



Convex Launches Participatory Performance Echo Station: Songs of Hope from Open Windows



2 May 2020: London-based artistic company Convex launches Echo Station, a live participatory singing experience that invites everyone to tune in and sing songs of hope from their windows. First of its kind initiative in the UK, Echo Station aims to spread good vibrations in an effort to combat social isolation and loneliness, and raise funds in support of Re-engage charity.

In an effort to stop the spread of the Covid-19 pandemic, communities have found themselves behind closed doors, isolated from the casual relationships and rituals that make up their everyday lives. Acknowledging the difficulty in connecting to others in these difficult times, and taking inspiration from Clap for Carers tribute to the NHS, Echo Station asks you to open your window and call out to your neighbours and fellow humans through songs of hope. The performance aims to unite the communities through positive vibrations echoing across the city, with the purpose to reach vulnerable demographics without access to a digital gadget.

Taking part in the performance is free, open to all ages, and no singing experience is required. Throughout May 2020, Convex is inviting the nation to tune into Echo Station on Thursdays 7:45pm and Saturdays 4pm. The performances will be led on Zoom by artist Sarah Le Quang Sang and singer and composer Laura Guarch. Their songs will celebrate carers and communities with playful echoing melodies and words of hope. The duo behind Convex will be joined by exciting guest choirs on special occasions, which will be announced in the due course.

Convex creates performances about the connection between people and places. Their immersive participatory experiences give threatened environments a voice. *"Under the Covid-19 crisis, access to public spaces as places of socialisation is under threat. We have created Echo Station as a new place of connection that will exist between our real and virtual windows. On 2nd May 2020, the date we are launching Echo Station, we were originally booked to perform Thalweg, our participatory choral promenade along the Thames. We find it beautiful that even though the event had to be cancelled, we found a new way to invite people to connect and sing together in a performance that links them to their local environment,"* - says Convex.

Echo Station encourages the participants to make a donation to its partner Re-engage, a charity committed to fighting loneliness so that people can have social lives and friendship groups however old they are. In response to the COVID-19 crisis, Re-engage has created a new service called 'call companions', which encourages volunteers to make regular telephone calls to the lonely and isolated older people, providing a lifeline of friendship. This is a crucial service to make sure that older people don't feel forgotten at what is a particularly distressing time for them. 50% of the donations received from Echo Station's Go Fund Me campaign will go directly to Re-engage.

– Ends –

NOTES TO EDITORS:

Hashtags | #EchoStation #EchoGoodVibes #EchoTogether

Sign up to Echo Station | <https://www.weareconvex.com/echo-station>

Convex | <https://www.weareconvex.com/> | @weareconvex

Convex is an artistic company led by Laura Guarch and Sarah Le Quang Sang that creates performances about the connection between people and places. They make immersive and participatory experiences that give threatened environments a voice.

Re-engage | <https://www.reengage.org.uk/> | @reengageuk

Re-engage (formerly Contact the Elderly) is a charity that is positive about older age and committed to fighting loneliness so that people can have social lives and friendship groups however old they are. We inspire and enable meaningful connections and shared experiences within communities across the UK for people over 75 facing loneliness and social isolation.

Our volunteers work together to create better communities and help to enrich the lives of our members by giving them something to look forward to. Older people

who may have felt very alone, now feel valued as individuals, continue to form friendships, and have groups that give support. We make sure that people know they are important well into old age. Respectful, determined, warm, pioneering, and local: we are Re-engage and we are bringing generations together.

There are 5.4 million people in the UK who are over 75, and 2.2 million of them live alone. There are 1.2 million chronically lonely older people in the UK. Over half a million older people go at least five or six days a week without seeing or speaking to anyone at all. Being lonely is miserable, but it can also have a very damaging effect on physical health and mental wellbeing: lonely people with poor social connections are more likely to suffer from dementia, heart disease and depression.

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