

**Regular Groups:**

- 'Singing for Health', Fridays 2:30-4pm, Sheringham Community Centre (breaks for Xmas 13th Dec, returns Fri 10th Jan 2020).
- Skylarks, 1st & 4th Wed of the month, 11am-12:30pm, Sacred Hearts Hall, North Walsham (breaks for Xmas 27th Nov, returns Wed 22nd Jan 2020. Christmas bash Tuesday 10th Dec organised by Terry Nokes, North Walsham Parkinson's UK – check for times/details!).
- Both groups above: £4pp inc refreshments.

**MID-WEEK MUSIC AT THE HUB**



FREE, community singing and music-making sessions, Wednesdays, **Sheringham Little Theatre 4-5:30pm**. Different themes each week. Programmes available from theatre box office.



*Learn to play the ukulele with the Sheringham Ukulele Band (Subs)*

Mondays 4:30-5:30pm with Brian at The Tyneside, Sheringham (term-time only). Fun & informal session, £4 pp.

**All our regular sessions are suitable for all ages and abilities. Contact us for more information. Details overleaf!**

**It's been quite a year! Funding matters ....**

Our financial year-end looms and we've turned over £22,000+ thanks to our fundraising efforts and support from our group participants and a range of funders! This has helped keep our regular groups going plus help pay for sessions in local dementia cafes and other ad-hoc events.

The not-so-good news, however, is that we're moving into our next financial year with no funding again other than £426 from Waitrose (thanks Adrian and Jenny Penniston!) to help keep the North Walsham Skylarks group going and £8,605 from The Big Lottery (Awards for All) which will fund Mid-Week Music at The Hub from January to June 2020. *Yahoo!*

In the meantime, thanks to a committed PFC team, we'll keep 'The Hub' going voluntarily, where necessary, to cover the period up to December 2019 and we'll continue covering all PFC's core administration work on a voluntary basis. We've sufficient funds to keep our Friday Singing for Health Group going for now but

this will depend on numbers attending, the ability of our team to work voluntarily when necessary and future fundraising.

Looking ahead into next year, we're looking to convert our registration from a not-for-profit Community Interest Group to charitable status to help us avoid paying 19% tax on donations/profits. We're starting to fundraise for better music stands for our regular groups (due to an expanding repertoire of songs and thus larger song-books!)! Thanks by the way to the anonymous donation from 'A Mouse' of £50 which has helped start us off! And **we also have a couple of fun fundraising events coming up (see overleaf!)** which will help us pay session-leaders, support staff and any core costs associated with Mid-Week Music at The Hub. *Please come along and enjoy these events while helping us continue our work, which we know is making a difference to so many people locally.*



**Thanks all round!**

**Sheringham Carnival Committee has awarded Playing for Cake £50 as thanks for organising this year's Percussion-making and Giant Family Musical Crossword Events!**

Both events formed part of the Carnival week's official programme. It was wonderful to see residents, holidaymakers and people of all ages coming together to take part. David Moore and his team did an excellent job organising materials and the 'making stations' (thanks Sheringham Town Council and Norfolk County Council for the grants!). Hazel Fielding and other team members helped people decorate their newly-made instruments and Dave Steward's drums were a tremendous hit (pardon the pun!)

The percussion-making event ended with a specially-themed music-making session 'Rain at the Seaside!' which was held outside on the lawn in front of St Peter's Church Hall, led by Tina Blaber, Brian Eade and Amanda Crofts. Once again the activities were supported by delicious cakes and refreshments organised by Jenny and Adrian Penniston.

Massive thanks to all the PFC team who worked hard to organise and deliver these events. Thanks to the Carnival Committee and their team of volunteers for all their support which helped make the events happen and for all the hard work they do all year round to help keep Sheringham such a vibrant place to live or visit! We are lucky to have such a tremendous community spirit in Sheringham!



**Dementia Café Sessions 2019: The Cameo Café, Happisburgh Rd, North Walsham, 1:30-2:30pm Thursdays 17th October and 21st Nov and Tuesday 17th Dec 2019.**

## PLAYING FOR CAKE (PFC) COMMUNITY INTEREST COMPANY

Contact us at [info@playingforcake.uk](mailto:info@playingforcake.uk)

Tel: 07771 605 188

Find out more about us, our work,  
regular groups or events see  
[www.playingforcake.uk](http://www.playingforcake.uk) or at  
[www.facebook.com/playingforcake](https://www.facebook.com/playingforcake)

Participants told us recently:

*"I live alone now. Coming to the Friday Group is now the highlight of my week. I so look forward to it."*

*"My husband talks on the 'phone again!" (Participant with Parkinson's attending North Walsham Skylarks).*

### JOKES FROM THE BOYS:

*"My mate's just got a cushy job at the watchmakers. He just stands around all day making faces!"*



*"In Barbados a steak & kidney pie costs £3.20.  
In Dominica a Chicken & Leek Pie costs £2.45.  
In Antigua a Beef & Onion Pie costs £2.99.  
These are the pie rates of the Caribbean."*

*Thanks Michael Rivett! If these made you chuckle, make sure you come to the panto on 1st April 2020 at Sheringham Little Theatre!*



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 sing, make music and have fun while improving health and wellbeing.

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 work with other health care professionals to design music activities that help target specific health needs or goals where necessary.

It's good to laugh!! Fun and laughter are essential ingredients of PFC sessions.  
Everyone 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.

## Oh yes we are!! Forthcoming events:

### Easter Panto! Wednesday 1st April 2020, Sheringham Little Theatre.

For one night only members of the PFC team and group regulars will feature in this fun-packed extravaganza suitable for all the family! Tickets will be on sale in due course via team members and the theatre box office. Thanks to Mike Rivett and Ervin for co-writing it. Can't wait!

### Ceilidh! Sunday 20th October 2019, 3-6pm, Sheringham Community Centre.

Live music throughout the afternoon by Compass Moon with some called 'Ceilidh' dances as part of the proceedings. You don't even have to dance to enjoy the fun! You will be welcome to sit and enjoy the music and watch the entertainment (/mayhem?) from the safety of the sideline! This will be a lovely social event. Everyone welcome! There will be refreshments available but bring your own alcohol. **Tickets available PFC team members at £7 each (children free). Raffle prizes welcome!**

## Now Listen Here!

Brian and Tina from the PFC core team are shaping an exciting new project specifically aimed at young people living in North Norfolk. The project will provide a supportive space for those taking part to relax, be creative and learn new skills while helping them connect to their local environment and communities. The process will involve helping the working group capture and document local sites of specific historical or environmental interest, the results of which will be shared across our wider communities. We are hoping that some new musical compositions will be produced as part of the process and there will be some final performances and exhibitions! We are particularly keen to work with young carers and young people coming out of care, as well as other young people who are rurally or socially isolated and lacking opportunities locally. To this end, we have discussed ideas with The Benjamin Foundation and an expression of interest has been submitted to The Big Lottery's Reaching Communities Fund. We are awaiting news of whether we can progress to Stage 2 and submit a detailed project plan (we will be contacting other local youth organisations if this is the case!). **Watch this space ... !**



Save the dates ....