year.

For more information about the Cambridge Concert Orchestra, please visit our website at www.cco.org.uk or email info@cambridgeconcertorchestra.org

Centre 33 thanks the Cambridge Concert Orchestra for its very generous performance and also the City Church for the venue