



Playing for Cake.uk

Singing and music-making for better health and wellbeing



NEWS!

May/June 2023

Updates on Regular Sessions

We are delighted participants wanted to keep sessions going following the successful Warm Spaces projects. All sessions are open to all ages and abilities, they're friendly and supportive and you don't need to book — just come along! Each group does have a slightly different feel and focus though—*read on for more info!*

Singing for Health, Wellbeing & Fun

North Walsham: Sessions in the Sacred Hearts Hall (Paston Lane/Grammar School Road NR28 9JP) will continue throughout the summer on the 1st & 3rd Tuesdays of each month 10:30-12 noon.

The singing session typically starts after refreshments with a little relaxation, breathing exercises, physical and vocal warm-up and then songs to uplift, encourage active participation and invigorate! Lovely friendly, supportive mixed abilities group.

Sheringham: Our mid-week sessions are now breaking for the summer unfortunately but *we will return at Sheringham Little Theatre's Hub (café) in September* with a full and varied programme right up until Christmas. We will have different session leaders and themes each week, so something for everyone! These will be timed for after-school - we would love to see more young people and families getting involved! More details to follow.

Singing for Breathing

Our focussed **Singing for Breathing** sessions affiliated with Asthma + Lung UK are designed to help anyone who experiences breathlessness manage and improve their breathing. They are continuing on **Mondays from 2-3:30pm at St Joseph's Church Hall, Cromer Road, Sheringham**. All songs are tailored around specific breathing exercises that help change breathing habits to optimal patterns, build support muscles, reduce unnecessary 'top-up' breaths and increase physical exercise (amongst other things!).

Sessions will continue indefinitely, subject to sufficient (paying) participants or funding *but there may be a short summer break during August/early September so please get in touch to check they're on before coming along during this period* (contact details overleaf).

We will also be running a short course in **North Walsham** soon (dates and times to be confirmed) thanks to a grant from Active Norfolk's Together Fund. Please contact us to add your name on our waiting list if interested — details overleaf).

For all our sessions above a £5 donation per person is politely requested, if at all possible, but everyone is welcome whether they can contribute financially or not! Donations include the cost of refreshments (except at The Hub) and the hour's session. These collections help us keep services running consistently when funding isn't available (it's all a bit sporadic!).

To keep informed of what's happening please contact us to sign up to our mailing list or ensure we have your contact details. We will also post details on our website and Facebook pages — details overleaf.



We are recruiting! We need a Financial Administrator—details for this new paid position overleaf!

PLAYING FOR CAKE (PFC)

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

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Are you on our e-mailing list?

Get in touch to add your
email address to our list so
we can keep you updated
on sessions and events



PFC's team of community musicians and volunteers deliver group, highly participatory 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 with others 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.**

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.

Although our team donates some time voluntarily, where they can, PFC fundraises to help cover core costs (such as insurance etc) and pay musicians for session-delivery where possible plus cover volunteers' expenses. This helps ensure reliable and sustainable community services while keeping sessions affordable or free to participants.

Financial Administrator

Thanks to a grant from Norfolk Community Foundation's Love Norfolk Fund 2023, we can recruit a Financial Administrator to help us support and sustain existing groups, help us manage our budgets, associated funding stream and produce end of year accounts and help us plan new projects and services going forward.



This is a crucial new post for us, which will help us build capacity and resilience within the organisations. The person will become a truly valued member of our small and friendly team!

The post-holder will contribute to organisational, strategic meetings so ideally we are looking for someone with a keen interest in the work we're doing within the field of Singing for Health and/or the Creative Health agenda more broadly. Ideally, this person will have experience of working within a community setting or charity, perhaps as a Treasurer or in a financial admin type role.



Do you know someone suitably qualified, experienced, committed and reliable willing to join us?

This position is part-time, flexible (home-based) and is fixed at a self-employed rate of £18 per hour for 6 hours per week and an initial period of 12 months. However, it is likely that this person will help identify ways of sustaining the post for the longer-term).

For more information and an informal chat please get in touch! Contact details above. We would love to hear from you!

One-off Event for Sheringham Carnival

Come and join us for a fun session on **Monday 31st July 2023** at The Lobster (time to be confirmed but most likely during the afternoon!). This will be a family event and, as always, suitable for all ages and abilities. Keep an eye out for on our website and Facebook page or get in touch beforehand to check details nearer the time.