



Playing for Cake^{•uk}

Singing and music-making for better health and wellbeing 



Welcome to our April Newsletter!

We all love a get-together — and our recent AGM didn't disappoint! With plenty of food, laughter, and a good old sing-along (thanks to the SUBs!), it was a truly uplifting occasion. But amongst the fun, there was also space for reflection.

We received some fantastic feedback that reminded us just how far we've come. It was a valuable opportunity to look back on our journey, celebrate how much we've achieved together, and look ahead with fresh energy and purpose. You can find more photos from the event below!

As part of that reflection, Tina revisited the very first business plan from 2016, when Playing for Cake was just beginning.

“From the beginning, our vision was to support participants in leading songs and sessions, and to encourage groups to take more ownership — helping Singing for Health grow and become more sustainable in our communities.”

That vision is now becoming reality, first with the SUBs, and more recently with The Cupcakes, a new group formed with the help of Amanda and Tommy. We're also exploring exciting new group possibilities in King's Lynn and Norwich.

“Seeing this happen has been emotional, but above all, incredibly joyful!”



Creativity, Connection, and Cake!

At Playing for Cake, creativity comes to life in all sorts of wonderful ways — and Melanie is bursting with it! Melanie has previously created Christmas cakes and keyrings, and now she's brought us her latest creation: cake-themed lanyards (proudly modelled by some of our Cakers!). There's always something to make you smile.

As Melanie puts it:

"The lanyards are just my way of saying Playing for Cake is fabulous—and a little thank you too."



AGM - A Great Meeting!



Our AGM was a great success, and the meeting also sparked some great ideas, from adding names to T-shirts to sharing Singing for Breathing tips on flyers at the end of sessions. The suggestions were thoughtful, practical, and warmly received!



Easter Bonnet Workshop!

On the 16th of April, we have our Easter Bonnet Workshop! It's fun for all the family, so bring everyone along!

We'll be making bonnets from 1:30–3:00 pm at Sheringham Meeting House, Cremer Street (NR26 8DZ). We have a few places left, so please book via info@playingforcake.uk. It's free, though we do have a suggested contribution of £3 per person.

Remember to bring a hat to transform! And if you're up for a sing-along, bring your bonnet to our Easter Eggstravaganza at the Hub from 3:30 pm, where there'll be prizes for the best bonnets!



Raise Money While Shopping for Playing for Cake!

We've raised just over £200 through Easyfundraising.org — thank you to everyone who has signed up already!

Easyfundraising partners with over 7,000 brands, who donate a portion of what you spend to your chosen cause — at no extra cost to you.

If you'd like to support us further, it's super easy. Just search for Playing for Cake on [Easyfundraising.org.uk](https://www.easyfundraising.org.uk), and every time you do your everyday online shopping, you can turn it into free donations to help us!

Throw it all in Tiffin

It's Easter! A time for family, fun, and getting together in the kitchen. Fridge cakes are perfect for making with children because they're quick, easy, and full of surprises. What I love about this recipe is how flexible it is, you can throw in almost anything and it's always exciting to see how it turns out!

Don't be afraid to swap the raisins for cherries, apricots, or cranberries, and go wild with the biscuits too. Anything from Custard Creams to shortbread works a treat. Don't hold back! Get creative!

Ingredients

- 75g golden syrup
- 100g unsalted butter, diced
- 175g milk chocolate, roughly chopped
- 125g dark chocolate, roughly chopped
- 225g digestives, crushed
- 50g mini marshmallows
- 50g Maltesers
- 100g [raisins](#)



Method:

1. Line a 20cm square cake tin with baking paper.
2. Gently melt the butter and golden syrup in a pan over low heat. Once melted and just starting to bubble, remove from the heat and stir in the chopped chocolate. If it doesn't fully melt, briefly return to a low heat, stirring until smooth. Avoid overheating to prevent splitting.
3. In a large bowl, mix the crushed biscuits and Maltesers.
4. Pour the chocolate mixture over the dry ingredients and stir until everything is well coated.
5. Transfer to the tin, level with the back of a spoon, and chill for 1 hour until firm.
6. Slice 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.



In every newsletter, we'll meet a new Caker. In this issue, we meet **Jamie**, one of our trustees!

Can you share a favourite memory that involves enjoying a great cake?

Probably the day after our wedding springs to mind, when we finally got to enjoy our wedding cake with a cup of tea! It was half a Victoria sponge and half a Biscoff sponge.

What were your feelings and experiences when you experienced your first ever PFC event?

Just a warmth and a friendliness which stands out, it's like a collection of all the nicest people you know getting together! Everyone has a laugh and a good time and it's contagious, everyone ends up getting involved whether they planned to or not!

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

It combines two things which are hugely beneficial to people, music and community, and it can be enjoyed by anyone. It's unique in its ability to span age groups and personalities.

What do you think are some of the benefits, perhaps unnoticed, of singing at PFC sessions?

Probably the people that you meet, although you are there to do an activity, it brings you into contact with all sorts of people who you otherwise might not meet.

When you're performing – what is the song that gets everyone singing along?

I haven't performed at a PFC session yet but one that always gets people singing when I perform it in the band I'm in (cutting the mustard) is go your own way by Fleetwood Mac, iconic!

