



# Playing for Cake.uk

Singing and music-making for better health and wellbeing



# NEWS!

January 2024



## Happy New Year! We've much to celebrate!

We are delighted you are joining us for another year of singing, music-making, friendship and laughter — all of which helps boost your health and wellbeing, so well done, keep it up! *We have lots of good news to share including the continuation of regular groups in North Walsham and Sheringham (see back page), achieving charity status, new team members to welcome and some exciting plans for this year (fingers crossed!!). Read on!*

## We are now a registered charity!



Thanks to magnificent support from our new Financial Administrator, Rosie Glasgow (*recruited thanks to funding from the Norfolk Community Foundation!*) we are now a registered charity! This change to our legal status has been necessary to remain operational and continue fundraising so we can recruit and train more session-leaders to meet demand across our Singing for Health suite of groups and services. Thanks and welcome also to our newly appointed Trustees: Jamie Fisher, Jodie Claxton, Terence Cooke, Liz Brown and Tina Blaber. We are also continually grateful to members of our Management

Committee, Amanda Crofts, David Moore, Rosie Glasgow, Tina Blaber and Liz Brown for their ongoing hard work and support. For more information about the team see [www.playingforcake.uk/about/](http://www.playingforcake.uk/about/)

## The Britten Sinfonia joins us at the Cameo Café!

We had a magical experience when a harpist and a flautist, members of The Britten Sinfonia, joined us for one of our Christmas sessions!

We had a wonderful time at the brilliant Cameo Café, where Amanda and David regularly lead sessions. This is a day support centre in North Walsham for people living with dementia and their carers. We are hoping The Britten Sinfonia will come again soon to lead a session or two at our regular Singing for Health, Wellbeing and Fun groups (*see details of these groups on the back page*). You're in for a treat!



## Welcome!



Thanks to our fundraising efforts (*more info overleaf!*) we've been able to recruit new session-leaders! This help is vital if we're to sustain and develop our groups and services to meet demand. Jane Wells, community musician, composer and Singing for Health Practitioner of many years, has already started at our *Singing for Health, Wellbeing and Fun* group in North Walsham and Stuart Pater-son and Nicky Childerhouse (pictured left) are joining Tina to deliver *Singing for Breathing* (*more details about all these sessions on back page*).

## **Fundraising achievements, grant applications and plans!**

**Thanks to your donations at sessions and our own fundraising efforts we're able to continue running regular groups (*details overleaf*), employ a Financial Administrator (Rosie Glasgow) and recruit and train additional session-leaders.**

Before Christmas, we also submitted three funding applications. The build up to Christmas was therefore a little intense! Here's a summary of what we've achieved and our hopes and plans for this year.

Since being in post, Rosie has been instrumental in shaping and submitting crucial funding applications. In order to make grant applications, we need core, organizational structures and processes in place, so this has also kept her busy and is an ongoing process! For example, we need policies such as data protection, equal opportunities, safeguarding and health and safety policies in place plus a robust and legal organizational structure and registration. Having Rosie to take over some of this work is making a *huge* difference, so we want to ensure we can keep this role going forward.

Also thanks to funding through the Norfolk Community Foundation, we've been able to boost capacity. Nicky Childerhouse is an experienced community choir leader in South Norfolk and we've been able to pay for Nicky to complete her Sing to Beat Parkinson's training. Nicky will complete her Singing for Lung Health training, with Stuart Paterson, in April run by The Musical Breath and affiliated with A+L UK. Meanwhile, Nicky will be working with Tina on the Singing for Breathing course in North Walsham to hone her skills on the job.

Stuart has completed his foundation course in Singing for Lung Health in December (also paid for by funds raised by PFC) and he has written an Awards for All bid to secure 2-year funding for Singing for Breathing. If successful, this is the first time we will have had a longer-term fund so it will help us plan further with confidence!

