

## Singing for Health, Wellbeing and Fun!

- Increase physical activity
- Meet new people
- Improve confidence
- All ages and abilities welcome!



When (Oct/Nov 2022)	Where	Book via:
Fridays 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup> Oct 2-3:30pm	North Walsham Community Centre, New Road NR28 9DE	Just come along!
Wednesdays 5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> Oct 2-3:30pm	Sheringham Community Centre, Holway Road, Sheringham NR26 8NP	Just come along!
Fridays 4 <sup>th</sup> & 11 <sup>th</sup> Nov 2-3:30pm	Walsham Grange, 81 Bacton Rd, North Walsham NR28 0DN	For these events: <a href="mailto:bookings@playingforcake.uk">bookings@playingforcake.uk</a> or 07771 605 188 (spaces may be available on the day but seats available on a first-come-first-served-basis!)
3:30-5pm Wednesdays 26 <sup>th</sup> Oct Halloween Special! & 2 <sup>nd</sup> Nov Guy Fawkes Night Special!	Sheringham Little Theatre (in The Hub), 2 Station Road, Sheringham NR26 8RE	

**Cost:** £5pp per session (including refreshments at all venues except Sheringham Little Theatre where they will be on sale). No-one excluded if unable to pay.

Contact us to find out more and/or join our e-mailing list to be kept up-to-date!



[info@playingforcake.uk](mailto:info@playingforcake.uk)  
[www.playingforcake.uk](http://www.playingforcake.uk)  
[www.facebook.com/playingforcake](https://www.facebook.com/playingforcake)  
 07771 605 188

## Singing and music-making with others can:

