



January to March 2024
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 from 3:30-5pm
(Singing starts approx. 3:45pm)

Programme from JANUARY to MARCH 2024 :

17th Jan	Songs of the Sea with Paul, Brian Farrow and local shanty singers.
24th Jan	Songs to celebrate Burns Night with Amanda, David and friends from The SUBs and The Busketeers!
31st Jan	Fireside Songs with Natasha Hood.
7th Feb	Songs of the 50's and 60's led by Tina.
14th Feb	Songs to celebrate love (including amongst friends!) with Tina, Amanda and David. Come wearing something red!
21st Feb	Well-known Songs to Sing with Kit Bottomley!
28th Feb	Songs of the 70's led by Tina.
6th Mar	Sing with 'The Browns'! Led by Annie and Vern.
13th Mar	Irish Songs to celebrate St Patrick's Day! Led by Amanda, David and friends. Come wearing something green!
20th Mar	Easter Special! With Amanda, David and friends from The SUBs and The Busketeers. Come wearing something yellow!

*These are free, drop-in sessions. No need to book but seats available on a first-come-first-served basis. Voluntary donations help us continue our work locally and are gratefully received via bucket collections on the day.

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

More information : www.playingforcake.uk /
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