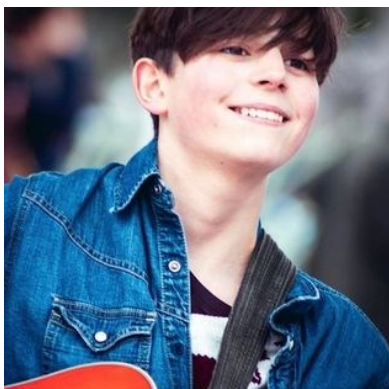
This grant will also pay for Nicky to start new Singing for Breathing groups South of Norwich plus ensure we can continue delivering in North Walsham and Sheringham. Nicky and Stuart will also essential and well-needed cover across our groups.

For our dementia-focused strand of work, Rosie and Tina submitted a bid to the Power of Music fund. If successful, this will help us recruit someone to co-ordinate and develop this area of our work and set up a local dementia choir. Amanda and David have been doing a fantastic job delivering sessions in dementia support groups, day centres and care homes but we need more hands on deck to drive this much-needed area of work forward.

Rosie and Tina have also worked hard on a HUGE bid to the National Lottery's Community Fund. If successful, this would provide us with 5 years worth of funding (unheard of to date as we're usually spending a lot of time applying for small, short-term funds!). This funding will pay for someone to work across our main strands of work (Parkinson's 'Singing for Speech', Singing for Breathing and our general 'Singing for Health, Wellbeing and Fun!' groups. Effectively, this will take-over the work Tina has been doing and become a paid position for the first time. This really will be a massive step forward and achievement for PFC! Fingers (everything!) crossed!

Tina has been working with Everyone Active and other local teams and partners, to help raise awareness of our groups and services and ensure we can reach out to help more people, including by referrals through social prescribing. If we are able to attract more people to groups it will help sustain them and also we can help more people improve their qualities of life, improve their health and wellbeing and help relieve pressures on local health and social care systems.

Onwards and upwards into 2024! *Thanks everyone for your ongoing support!*



Tina has been keen to develop more inter-generational activities and appeal and when she saw an exceptional young man busking in North Walsham's marketplace, she asked if he'd come along to lead songs at a *Singing for Health, Wellbeing and Fun* session. Well he did. He came and he blew us away! Meet Kit Bottomley (he is just 13 years old!). And the good news is he's coming back, so if you missed him the first time, come along to the half-term session on Wednesday 21st February (3:30-5pm at Sheringham Little Theatre). You won't be disappointed! We are hoping Kit will inspire other young people to get involved with PFC and develop their musical skills and confidence. *Bring family members and please help spread the word!*

## Want to get involved with PfC? Fancy yourself as a bit of a journalist?! Read on ...!

We would love to recruit someone willing to produce our newsletters. Unfortunately, this would be a voluntary role, at least to start with (until we've raised/secured sufficient funds!). The applicant would need self-motivated, willing to get involved with the team and have great desktop publishing (DTP) skills. and be willing to attend sessions, on occasions, carry out their own research into local/national Singing for Health contexts .

This would be a lovely job! The role-holder could come along to groups, gather stories from participants, find out about organisational matters and report on 'big picture' contexts, including local and national Singing for Health developments. This job would ideally include looking after our social media presence as well as managing other advertisements and promotions. It's so difficult to find time to do this sort of thing well so having someone dedicated to this work would be a major asset to us! If you know someone suitably skilled and committed please get in touch at [info@playingforcake.uk](mailto:info@playingforcake.uk).



## SUBs



Learning to play a musical instrument and playing music with others is a fantastic way of meeting new friends and improving your health and wellbeing!

The Sheringham Ukulele Band (SUBS) formed following one of our taster ukulele sessions and, following Brian Eade's fun and fabulous tuition, they've gone from strength to strength! SUBs are doing an amazing job, leading sing-a-longs in care homes and for *Singing for Health, Wellbeing and Fun!* They even managed a wonderful job on a dark, wet day for the Sheringham Christmas lights switch-on recently.

