

Goldies in **ESSEX**



We Sing and We Smile!

Could YOU be a 'Goldies' Session Leader?

NOT choirs but **FUN** daytime Sing & Smile sessions across Essex.

We want to start lots of new sessions in the next few months

- could you be one of our freelance leaders? *We'd love to hear from you*
- please contact Rob Cadman on **07933-713318**



You don't have to be the best singer in the world – but you do have to be available during the day **and** care about the growing numbers of older isolated people in society today.

*'Being a Goldies Session Leader
is the most rewarding,
uplifting and fun I have all week'*

Kate Haynes

- Supported by -



THE
MERCERS'
COMPANY



www.golden-oldies.org.uk Charity Registration 1121600

The Golden-Oldies Sing & Smile Charity was founded by West Country musician and choir leader Grenville Jones in January 2008 who took the first four daytime singing sessions himself for older people in sheltered housing schemes. Singing the popular hits of the 50s onwards people are encouraged to dance, smile!!, sing and relax with a cup of tea and a chat with their session leader and other participants. These social groups, **NOT** choirs, offer opportunities for older people to make new friendships attending our sing-along daytime sessions. We also hold fundraising concerts and Big Sings where local groups meet up and sing together.

The charity now has over 60 dedicated session leaders who run the 150 sessions now reaching across England and Wales (Goldies Cymru). We sing the popular songs of the 50s and onwards – Abba, Petula Clark, Cliff (of course) Dusty, Cilla, Tom Jones and many, many more. Singing should be on prescription!

Goldies events are open to everyone and at the sessions we ask for a contribution of £2 which goes towards developing more groups, reaching more older people. Our work has been recognised on TV and Radio across the UK and our supportive Patron is Sir Cliff Richard, OBE.

Goldies also has won Awards and national recognition for its intergenerational schools programmes. We were delighted to win the prestigious 2018 National Lottery Awards, Education Category, for our primary schools WW1 programme and featured on BBC1 TV.

Goldies sessions are listed on our website www.golden-oldies.org.uk click on the WHERE page. Call 01761 470006 for Goldies information.

'We Sing & Smile'

***We are indebted to The Mercers' Company and
Essex Community Foundation for their support of Goldies
across Essex and East London.***