



### Welcome to the Playing for Cake newsletter!

This is our regular update to keep you all informed about what's happening in our world.

We've achieved a lot since the last newsletter and have plenty to share with you. Our biggest news is that we have been granted funding from the National Lottery — more details on that below! It's such exciting news that it has its very own article!



### Introducing Our New Session Leaders!

We continue growing and have recently expanded our sessions further across Norfolk. We now offer sessions in Sheringham, North Walsham, and Long Stratton, which has allowed us to bring on additional session leaders.

We're very proud to welcome Nicky, Suzanne, Emma, Sky, Alisha, Attia, Sky, and Linds, who will lead additional fun sessions alongside our current ones.

Thanks to funding from the National Lottery and a bursary from A+LUK, we are supporting Alisha, Emma, Linds, and Sky to complete The Musical Breath: Singing for Lung Health 2024.



## We have funding!!!!



Last year, we applied for Lottery funding to help us embed a sustainable charity that would benefit a wider community through music-making and singing sessions. As part of that application, we were asked to state the difference our project aims to make. Rosie and Tina's hard work paid off, and this year we secured the funding—it's been full speed ahead ever since!

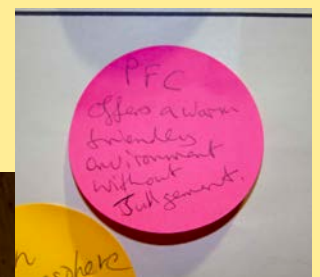
This funding will cover the cost of more people working across our Parkinson's "Singing for Speech," Singing for Breathing, and our general "Singing for Health, Wellbeing, and Fun!" groups. Additionally, we've enlisted the help of Roberta, who has implemented several measures to track the human impact of Playing for Cake, and monitor other outcomes related to the funding. With this support, we can grow and increase the positive impact of our sessions on participants and the surrounding community.

The funding is spread over five years, giving us the time to implement our long-term growth plans.

## A little meetup, a lot of excitement!

In August, we caught up with our trustees, session leaders, and other Cakers. Everyone was invited to bring their own dish, and boy, they delivered! We had a table brimming with sweet and savoury delights, including lots of cake! The SUBs entertained us by filling the hall with music and dancing. Tina also gave a heartfelt thank-you speech, reminding us where it all started and how far we've come.

But it wasn't all food and fun! During the evening, people were also invited to participate in exercises led by Roberta to help her develop strategies for monitoring Playing for Cake's successes to report back to the Lottery. Our new Media and Comms Manager, Daniel Spencer, ran an exercise to identify the key factors that draw people to Playing for Cake. Comments such as "Playing for Cake offers a warm and friendly environment without judgment," "It's exuberant and inclusive," "Playing for Cake is empowering!" and requests for more sessions gave us a real boost!

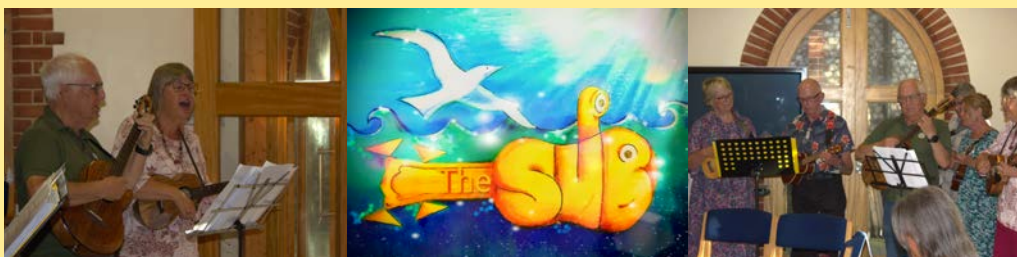


## Unlock Your Brainpower with SUBs' Beginner Sessions!

Did you know that musicians' brains are “bigger and better”? According to Dr. Anita Collins' PhD research, learning music at any age brings significant brain benefits. Internationally recognised for her work, Anita consults with organisations such as the Melbourne Symphony Orchestra and South Australia's Music Education Strategy. She is also an ambassador for neuromusical research. Her research has shown that practicing and playing music strengthens brain functions like memory and focus.

So, if you're heading to a pub quiz, take a musician with you! We'd recommend any member of SUBs (The Sheringham Ukulele Band). Alternatively, SUBs are setting up a beginner's group, so feel free to join one of their sessions! You don't need any previous experience with an instrument, and like all of our sessions, everyone is welcome—come and join the fun!

