



**PLAYING FOR CAKE (PFC)
COMMUNITY INTEREST
COMPANY** (REG. NO. 10447832)


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

JOKES FROM THE BOYS:

"Don't change the voice on your satnav to Bono from U2. I did it last week and now the 'Streets have no name' and 'I still can't find what I'm looking for!'" 

 "My subscription to the Scrabble Club expired. Now they're sending me threatening letters!"

"Studies show that cows produce more milk when farmers talk to them. It's a case of in one ear and out the udder!" 

Thanks Michael Rivett!



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 donate time voluntarily, PFC fundraises to help cover core costs (such as insurance etc) and pay musicians for session-delivery where possible and volunteers/support assistants' expenses. This ensures sessions are reliable and sustainable community services while being affordable or free to participants. This is necessary if we are to gain more social prescribing from GPs. We 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.

A participant has kindly sent us this testimonial ...

I first heard of PFC through a friend who had become involved in the running of the various PFC sessions. At that time I was just emerging from a very dark phase in my life, and still struggling on a daily basis with depression and anxiety. I will admit that I strongly resisted all of his encouragement to attend the Wednesday music session at the Sheringham Little Theatre Hub because, despite being prescribed medication, I still found it extremely difficult some days to even step out of the house, let alone socialise – and much less – sing! The thought of it quite frankly horrified me.

However, over time I finally had to admit to myself that medication alone could not 'cure' me, and sitting home alone watching TV was not helping my mental or physical health at all. So reluctantly one dark, December afternoon, I went along with him. For a few sessions I found it difficult to even to talk to anyone, but Tina always made a point of making me feel welcome and over time I slowly started to join in with the singing, quietly at first, and then with more confidence. To my surprise I actually began to look forward to the sessions. I discovered a social life, and have even begun to volunteer behind the scenes.

I can honestly say that PFC has played a major part in improving my mental health and enhancing my life. Even when I don't feel that great, I go along and am always lifted by the genuinely warm and jovial atmosphere. I've made new friends, have found more confidence in myself, and rediscovered how much I love to sing.

A. Nanny Mouse 

Thanks from all at PFC. You're very welcome! So glad we're contributing to your personal journey to better health and wellbeing. You're also contributing to our groups by coming along. Keep up the good work and let's hope 2020 is the best yet! ❤️



Issue 4 (Roughly quarterly!)

NEWS!

JANUARY 2020

Regular Groups:

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


Both groups above £4pp inc refreshments (no-one excluded due to inability to pay).

- **Mid-Week Music at The Hub**, Wednesdays, Sheringham Little Theatre 4-5:30pm. Fun singing and music-making workshops. Various themes. Programmes available from box office. Free but donations extremely welcome to help keep it going!



Supported by **HAYES + STORR** 

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

- **Learn to play the ukulele with The Sheringham Ukulele Band (SUBs)**, Mondays 4:30-5:30pm at The Tyneside, Sheringham (term-time). Fun and informal, £4pp 

All sessions above suitable for all ages and abilities. Contact us for more info. Details overleaf!

Happy New Year!


What a fabulous end to last year and beginning of this one!

PFC was invited to say a few words and lead some songs at the beginning of North Norfolk District Council's last Full Council Meeting just before Christmas. This was extremely well-received and has helped raised awareness of the work we're doing locally amongst the District Councillors. Topped with a few other Christmas presentations and sessions (at The Links and Holt WI) and Jenny and Adrian's 'Guess the Weight of the Cake' fundraiser—which raised £102—we finished 2019 on top form! Thanks to all those that took part.

Moving into this year, we had the Sheringham Ukulele Band (SUBs) kick-off the Spring series of Mid-Week Music at The Hub, which was great, and Tina and Ervin hot-footed up to the Norwich University of the Arts (NUA) to lead a Singing for Health session with some Creative Arts students as part of their 'health and wellbeing' week-long programme of events. We've got lots of ideas and plans this year to ensure we can continue to maintain and embed our services locally. **As always, your support is gratefully received! Thank you!**



Oh yes we are!

Come to Playing for Cake's Easter-themed panto on Saturday 25th April 2020! Suitable for all ages, this is set to be a fun-filled production involving members of the PFC crew and group regulars! Please help spread the word and come along and join in the fun! All proceeds will go towards next season's Mid-Week Music at The Hub. Book online at <https://sheringhamlittletheatre.com/> or via the Sheringham Little Theatre Box Office. 

We are always looking for extra group members for our regular sessions to help keep them going. We also need volunteers to help with a range of tasks behind the scenes. We would like to hear from people with a background in administration. We are particularly looking for people with accounting, administrative or desktop-publishing skills, social media experience and fundraising, including making grant applications. Maybe you'd be interested in running our newsletter?

We are also interested in hearing from community musicians or singing for health practitioners, or people interested in working towards leading sessions.

Contact tina@playingforcake.uk or ervin@playingforcake.uk if you're interested in any of the above!



Trouble getting to group sessions? Look no further ...

Check out North Norfolk Community Transport for their Dial-a-Ride service, wheelchair-friendly vehicles and group trips!

