



Playing for Cake .uk

Interactive music sessions for life 

Issue 2 (Periodically)

NEWS!

JUNE 2019

Regular Groups:

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

Suitable for all ages and abilities. £4 pp inc. refreshments. Classes subject to change so please contact us to check!



TESCO Bags of Help

MID-WEEK MUSIC AT THE HUB



FREE, community singing and music-making sessions, Wednesdays, **Sheringham Little Theatre 4-6pm**. Suitable for all ages and abilities.

Different themes each week. **Last session this season 26th June but we will hopefully be back again end of September** (subject to funding). Check with theatre box office, website or contact us for updates or more details!



Learn to play the ukulele! Mondays 4:30-5:30pm with Brian at The Tyneside, Sheringham (term-time only). Fun and informal session. All welcome. £4 per person. Contact details overleaf.

Fun at the Norfolk & Norwich Festival!

Thank you to everyone that came to the Spiegel tent on 20th May. You all helped make it such a special experience for everyone involved.



The Aylsham Cluster Ensemble (youth orchestra) led by Helen Stowell and Brian Eade of the Norfolk Music Service were fabulous. Around 40 people from across our regular groups travelled by coach (thank you Sanders!) to join this mega community music event. In total, we filled the tent to its maximum capacity of 200 people! Having people of all ages and abilities singing together, including carers and people with Parkinson's, PTSD and dementia, was a wonderful sight to see. And we played for cake! Thanks Jenny Penniston!



International Make Music Day!

Friday 21st June 2019 is this year's International Make Music Day and PFC is not holding back! We're dedicating one of our weekly Friday Singing for Health sessions (2:30pm til 4pm at Sheringham Community Centre) to a programme of events that spans 120 countries worldwide!

The theme song this year is Bring me Sunshine, made famous by the lovable Morecombe and Wise (one of PFC's favourites!). Tina will shape a set list that will also contain some songs from around the world for us to share singing. Percussion is bound to feature too!

Make Music Day is an annual, global celebration of music-making. If you'd like to get involved in PFC's event, just come along to our Friday session (detailed above) and please help spread the word!



You can find out more about International Make Music Day at <https://makemusicday.co.uk/>

FREE Sheringham Carnival Events

Percussion-making, Monday 5th August, St Peter's Church Hall, 2pm - 4.30pm. Time includes a music-making session at the end using instruments produced! Donations towards cost of materials welcome. Refreshments will be available. Children must be accompanied by an adult. All ages and abilities welcome!

Giant Family Musical Crossword, Thursday 8th August outside The Crown 2pm - 4:30pm. Help solve clues to uncover well-know songs that everyone can join in with! You could bring your newly-crafted percussion instruments from Monday's session too!

Dementia Café Sessions 2019:

Sheringham Dementia Support & Activity Group, St Joseph's Hall, Sheringham, 11am -12:30pm Mondays 15th July, 21st Oct and 16th Dec. Thanks to the Poors Society Fund for helping fund!

The Cameo Café, Happisburgh Rd, North Walsham, 1:30-2:30pm Tuesdays 20th Jun and 24th Sept 2019.

PLAYING FOR CAKE (PFC) COMMUNITY INTEREST COMPANY

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



PFC's team of community musicians, support assistants and volunteers deliver group, interactive music sessions involving the voice, percussion and props, to help people of all ages and abilities have fun while improving their health and wellbeing.

People have participants told us:

"I liked their friendly approach and ability to make you feel very welcome. I find the experience a great help for my conditions" (Participant with PTSD and COPD).

"My husband hasn't been able to speak on the 'phone for months but he 'phoned his brother this week!" (Wife of participant with Parkinson's).

JOKES FROM THE BOYS:

"You never appreciate what you've have until it's gone.....Toilet paper is an excellent example!"



What did the dog say to his doctor?
Be careful with the thermometer, last time it was a bit ruff!

Singing and music-making can bring a wide range of social, physical or emotional benefits. Amongst the team are trained Singing for Health Practitioners, a Speech and Language Therapist and a Nurse and we also 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!

Although our team devote a considerable amount of time voluntarily to run the organisation and its activities, PFC fundraises to help cover core costs (such as insurance etc) and pay musicians for session-delivery, where possible. This ensures our group sessions can provide a reliable and continuous service in our communities while being highly subsidised or free to participants. We also provide opportunities for musicians to develop their skills and confidence in community music-making. 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.

Shucks ...



I was so proud and honoured to receive an 'Unsung hero' award from Sheringham Town Council for my work within the community, setting up and running Playing for Cake. The presentation was made at a recent Town Council meeting by the mayor, Madeleine Ashcroft. Thank you so much for the anonymous nomination for the award (you know who you are!!). Since registration in 2016, I've raised over £30,000 to establish and run our local services and activities. I know PFC is making a difference to many peoples lives (because you tell me!). Thank you everyone involved, the team and participants. Love to you all, from Tina

Oh, what a beauty! I've never seen one as big as that before!!

Congratulations and thanks to David Moore, Amanda Crofts, Trevor Piggott, David Lingard and Mike O'Kane for all their hard work developing the Music Hall set! Developed firstly for Mid-Week Music at The Hub (funded by Awards for All) the set was recently taken to a dementia support group, the Cameo Café in North Walsham (find out more at www.facebook.com/CameoCafe1). A vast array of hats were hired from Sheringham's Community Wardrobe. Everyone looked spectacular!



Sheringham Community & Theatre Wardrobe

Thousands of costumes and accessories for hire! Contact Libby 07391 272 469 or Nona 07775 451 232 for more details or to book an appointment.
The wardrobe is run by volunteers on a non-profit making basis.

Oh yes we are!!

For one night only! Our **Easter Panto will take place on Wednesday 1st April 2020 at Sheringham Little Theatre**. Regulars from the PFC crew will feature as well as anyone from our groups that would like to get involved (so do let us know!). Tickets will be on sale in due course via the theatre box office. Thanks Mike Rivett and Ervin for co-writing it - can't wait!

We are also having a **Celidh, Sunday 20th October 2019, 3-6pm at Sheringham Community Centre**. You don't have to dance! You can sit and enjoy the live music and watch the entertainment from the safety of the sideline! This will be a lovely social event - all welcome, including friends and family! There will be a bar, refreshments and a raffle. Tickets will be on sale soon from Adrian Penniston. **Raffle prizes welcome!!**

Funds raised from both events will go towards Mid-Week Music at The Hub.

Save the dates



Thanks for all the teas, coffees, cakes and biscuits Marilyn Woodrow, David Moore and Joan Andrews! It makes such a massive difference to the smooth running of our regular group sessions.