



Playing for Cake^{•uk}

Interactive music sessions for life 

Issue 1

NEWS!

February 2019

Regular Singing Groups:

- 'Singing for Health', Fridays, 2:30-4pm, Sheringham Community Centre
- North Walsham Skylarks, 1st & 4th Wednesdays of each month, 11-12:30pm, Sacred Hearts Hall, North Walsham

Suitable for all abilities. £4 voluntary donation requested per person (inc. refreshments). Classes subject to change so please contact us to check/for more info (details over).



TESCO Bags of Help

MID-WEEK MUSIC AT THE HUB

Come and lift your spirits!



Weekly FREE, fun community singing and music-making sessions at **Sheringham Little Theatre 4-6pm**. Suitable for all ages and abilities. Different themes each week until 30th June 2019.

Contact us (details over) or pick up a programme at the Box Office.



NORTH NORFOLK'S TOP VENUE FOR DRAMA, FILM, MUSIC AND ENTERTAINMENT

Learn to play the ukulele!

Mondays 4:30-5:30pm, The Tyneside, Sheringham (term-time). Fun and informal session. All welcome. £4 per person. Contact details overleaf.

Welcome to our first newsletter!

We are a group of community musicians that work across North Norfolk on a not-for-profit basis to deliver interactive music sessions that can help people improve their health and wellbeing.

We hope you find this edition informative and, if you are new to us, that you may be tempted to come along and join us sometime!

See more about us overleaf.



We had a special visitor ...!

We were thrilled that Norman Lamb MP came along to one of our weekly Friday Singing for Health class, which was set up in collaboration with North Norfolk's Breathe Easy Support Group, the Community Respiratory Nurse Specialist and the Pulmonary Rehabilitation Clinical

Team from Kelling Hospital in 2017.

After chatting to some regulars, some of whom have lung conditions, Parkinson's or neurological conditions, he took part in a breathing exercise and physical and vocal warm-ups. "I think I should get you along to the House of Commons!" he said, before heading off in a nicely relaxed state to his next meeting!



Because of the known health benefits that singing with others can bring, and after seeing us in action, Norman will endorse a letter which we will send to local GP surgeries, to encourage more 'social prescribing', where GPs can refer people to local exercise or arts-based classes to help them improve their health and 'self-care'.

The Norfolk and Norwich Festival

Come and join us for a **FREE** community singing and music-making session as part of this year's **Norfolk and Norwich Festival on Monday 20th May, 2-3:30pm**.

We will be in the Spiegel tent in Chapelfield Gardens leading songs that we do some of our regular sessions (see left column for more details!) and we are taking names of people interested in coming along so we can help organise transport.

We will be accompanied by

a local youth orchestra - The Aylsham Cluster Ensemble. Our ukulele group will also be coming along and we will be inviting members of the public from in and around Norwich too to make this a really fun community event.

Come and join in the fun! Song and basic chord-sheets will be provided.

You can find out more about the Spiegel tent and how to get there via the Norfolk Festival's website at <http://nnfestival.org.uk/venue/the-spiegeltent/>

Dementia Café Sessions 2019:

Sheringham Dementia Support & Activity Group (organized by The Alzheimer's Society), **St Joseph's Hall, Sheringham, 11-12:30am, Mondays** :

- 15th April (Easter theme!),
- 15th July (A musical day out!)
- 21st October (Halloween!)
- 16th December (Christmas!)

Thanks to the Poors Society Fund for helping fund these sessions.

The Cameo Café, Happisburgh Rd, North Walsham, 1:30-2:30pm, Tuesdays:

- 12th March (Oliver!)
- 30th April
- 28th May

PLAYING FOR CAKE (PFC) COMMUNITY INTEREST COMPANY

Contact us at info@playingforcake.uk

Tel: 07771 605 188

Company number: 10447832

Find out more about us and our work at
www.playingforcake.uk or at
www.facebook.com/playingforcake

People attend our sessions for pleasure and progress. One such participant from our Friday group told us that:

"My consultant referred me to a speech therapist who on learning that I attended this group said that it was the best therapy I could have done! The consultant tells me that the paralyzed chord has begun to compensate and grow! I cannot praise or recommend Tina's singing group enough, she has improved my life immensely."

