

## MNDA

The Cambridgeshire Branch of the MNDA Association offers support to all those in the county who are affected by Motor Neurone Disease. This includes their partners, carers and family.



**MND** is a fatal, rapidly progressing neurological condition affecting more than 5,000 adults in the UK at any one time. The disease causes messages from nerves (motor neurones) in the brain and spinal cord that control movement gradually to stop reaching the muscles, leading them to weaken, stiffen and waste.

The result is that people become locked in a failing body, unable to move, talk and eventually breathe. Some may experience changes in thinking and behaviour, with a proportion experiencing a rare form of dementia. MND does not usually affect senses such as sight, hearing and touch.

**MND** kills a third of people within a year, more than half within two years of diagnosis and affects people from all backgrounds. A person's lifetime risk of developing MND is around 1 in 300. Today six people will be diagnosed and six will die from MND. There is, as yet, no cure.

**The Branch** is run by volunteers, is entirely self-funding and relies on income raised from fundraising events and donations. We offer advice, friendship, information and understanding, and our team of highly trained Association Visitors and Care Service Navigators (all volunteers) offer help and guidance. Through our Financial Support Grants system, we may contribute towards the cost of specialist equipment not immediately available from the NHS or statutory services, pay for professional alternative therapy sessions or help with the cost of holiday and respite breaks, which can be hugely beneficial to the family.

For further information, contact Cynthia George on 01954 202095/07515 534430 or email [c.i.george@icloud.com](mailto:c.i.george@icloud.com)  
Website: [mndassociation.org/Cambridgeshire](http://mndassociation.org/Cambridgeshire)  
Facebook: [facebook.com/groups/460791605302919](https://facebook.com/groups/460791605302919)

## Cambridge Concert Orchestra

The Cambridge Concert Orchestra, a registered charity, has been making music, and making it fun and accessible to all, since 1967. We have a reputation for being one of the friendliest orchestras in Cambridge and enjoy playing a wide repertoire of music, exemplified by our programme today.



The orchestra is very privileged in having its own extensive library of sheet music, much of it donated to the orchestra by Charles Shadwell (formerly of the BBC Variety Orchestra). We are also proud to have commissioned new pieces by contemporary composers. This means that every concert is different and there is always something for everyone. While the orchestra's emphasis is on enjoyment, our concerts also serve to raise money for local, national and international charities. Please contact us if you think that the orchestra could collaborate with you for a fundraising event.

Suzanne Dexter-Mills has held the post of conductor of the Cambridge Concert Orchestra since 2002.

Website: [cco.org.uk](http://cco.org.uk)  
Facebook: [facebook.com/cambridgeconcertorchestra](https://facebook.com/cambridgeconcertorchestra)

# SPACE

Cambridge Concert Orchestra



Conductor: Suzanne Dexter-Mills



Church of St John the Evangelist, Hills Road, Cambridge CB2 8RN

SATURDAY 1<sup>ST</sup> JULY 2023 7:30pm



[facebook.com/cambridgeconcertorchestra](https://facebook.com/cambridgeconcertorchestra)  
[facebook.com/mndassociation](https://facebook.com/mndassociation)



CCO Charity No.: 263524

# Cambridge Concert Orchestra

**Conductor** – Suzanne Dexter-Mills

**Leader** – Susan Chapman

**Compère** – Jan Mentha

## 1st Violin

Anne Machova  
Elske Janssen  
Kathleen Long  
Roisin Rampley  
Helen Wingfield  
Sarah Wikeley  
Hayley Allen  
Olha Hordiienko  
Arisa Woodward

## 2nd Violin

Louise Walsh  
Martin Blake  
Erica Rees  
Barbara Taylor  
Susan Hutchinson  
Susan Leung  
John Wintle  
Miranda Clark  
Hannah Claridge  
Maddy Leonardi

## Viola

Miranda Garfoot  
Jan Mentha  
Tricia Mathieson  
Mary Pountain  
John Piper

## Cello

Hannah Wright  
Laura Millman  
Bethan Creedy  
Matthew Kitson

## Cello cont.

Ines Gil Fonfria  
Barbara Savella  
James Renwick  
Emma Stone  
Luutsche Ozinga  
Dinan Gunawardena  
Katrina Sung

## Double Bass

Rowland Thomas  
Carol Patton

## Harp

Lorna Whittle

## Flute

Susan Thomas  
Bart Lambrecht

## Flute/Piccolo

Imogen Duncan

## Oboe

James Chapman

## Oboe/Cor Anglais

Rosalind Bubb

## Clarinet

Alison Jones  
Angela Starr

## Clarinet/Bass

## Clarinet/Saxophones

Stella Page  
Caroline Barlow

## Bassoon

Julia Herrick  
Joanne Cornish  
Alison Sinclair

## French Horn

Simon Crick  
Laine McCurrin  
Lindsay Sampford  
Neil Greenham  
Tim London

## Trumpet

Ellie Rugg-Gunn  
Evert Bokma  
Catherine Houlston

## Trombone

Roger Nunn  
Joe Crane  
Lindsay Benson

## Bass Trombone

Edwin Sung

## Percussion

Hazel Smith  
Anthony Owers  
Viv Scott  
James Renwick

# SPACE

## PROGRAMME

Theme from *Also Sprach Zarathustra*  
(Theme from *2001: A Space Odyssey*)

Richard Strauss  
*arr. Jerry Lehmeier*

Two movements from *The Planets*:

Mars: The Bringer of War

Gustav Holst  
*arr. Richard Ling*

Jupiter: The Bringer of Jollity

*At the Castle Gate* from *Pelléas and Mélisande*  
(Theme from *The Sky at Night*)

Jean Sibelius

Shooting Star

Sidney Torch

*Back to the Future* suite

Alan Silvestri

## INTERVAL

Music from *Apollo 13*

James Horner  
*arr. John Moss*

Little Suite No. 2

Malcolm Arnold

Overture

Ballad

Dance

Galileo's Vision

Ralph Ford

Star Trek through the Years

Alexander Courage, Jerry Goldsmith,  
Dennis McCarthy, Jay Chattaway  
*arr. Calvin Custer*

## Future concerts for the Cambridge Concert Orchestra

Saturday 25 November 2023: *To the Rescue*, North Cambridge Academy (Assembly Hall), Arbury Road, Cambridge CB4 2JF – a family-friendly afternoon concert to raise funds for HoverAid – exact time to be announced

Saturday 16 March 2024: time and venue to be announced

If you would like to receive publicity regarding our future concerts via email, please see [cco.org.uk](http://cco.org.uk)

## Light Music Society

The CCO is pleased to be a member of the Light Music Society. To find out more, follow the LMS on social media, sign up to its newsletter or, even better, become a member and support the excellent work it does. Further details can be found at [lightmusicsociety.com](http://lightmusicsociety.com) or by using the QR code to the right.