Thanks to funding from both North Norfolk District and Norfolk County Councils, we are fortunate to have a Dial-a-Ride service in the area. Just ring up and book transport via this door-to-door minibus service by 2pm the day before you wish to travel. It is safe, accessible and affordable.

You need to become a member to book (costing £10 annually) and then you're away! **Ring 01692 500840 for more information** or to register for membership, email info@nnct.org.uk or visit <http://www.nnct.org.uk>. Tina also has a few leaflets available at group sessions containing a membership form. Happy travels!




Need extra help at home?

Extra Hands offers support for people in their own homes and a well-being check service from as little as £5 a day. Tel 01263 712686 or see www.extrahandshomecarenorfolk.co.uk.

Also, Ariane offers **Support and Help** - see www.supportandhelp.co.uk or tel: 07950 457578.

Whether a carer or someone that needs caring for, these might help take some of the strain away from daily life.

 **More fun and frolics this year at North Walsham Dementia Support Group's Cameo Cafés!** Playing for Cake is delighted to be visiting again this year to lead singing and music-making sessions at the Cameo Cafes from 1:30-2:30pm on Tues 18th Feb, Tues 14th Apr, Thurs 30th July, Thurs 15th Oct 2020.

The Cameo Cafés takes place at the Furze Hill Resource Centre, 73 Hapburgh Road, North Walsham, NR28 9HD every Tuesday and Thursday from 10am to 3pm (Tel: 01692 502708 for more information).

Did you know we have a Speech and Language Therapist that regularly attends our North Walsham Skylarks group (see page 1 for group details)? Louise Lim generally attends the first session of the month, helping to lead some exercises that are helpful for us all but particularly those people living with Parkinson's. We have plans to expand this service to a regular, dedicated 'surgery' as part of our sessions - watch this space for more details in the next newsletter!



Are you getting your Carers Allowance? Carers Matter Norfolk offers free, independent and confidential support on a wide range of issues including the non-means-tested Carers Allowance. This extra money can be really useful for essentials or to pay for activities and transport etc that can make such a difference to your health and wellbeing. See www.carersmatternorfolk.org.uk or ring 0800 083 1148 for further advice.

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 a viewing. *The wardrobe is run by volunteers on a non-profit making basis.*

ACOL Bridge Club is looking for new members!

Can you play bridge? The ACOL Bridge Club meets at Weybourne Village Hall on Tuesdays 2-5pm. No need to bring a partner but you do need to be able to play bridge (no tuition offered).

For further information ring Patrick 01263 515588 or Keith 07810 155553



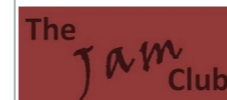
We are blessed with a number of opportunities to get involved with music locally, to use your voice and help improve your general health and wellbeing. See below for a few other local groups and services you may be interested in (see front page for PFC regular sessions). There's something for everyone!



SING YOUR HEART OUT (SYHO) is a series of singing workshops (not a choir!) for people aged 18 and over to get together and enjoy themselves, and to gain the known benefits to mental health from singing. Now into its fifteenth year, groups meet around Norfolk on a regular basis in Norwich, King's Lynn, Attleborough, Great Yarmouth and Sheringham - the latter on Monday afternoons. Sessions are led by able voice coaches and songs from all sorts of styles are taught and sung in glorious (but simple!) harmony. Everyone is welcome, especially mental health service users and people facing a mental health challenge such as bereavement, stress, anxiety or depression. No need to be a practised singer, or to book, nothing to pay - just turn up at any of the sessions and you will be made very welcome. Full information is on the organisation's website - www.syho.org - where you can also make contact for answers to any questions.



ROCK THE LOBSTER is a voluntary group seeking to promote all performing arts (including: live music performers, poets, magicians, dancers, etc.) in Sheringham via Open Mic sessions. They give performers a chance to demonstrate and develop their talents and to give novices a go. They meet at the Youth Hostel Association, Cremers Drift, Sheringham. All welcome. To find out more including the next meeting dates ask Ervin at one of PFC's regular group sessions, see www.rockthelobster.com or visit their Facebook page at www.facebook.com/rokdalobsta. These sessions are free but a bucket collection is made to help raise funds to keep it going.



THE JAM CLUB is an open mic/sing-around' held on the 4th Wednesday of every month at The Tyneside Club in Sheringham starting at 8pm. This is a friendly and supportive group (you'll spot some PFC regulars there too!). All welcome. The sessions are free. For more information ask Ervin at one of the group sessions or see the Facebook page at <https://www.facebook.com/ElasticBandJamClub/>

JAMMIN' FOR SCONES is an informal group sharing anything musical or literary - songs, instrumental music, poetry and readings—alongside tea and cake! What's not to like?! Meetings are held on the 2nd Tuesday every month from 2-4pm. Entrance free but donations taken to pay for hiring the hall. Each month excess donated cash is passed on to a local charity (PFC was lucky to have received one of their donations recently! Thanks again!). Please bring scones or cake to share, tea and coffee provided. There is no obligation to 'perform', you'll be made welcome if you bring cake! Everyone welcome. Further information available from Angela at mason378@btinternet.com or via the website at <https://www.sharrington.org.uk/jammin-for-scones/>

