



September to December 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 SEPTEMBER to DECEMBER 2024 :

18th Sept	40s-themed Sing-a-long with Tina, Amanda and Eve. Please come dressed up if you like!
25th Sept	Helen McDermott leads 'Songs from Pantomimes!' Accompanied by Annette Jude (Part 1!)
2nd Oct	Come and sing all-sorts with Tina!
9th Oct	Come and sing sea shanties with members of the Sheringham Shantymen!
16th Oct	'Sing for Joy!' with Teresa Verney.
23rd Oct	'Birds, Blues and Boogie!' With Saffron Summerfield.
30th Oct	Songs for Halloween and Bonfire Night with Tina and Amanda!
6th Nov	'Singing Through the 60's in 60 Minutes!' with Alisha Hart and Greg Powell.
13th Nov	Sing along to the Townhouse String Ticklers!
20th Nov	Come and sing with Alisha Hart!
27th Nov	Sing-a-long-a-SUBs!
4th Dec	'Songs from Around the World' with Natasha Hood!
11th Dec	Christmas is coming! Come and sing with Tina and Amanda.

No booking required. Seats available on a first-come-first-served basis.

Donations help us continue and are gratefully received via bucket collections.

Everyone welcome including carers and the cared-for.

Dementia-accessible.

More info: [www.playingforcake.uk](http://www.playingforcake.uk) / [info@playingforcake.uk](mailto:info@playingforcake.uk)

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