PfC has very limited capacity to lead sessions in care homes so we are all extremely grateful for the valuable contributions SUBs are making. Some members are included in the photos below. They're a friendly bunch! If you'd like to hear them play, get involved or have any queries get in touch or pop along to one of their rehearsals at The Tyneside Club, Sheringham (generally on Mondays at 4:15pm but best to check first). More information at [info@playingforcake.uk](mailto:info@playingforcake.uk) or see the webpage at [www.playingforcake.uk/ukuleles-2/](http://www.playingforcake.uk/ukuleles-2/)

**Join Amanda, David and friends from the SUBS at Sheringham Little Theatre on 24th January (songs to celebrate Burns Night! Come wearing something tartan if you like!), 13th March (for a St Patrick's Day celebration - come wearing something green!) and an Easter Special on 20th March (come wearing something yellow!). These fall part of our 'Singing for Health, Wellbeing and Fun' sessions in Sheringham (see *back page for details!*).**



**Thanks SUBS, we love you!!**

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

[info@playingforcake.uk](mailto:info@playingforcake.uk)

Tel: 07771 605188 / 07795 374418

Are you on our e-mailing list?

Help us keep you up-to-date - get in  
touch to be included! Thanks Ervin  
Munir for helping us manage the list!



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, a retired nurse and we work with other health care professionals to design singing workshops that target specific health needs or goals.

We provide opportunities for musicians to develop skills and confidence in community music-making and singing for health, as much as we can (capacity and funds are always limited, unfortunately).

Session-leaders, volunteers and support musicians are often ex-participants or people living with their own health conditions or disabilities.

## Singing for Health, Wellbeing & Fun!

Regular sessions return this year as follows:

**North Walsham:** Sessions continue in St Benet's Hall at the St Nicholas Church Rooms (until the Sacred Hearts Hall is back up and running) on the 1st & 3rd Tuesdays of each month 10:30-12 noon from Tuesday 16th January 2024. Singing starts after refreshments. Sessions typically start 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. Generally, Tina will lead the 1st session of the month and Jane Wells will lead the 3rd Tuesday session.

**Sheringham:** Weekly sessions resume on Wednesday 17th January at The Hub, Sheringham Little Theatre's café, 3:30-5pm until Easter (singing starts 3:45pm). Different themes/session-leaders and themes each week, so something for everyone! Pick up a schedule from the box office, at a session or view online: [www.playingforcake.uk/singing-for-health-wellbeing-and-fun/](http://www.playingforcake.uk/singing-for-health-wellbeing-and-fun/)

## Singing for Breathing

Sessions return this year in blocks of 6 weeks, run as courses suitable for beginners and returners. Come back as often as you like to maintain or improve your practice! Songs are tailored around breathing exercises that help improve breathing habits and manage diagnosed lung conditions/breathing problems. This is also a great way of improving general health and wellbeing. Anyone can benefit!

Dates for the first courses this year, run in collaboration with 'Everyone Active' are as follows:

**North Walsham:** Sessions start Friday 19th January 2024 at North Walsham Sports Centre, Spenser Road, North Walsham NR28 9HZ 10:30-12 noon. These will be led by Tina and Nicky.

**Sheringham:** Sessions start Tuesday 23rd January 2024 at The Reef Leisure Centre, Weybourne Road, Sheringham 2:30-4pm. These will be led by Tina.

All enquiries to [tina@playingforcake.uk](mailto:tina@playingforcake.uk) (or catch her at one of our sessions!). We will post details of the following courses (subject to capacity and funding!) alongside other general information about Singing for Breathing at [www.playingforcake.uk/singing-for-breathing-2/](http://www.playingforcake.uk/singing-for-breathing-2/)

## Session fees

We politely request a £5 donation per person, per session, including refreshments (except at The Hub). However, everyone is of-course welcome whether they're able to contribute financially or not. Donations help cover core administration costs (which grant applications often won't cover), help retain our Financial Administrator (an essential post - we can't manage it all without her!) and they help us pay for venue hire, refreshments, session-leaders and volunteers' expenses and keep groups going in-between successful grant applications (which are time-consuming and not always successful!). From all of us a PFC, sincere thanks for your ongoing support! We are making a difference to many people's lives locally.

thank you!