

How can playing an instrument improve my life?

Video Transcript: Me and my cello

[Music Playing]

Angellica Bell:

This summer the BBC is launching a brand new initiative called Get Playing. Encouraging all of you guys out there to dust off those piano keys or simply pick up a new instrument and learn to play.

Now when I was much younger I used to play the cello and the piano but unfortunately because I didn't practice, I wasn't very good. However, many years later I came across an article which told me about the benefits of playing an instrument. So I decided to give the cello another go and managed to rescue mine from the murky depths of my attic.

Now today I am off for my weekly lesson with my fantastic tutor Helen and I am going to prove to you that if I can do it, so can you.

[Music Playing]

Angellica knocks the door

Helen:

Hello Angellica, welcome.

Angellica:

Hello

[Pause]

Helen why do you think some people are worried about starting up a new instrument or even playing one that they have played before?

Helen:

I think there is a lot to do with fear of failure that somehow they are not going to be good enough.

[Pause]

Hey well done that's really coming, I am so thrilled.

Angellica:

And also it's getting, engaging what I see on the paper, getting that in there [points to her head] and getting that on the cello.

Helen:

I think it takes a lot of courage to spend time and money on yourself when you are older, especially if you have got children.

Angellica:

That sort of sums me up but then I did think that it is good if you want to try something new. It's not wasting money because you are learning something and you are doing something for yourself. Which is great. And with my children I love the fact that I am playing and making, getting them interested in music.

Helen:

So shall we move on and play the Bach now?

Have you practiced?

Angellica:

A couple of times.

Helen:

A couple of times, well it will be better than last time.

Angellica:

[Laughs] Certainly will.

Helen:

Ok 2, 3 [begins playing]

Angellica:

It's quite nice actually to have something that I can do that takes me away from everyone else and I can just focus on myself.

[Pause]

So I need to continue with my lesson but I hope you have been inspired so don't be afraid to start an instrument or pick up where you left off. Go for it and Get Playing! Back to scale?

[Laughs]

END.