

MY WEEK - ALL WOMAN - MY WEEK IN WORDS

Fantastic to get to the final even though business failed to win ...



Looking glam for their big night Therapy Skincare owner Louise Jones (centre) and her colleagues Joleene Sheriffe and Alex Wainman

A Halifax health and beauty business mingled with stars of the stage and screen after reaching the last five in the salon of the year category at this year's English Hair and Beauty Awards. They didn't win but owner of Therapy Skincare, Louise Jones, said she and her colleagues Joleene Sheriffe and Alex Wainman had a wonderful evening alongside Britain's Got Talent's Jai McDowell, who entertained during a four course meal and Big Brother winner Josie Gibson, who handed out gongs with Capital FM DJ Sally Hudson. The event was held at Manchester's Midland Hotel and aimed to show appreciation for those in the beauty

industry that help us look and feel fantastic - the thousands of salons nationwide and the talented individuals who work within them. "We absolutely loved the awards and had an amazing night and it really didn't matter that we didn't win as we hadn't realised how massive these awards were," said Louise who has had her business in Rawson Street for eight years and who last year expanded to create five beauty rooms, a spray tan room, nail bar and reception. The business employs eight staff and specialises in Fake Bake spray tans, Caci non-surgical face lifts, permanent make-up, colonic hydrotherapy, teeth whitening and lots more.



Alison Pryce-Jones teaching a class at Rastrick High School

Early starts, late finishes is all music to Alison's ears

Alison Pryce-Jones is a tour de force in the musical make-up of our region and beyond. Here she shares a typical hectic week in her life with readers of My Week

MY WEEK IN WORDS

Alison Pryce-Jones studied at the Royal Northern College of Music where among other roles, she sang the title role in Verdi's Aida, and at the London Opera Centre, graduating as a singer, flautist and pianist.

She was a founder member of Opera North and also sang with Scottish Opera. She has performed in a wide-ranging repertoire as a soloist on the stage and concert platform.

Alison has been a tutor of the opera class at the Leeds College of Music, and a part-time lecturer in vocal training and class singing at the University of Huddersfield School of Education. She teaches singing at Rastrick High School where she is also Director of the hugely successful choirs.

She teaches over 80 singing pupils and has been a moving force in the musical life of the region for many years. She was the inspiration behind the formation of NOEL's singing for fun choirs, the Halifax Choral Society Young Singers, and the Yorkshire Youth Choir of which she is joint Artistic Director alongside her husband John (who will be conducting Sunday's concert of Spring Classics at the Victoria Theatre in which Alison will be singing).

In 2004 Alison became Director of Opus 44, the highly successful upper voice choir, and two years later assumed

directorship of the City of Leeds Youth Choir. Rotary International has awarded Alison a Paul Harris Fellowship.

Monday

It's absolutely freezing walking the dog this morning. Even with two pairs of gloves my hands will never recover! Then drive to Roundhay School in Leeds to do a singing workshop with members of my Leeds Youth Choir and students from the school. Back home via Tesco to find Mother's Day present from Catrin has come in the post; lovely warm, fleecy slippers and smelly bath crystals! Made some vegetable soup to warm us up! Hang some old, but thermally lined curtains on our barn door to try to keep the arctic temperatures out. Take Meg for another quick walk and then prepare a meal before going to the Halifax Choral Society rehearsal. Home at 10.00 and sit down to watch an hour of television but, as usual, fall asleep after 30 minutes!!

Tuesday

Not quite so cold this morning. The wind has dropped and the sun is shining. Listen to last night's "Archers" on my phone while walking the dog. My own school today with senior choir rehearsal at lunchtime. They really are fabulous kids! Then piano practice when I get home. Some of my students are doing exams over the next three weeks with some tricky piano parts. Then a quick meal and off to Bingley for my upper voice Opus 44 re-

hearsal.

Wednesday

Up at 7am for a full day at school today with junior choir at lunchtime. Then give two students lessons after school, a quick meal and into Halifax to watch a concert given by young people who are in receipt of 'Future Hero' awards given by Calderdale Foundation. They all perform extremely well to an audience made up of families and friends. Back home to fall asleep in front of the TV!

Thursday

School again after a bracing walk with Meg. A quick early meal before braving the M62 to do a very energetic rehearsal with Leeds Youth Choir. We are doing 3 classes in the Rothwell festival next Saturday and still have some songs to memorise! They will do it! They are young!! On the way home Junction 24 is closed.....the air in my car would have been extremely blue had I not been giving two young singers a lift to Ainley Top. We had to go on to junction 22 and luckily one of their parents came to pick them up which saved me going all the way back.

Friday

After walking the dog, make a casserole so that we can all eat later on. Then drive to Manchester to pick up some music from Forsyth's and Robert Latham from Piccadilly station. He has travelled from Bristol to do a day's workshop with Opus 44 tomorrow. He is a renowned choir director and

adjudicator. We meet John on his way out of the house to travel to Sheffield to conduct a performance of Northern Ballet's absolutely stunning "The Great Gatsby". It's been like this all week; Passing ships!

Saturday

A very early start to get to Bingley for 9.15am for the workshop. We have 70 extra singers taking part today! The choir has worked extremely hard publicising and organising the event and it is a great success. I take Robert back to Manchester for his train and then home to catch up on things I haven't had time for all week. John is conducting a big arena concert in Liverpool tonight, having had a rehearsal all afternoon. He will be shattered when he gets home.....not before midnight, I expect.

Sunday

Up early to give a singing lesson..... Then off to Conway to see an exhibition of sculptress Diane Laurenson's work in the Royal Cambrian Academy. She did a bust of John some years ago, but my favourite work of hers is the incredible life-size Bronte sisters, which she brought to the Victoria Theatre last year when the Choral Society performed Philip Wilby's "Bronte Mass". The exhibition is going on to a gallery in London next month. Later, a lovely walk with Meg and Poppy and dinner with Poppy's family who live near Conway.

The Accident Compensation Specialists

- ✓ Work Accidents
- ✓ Road Accidents
- ✓ Specialist Serious Injury Unit
- ✓ Medical & Dental Negligence Claims
- ✓ Thousands of cases won!

"Get our experts fighting for all your rights, call one of our friendly advisors now."

Rapid SOLICITORS
An ISO 9001 Quality Assured Firm

0845 225 1412
www.rapidsolicitors.co.uk

Consulting offices throughout the region • Free home visits • Lines open 24/7
Rapid Response Solicitors - ISO 9001 Quality Assured Service