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# DISTRICTNEWS

stirring after the sun sets, booking essential, £2.90 per person, call 0344 249 1895. Children must be accompanied by an adult, [sheringhampark@nationaltrust.org.uk](mailto:sheringhampark@nationaltrust.org.uk).  
**St Peter's Church:** The Three Valley Male Voice Choir from Hertfordshire will sing on Saturday, October 28 at 7.30pm. A musical celebration with songs from the shows plus well known male voice pieces. Tickets for all concerts are £5 and can be purchased on the night. 'Posh' refreshments will be served. All monies raised will be donated to church funds.  
**Car boot:** On Cookies field from 11am to 2pm on Saturday, £5 per car. All proceeds to Reed People helping the poor in Uganda.

## → SOUTHREPPS

**Social Club:** The club held a successful and enjoyable cheese and wine evening with Brian Hedge and his slides and commentary on the history of the Norfolk Broads recently.  
**Flower demonstration:** 'Passion for flowers' by David Wright with afternoon tea at the village hall on Thursday, October 12, 1 for 1.30pm, £10 per ticket. All proceeds to Great Ormond Street Hospital. Tickets available by calling 01263 833320 or 01263 833999.



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## Jeans Day



North Walsham High School students sporting denims and trainers for Jeans for Genes Day.

Picture: NORTH WALSHAM HIGH SCHOOL

**Students at North Walsham High School have raised more than £400 for children with genetic disorders, after turning up for classes wearing jeans and trainers with their blazers.**

The school took part in Jeans for Genes Day, an annual event

organised by Genetic Disorders UK, which provides grants for charities and patient groups supporting youngsters with disorders ranging from cystic fibrosis, to haemophilia.

As well as funding specialist equipment and nursing support, cash raised by the

charity pays for events bringing together affected children and their families.

North Walsham High School head teacher Neil Powell said that while, ordinarily, students were expected to be proud of their appearance, he was happy to relax the uniform code for

the day to support a "great" charity.

He added: "Several members of staff joined the students in taking part in the event, which saw the unusual combination of full school uniform from the waist up, and jeans and trainers from the waist down."

## Music

**Sheringham Little Theatre is inviting people of all ages to take part in a series of wellbeing-boosting community music workshops featuring activities ranging from drumming and ukulele strumming, to singing sea shanties and writing a community song.**

The hour-long sessions have been funded for six months by a Big Lottery Fund Awards for All grant, as well as grants from Norfolk County Council and Sheringham Town Council.

They will be hosted in the theatre's Hub coffee bar by Norfolk group Playing for Cake, which was set up by a team of musicians as a social enterprise aimed at improving the health and wellbeing of people of all ages through music.

The sessions are open to ages 13 upwards and are suitable for anyone, including those with dementia or other health conditions and their carers.

Themed workshops will include sing-alongs to classic film musicals, songs for percussion, make-it-up-as-you-go-along songs, Christmas songs from around the world, and 'singing the sea' with popular local group the Sheringham Shantymen.

Community musician and Playing for

Cake director Tina Blaber-Wegg, who also runs a British Lung Foundation Breathe Easy Group at Sheringham Community Centre, urged local people to come along to the free sessions.

"I have seen at first hand the power of music during illness when it provided a bass-playing fellow musician with dementia with fun, distraction and respite," she said.

"We hope these workshops will do the same for the community; no previous musical ability is needed and they provide an opportunity for people to share in the joy of music-making between generations and across different musical genres."

Sheringham Little Theatre director Debbie Thompson said: "We are keen to be a theatre for the whole community, so it is wonderful that these workshops are welcoming all-comers and are geared to giving a boost to people with health problems."

Midweek Music at the Hub sessions will run on Wednesdays from 4pm-6pm starting on October 4 and running until March 2018. To join, just turn up on the day, or book a place by phoning Sheringham Little Theatre on 01263 822347. To find out more about Playing for Cake, visit [www.playingforcake.uk](http://www.playingforcake.uk)



Playing for Cake musicians Tina Blaber-Wegg and George Crawley, who will be leading a series of free music workshops at Sheringham Little Theatre.

Picture: SUBMITTED