JOKES FROM THE BOYS:

"Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house!"



Coming Soon! News of our Celidh/Barn Dance in October this year and next year's Easter panto. Mike Rivett's already putting pen to paper!

We deliver group interactive music sessions that involve the voice, percussion and props to help people of all ages and abilities have fun while improving their health and wellbeing. Singing and music-making can bring a wide range of social, physical or emotional benefits and we work with health care professionals to design music activities that can help target specific health needs or goals where necessary.

Fun and laughter are essential ingredients of
PFC sessions - everyone is welcome!

Playing for Cake is constantly fundraising to help us provide sessions to participants at a highly subsidised rate (if not free) while being able to pay our musicians for the valuable skills and services they provide.

We aim to support local musicians by paying professional fees when we can. We also provide opportunities for musicians to develop their skills and confidence through the delivery of our sessions. Session volunteers/musicians may also be people from the target groups of people we aim to work with, i.e. people living with particular health conditions or disabilities.

Vote for us in Tesco's
Sheringham and
Mundesley stores
until 28th Feb 2019!

Donations welcome via our website!

40's Night! 'Cutting the Mustard' are playing at **St Nicholas Church, North Walsham, Saturday 27th April from 7pm** as a fundraiser for the church. Cutting the Mustard have agreed to play for free providing the church donates £150 to PFC from takings on the night. Tickets are £10 and will include 40's-themed music, a buffet and a glass of wine. Come dressed-up if you like. Ask PFC team members/contact us for tickets.

PFC does Sheringham Carnival 2019!

Playing for Cake will be leading two sessions this year as part of Sheringham Carnival's programme of events:

Monday 5th August 2-4:30pm, St Peters Church Hall, Sheringham. Percussion-making workshop and music-making! Suitable for all ages and abilities. Children must be accompanied by an adult.

Thursday 8th August 2-4:30pm outside The Crown, Sheringham. Giant community musical crossword! Come and join in to solve the puzzle and uncover songs which everyone can join in with! Listen or get involved at whatever level you like! All ages and abilities. Bring percussion you've made at the Monday workshop too if you like!

Can you save the following items for our percussion-making workshop?

- Containers with lids (Pringles, camembert boxes, sweet tins etc)
 - Long and short cardboard tubes (but not toilet rolls)
 - Beads, buttons, ribbons
 - Shoe boxes
 - Small plastic bottles (clear/coloured)
 - Lengths of elastic
 - Broom handles/dowelling
- Clean items please. Contact: Lyn on 01263 822022*

Sing to Beat Parkinson's

Members of the PFC team had another fabulous time at the annual Sing to Beat Parkinson's training course at Snape Maltings, in Suffolk last month.

Elsie-May Robson, Amanda Crofts, Tina Blaber-Wegg and Mike O'Kane met with practitioners from around the country to learn about the latest research, learn

new songs and activities and share repertoire.

Professor Grenville Hancox, who founded the first Sing to Beat Parkinson's (Skylarks) group in 2010 was again an inspiration to us all!

You can find out more about this amazing work and the evidence of how singing

with others can help people with Parkinson's at: <http://canterburycantatrust.org.uk/sing-to-beat-parkinsons/> or via the PFC website.



Singing for Lung Health

Playing for Cake has brought Singing for Lung Health to North Norfolk! This service was available in other parts of the country but not locally.



Mayana McDermott, British Lung Foundation's Singing and Active's former Project Officer said, "There is increasing evidence that singing helps people living with lung conditions such as COPD (chronic obstructive pulmonary disease) to preserve their lung function and quality of life. The singing groups currently support over 300 people living with a lung conditions ... We hope the programme will continue to go from strength to strength".

No previous singing experience required. People are welcome with any type of lung condition or breathing difficulties by other health conditions/disabilities.

Contact us for more details or come along to our Singing for Health class on Fridays, 2:30-4pm, Sheringham Community Centre.