

# Mid-week Music at the Hub

Weekly community music-making workshops each Wednesday at Sheringham Little Theatre for anyone aged 13 upwards

All sessions 4.00pm to 6.00pm

Workshop held between: 4:30pm and 5.30 pm

Refreshments available to purchase

All sessions are **FREE** to attend

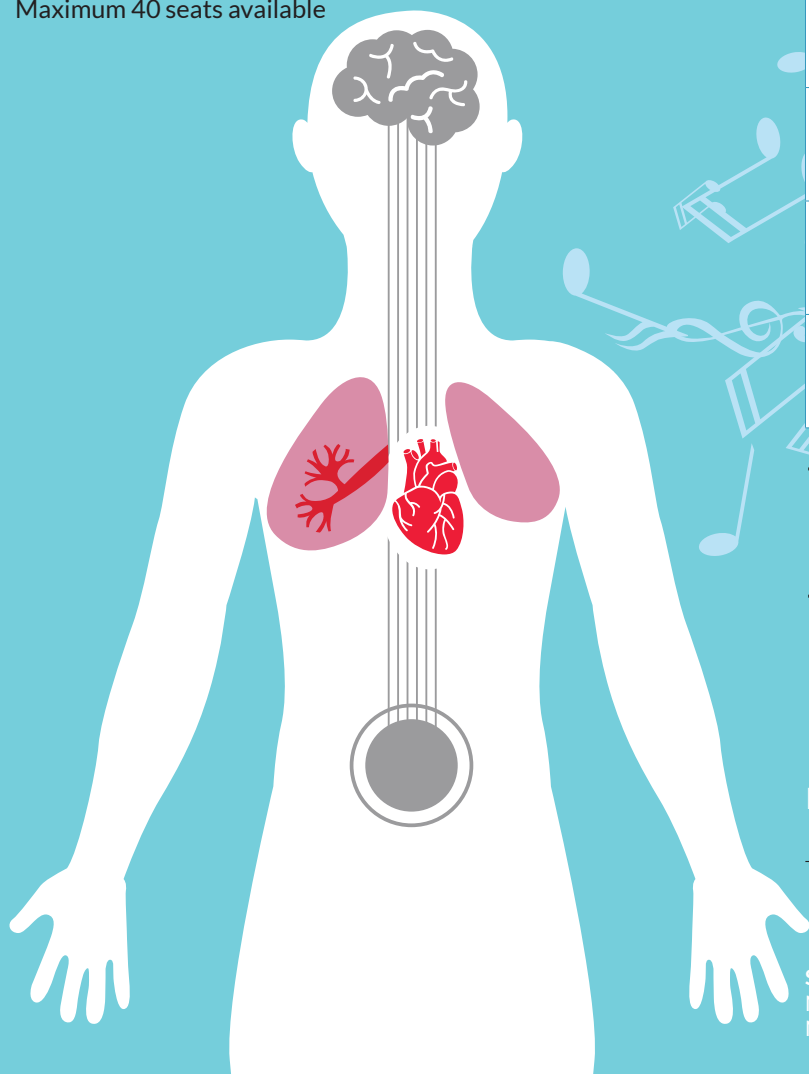
**No previous musical experience necessary**

People living with dementia or Parkinson's and their carers are very welcome

Come prepared to get involved!

No need to book but you can ring the box office on **01263 822347** to reserve a seat

Maximum 40 seats available



4th October 2017	Sing-a-long: Songs from across the generations with Brian, Tina, George and Ervin from Cutting the Mustard
11th October 2017	Tap, Twang and Song (Making it up as we go along!) with Ian Brownlie
18th October 2017	Songs of the Land led by Brian Eade and Liz Housden
25th October 2017	Sing-a-long: Film musical classics with Tina Blaber-Wegg and George Crawley
1st November 2017	Group singing: Uplifting, easy to learn songs with Kimberley Moore and Tina Blaber-Wegg
8th November 2017	Singing the Sea: Shanties led by Sheringham Shantymen
15th November 2017	Singing the Sea: Shanties led by Sheringham Shantymen
22nd November 2017	Hand-drumming (djembe): Sub-Saharan/Western Africa rhythms from the working day with Derek Paice
29th November 2017	Songs for percussion with Brian Eade and Tina Blaber-Wegg
6th December 2017	Tap, Twang and Song (Making it up as we go along!) with Ian Brownlie
13th December 2017	Group singing: Christmas songs from around the world with Natasha Hood and Tina Blaber-Wegg

## Playing *for* Cake

INTERACTIVE MUSIC SESSIONS FOR WELL-BEING

[www.playingforcake.uk](http://www.playingforcake.uk)

Sponsored by  
Norfolk County Council • Sheringham Town Council  
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