

# THE JOLLYGOOD CO.

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Happy Summer from  
The JGC!

*This month's theme was 'Songs about Singing', it has been an ABBA-filled, musical-fuelled mission across RCT to spread a bit of joy and gratitude for (in my admittedly biased opinion) the greatest tool any of us have for mood-boosting: music making!*



## LAST MONTH'S HIGHLIGHTS

**Brand New Monthly Singalong:** In July I launched a new project in Llanharan, teaming up with 'Happy Dayz' community group. We will be kicking off every month with a bang (from Sept '25) singing everything from Mary Poppins to Miley Cyrus all in one mad afternoon, happy days indeed :)

**'Hope' Coffee Morning:** I was invited by the good people at Hope chapel to perform at their coffee morning social. A flying visit but goodness me, did they make the most of it - 4 decades of music spanned in just 30 minutes .

**Yarnmongers Event:** I am sure they were expecting a nice easy-breezy singalong but, having remembered there were some excellent soprano voices in attendance, I challenged them to the 'Sound of Music' score - which we sang most of! That top note in 'Climb Every Mountain' was a glorious peak to my month. Well done ladies, you earned your glass of fizz!

**Retro American Diner Party** - as you can see below, I've been cos-playing as a 50's waitress, roller-skates and all. How we got through the afternoon without being covered in strawberry milkshake I have no idea, but a lively Elvis singalong was the cherry on top. Long live the King of rock 'n' roll



## WHAT'S COMING UP?

### Next Month's Theme is: Summer!

**1950's BBQ:** Very much looking forward to performing at a summery do in Cardiff, we'll be back in the '50's once again so expect some Perry Como, Bill Haley & Harry Belafonte, as well as songs about the sunshine as we enjoy the (fingers crossed) good weather

**Silvercrest Group Care Homes:** I'll be in Pontypridd, Bridgend and Swansea with the fantastic activities teams who always go above and beyond to give their residents stimulation and entertainment

**Getting Out & About:** I've been reaching out to different communities to collaborate on new & exciting musical experiences as a grow my small business. This month marks my first session with 20-30 year olds (a good five decades younger than my usual audience it has to be said!) and a new opportunity working with adults with learning disabilities. I can't wait to see what they make of the range of puppets I plan to bring along for the session - sure to be a good laugh rain or shine

### Care Home Competition time:

Win a **FREE** 30 minute session (at the end of any 1-hour booking) for a resident who you think would benefit from 1-to-1 song therapy by telling me, via email, who sang the line:

*'Don't worry that it's not good enough, for anyone else to hear - just sing, sing a song'*

At the heart of song therapy is the quote:

***'Music expresses that which cannot be put into words and that which cannot remain silent'***

**-Victor Hugo**

For booking inquiries and competition entry please email:  
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