

AUTUMN 2023  
PROGRAMME OVERLEAF!



# Playing for Cake.uk

Singing and music-making for better health and wellbeing



## Singing for Health, Wellbeing and Fun!

**FREE, Friendly and Informal**  
**All ages and abilities welcome!**

**Sheringham Little Theatre**  
**Wednesdays 3:30-5pm**

## Programme from SEPTEMBER to DECEMBER 2023 :

20th Sept	<b>Welcome Aboard!</b> Led by Tina, David and Amanda.
27th Sept	<b>Oliver (and friends)!</b> Led by Ervin Munir and the PFC crew.
4th Oct	<b>Songs by Simon &amp; Garfunkel</b> led by Ervin Munir.
11th Oct	<b>Drumming, Percussion and Song!</b> Led by Keith Welch and the crew.
18th Oct	<b>More Drumming, Percussion and Song!</b> Led by Keith Welch etc!
25th Oct	<b>Well-known Songs to Sing with Kit Bottomley</b> (Kit is just 13!).
1st Nov	<b>Halloween &amp; Guy Fawkes Night Fun</b> with Tina, David and Amanda.
8th Nov	<b>Songs of the Sea</b> with Brian Farrow and local shanty singers.
15th Nov	<b>Sing-a-long-a-SUBs!</b> Sing with the Sheringham Ukulele Band!
22nd Nov	<b>Fun with Brass!</b> Led by Cromer & Sheringham Brass Band.
29th Nov	<b>Harmony Songs from Around the World</b> led by Natasha Hood.
6th Dec	<b>Sing-a-long-a-SUBs!</b> More singing with the Ukulele Band!
13th Dec	<b>All Things Twinkly!</b> A fun Christmas Special with the PFC crew.

**\*These are free, drop-in sessions. No need to book but seats available on a first-come-first-served basis. Voluntary donations gratefully received via bucket collections on the day. Contributions help us continue! Many thanks!**

**Everyone welcome including carers and the cared-for. Dementia-accessible.**

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