**For more information, visit the [Playing for Cake website](http://Playing for Cake website) or email [subs@playingforcake.uk](mailto:subs@playingforcake.uk).**



## Nicky's Lemon Drizzle Cake

### Ingredients

225g (8 oz) butter, softened  
 225g (8 oz) caster sugar  
 275g (10 oz) self-raising flour  
 2 teaspoons baking powder  
 4 eggs  
 4 tablespoons milk  
 finely grated rind of 2 lemons

**Crunchy Topping:**  
 175g (6 oz) granulated sugar  
 The juice of 2 lemons

### Equipment

A traybake or roasting tin 30 x 23 x 4 cm (12 x 9 x 1 ½ inches)

### Method:

1. Line a baking tray with non-stick baking parchment. Preheat the oven to 160°C/325°F/Gas 3.
2. Measure all the ingredients into a large bowl and beat well for about 2 minutes until thoroughly blended. Pour the mixture into the prepared tin and gently level the top with the back of a spatula.
3. Bake in the middle of the preheated oven for 35-40 minutes, or until the traybake springs back when lightly pressed in the centre and starts to shrink away from the sides of the tin.
4. Allow the traybake to cool in the tin for a few minutes, then lift it out, still in the parchment. Carefully remove the paper and place the traybake on a wire rack set over a tray (to catch any drips from the topping).
5. For the crunchy topping: Mix the lemon juice and granulated sugar in a small bowl to create a runny consistency. Poke holes all over the traybake with a skewer. Spoon the lemon mixture evenly over the traybake while it's still warm.
6. Once cooled, cut into squares and serve.

**Do you have a favourite cake recipe? If so, we'd love to hear from you! Please share it with us at [info@playingforcake.uk](mailto:info@playingforcake.uk).**





In every newsletter, we'll meet a new Caker. In this issue, we meet **Rosie**, our financial administrator.

### Can you share a favourite memory that involves enjoying a fantastic cake?

I'm not actually a big cake-eater, but sometimes it just has to be done! I think my favourite memory has to be sitting outside a bustling café in the early morning sunshine in the small town of Samobor in Croatia, drinking coffee, chatting with the delightful, smiley owner, and devouring one of her freshly baked vanilla custard slices, a local specialty called Kremšnite. We'd driven there across Europe in our rusty old 2CV to the world meeting of over 2,000 2CV enthusiasts and found the townsfolk had decorated the streets to welcome us all with flags, bunting, and children's drawings. And the enormous cake... thick custard flavoured with rum sandwiched between sugary, flaky pastry and her own addition of homemade jam – wow!



### What were your feelings and experiences when you attended your first PfC session?

I suffer from agoraphobia and so am most comfortable supporting PfC from the wings, often in my Pjs, beavering away at my laptop at home. So it was with some trepidation that I went to my first session at The Hub, dreading the thought of trying to sing in public. But it didn't take long for my anxiety to disappear and my foot to start tapping. The joy in the room was infectious; everyone was smiling and laughing, and I warbled from beginning to end. I surprised myself and came away with a real sense of achievement and pride in our work.

### In your view, what makes PfC stand out as something special?

For me, it's the team. I've worked with countless voluntary groups and charities over the years, and I can honestly say that PfC is the only one that is totally ego-free. All involved support one another, everyone is respected, and the mission is simply to reach out and help as many people as possible. I've never before felt so appreciated and valued before, and it's a privilege to work for and with them.

### How would you describe the impact of Lottery Funding on PfC and its work?

The funding is for five years. This allows us to sustain groups for at least this long and to set aside the invaluable participant donations for continuation when the funding ends. Most of the team are retired or nearing retirement so the focus of the funding is to engage professionals to provide essential management support and to recruit and train new, younger session leaders; all ensuring a sustainable future for PfC and that the great work will carry on well beyond the current team's capacity.

Enjoying this newsletter? Get it in your inbox every other month by signing up for free [here](#).



**Upcoming Events:****Singing for Health, Well-Being, and Fun****Sheringham**

Sheringham Little Theatre  
Wednesdays, 3.30 - 5.30 pm

*23rd October – Birds, Blue, and Boogie*

*30th October – Singing for Halloween and Bonfire Night*

*6th November – Singing through the 60s in 60 Minutes*

*13th November – Sing-Along with the Townhouse String Ticklers*

*20th November – Come and Sing with Alisha Hart*

*27th November – Sing-Along-a-SUBs*

**North Walsham**

The Sacred Hearts Catholic Church Hall in North Walsham, NR28 9JP.  
1st & 3rd Tuesdays of each month, 10:30 am-12 noon

**Singing for Breathing****Sheringham**

The Reef Leisure Centre, Weybourne Road, Sheringham, NR26 8WD  
*8-week course starts 17th September, Tuesdays, 2:30–4:00 pm*

**North Walsham**

North Walsham Sports Centre, Spenser Road, North Walsham, NR28 9HZ  
*Fridays, 10:15 am –11:45 am*

**Long Stratton**

Long Stratton Village Hall, Ipswich Road, Norwich, NR15 2TA  
*8-week course starts 16th September, Mondays 2:30 pm -4 pm.*

**Fakenham**

Fakenham Leisure Centre, Trap Lane, Fakenham, NR21 9HL  
*6-week course starts 18th October, Fridays, 11:30 am–1:00 pm*

**For more information about any of these events, please email us at [info@playingforcake.uk](mailto:info@playingforcake.uk)  
or visit our website at [playingforcake.uk](http://playingforcake.uk)**

