
FUNDRAISING GUIDE

SONGS AND SCONES FOR SCHOOLS





Thank you for becoming a Musical Superhero and choosing to fundraise for us through “Songs and Scones for Schools” this Welsh Week!

Who We Are

Live Music Now offers specialist training to professional musicians, enabling them to improve wellbeing and quality of life by bringing incredible live music activities to those facing disadvantage or in challenging circumstances across the country.

As well as being a profoundly joyful activity, participation in live music has a wide range of benefits. Our work helps participants communicate, enhances well-being and social connections, develops skills, and increases confidence and resilience. In short, music makes us feel better and makes our communities happier places to live and work.

We have been working in Wales for over 30 years, reaching over 20,000 people each year across every Welsh county, and are a portfolio organisation of Arts Council Wales.



Songs and Scones

Live Music Now’s ‘Songs & Scones’ events bring together isolated older members of the community for uplifting afternoons of live music, tea, cakes and conversation.

Many of the challenges faced by older people (isolation, loneliness, bereavement, lack of mobility, deterioration of health, low confidence and mood, mental health issues) have been dramatically exacerbated by the pandemic, and we know that engaging in live music can be life-affirming, stimulating and morale boosting, having a lasting

positive impact on anxiety, depression, and feelings of loneliness. Funds raised will help us to invite more older people who are experiencing loneliness to join our musicians and meet others in their community on a regular basis, forming long-lasting connections that will continue long after the last note has been played.

How your school can get involved in Welsh Week fundraising

- Join us on February 28th for a FREE live interactive online concert (choose our English or Welsh language version) and host your own “Songs and Scones” tea party by bringing in cakes to enjoy alongside our streamed concert with pupils donating £1 to take part.
- Hold a Welsh music dress up day with pupils during or after our concert as part of Welsh week! Pupils can make a donation to dress up as their favourite music icon. See below for inspiration....
- Run a bake sale, including including Welsh Cakes and Barabritth! See what the favourite treats of musicians in Wales are by checking out our free cake recipe section...
- Hold a Welsh themed talent show and ask pupils to perform songs by Welsh groups or composers, or in the Welsh language and gain sponsorship for taking part.
- Test your knowledge of Welsh music, food and culture with a class quiz and prize raffle!



Welsh Musicians

Afro Cluster
Aled Jones
Bonnie Tyler
Bryn Terfel
Bullet for My Valentine
Catfish and the Bottlemen
Catrin Finch
Calan
Cerys Matthews (Catatonia)
Charlotte Church
Chris Slade (AC/DC Drummer)
Duffy
Feeder
Funeral for a Friend
Goldie Lookin Chain
Gorky's Zygotic Minki
Gruff Rhys (Super Furry Animals)
Gwenno
Ivor Novello
Rebecca Hurn
Katherine Jenkins
Kizzi Crawford
Manic Street Preachers
Rebecca Evans
Shakin' Stevens
Shirley Bassey
Stereophonics
The Alarm
The Automatic
The Gentle Good
The Trials of Cato
Tom Jones
Wynne Evans



WELSH CAKES

"I love Welsh Cakes because they are super easy to make and delicious! The best ones are from Swansea Market which you get in a brown paper bag with sugar all over them. Must be eaten immediately!"

*Angharad Jenkins, Fiddle player
Calan/DnA/Pendevig*



Makes 10-12 cakes | Prep 10 minutes | Cook 4-5 minutes each

8 oz self raising flour

2oz castor sugar

4oz margarine or butter

1 or 2 handfuls of sultanas

1 or 2 free-range eggs depending on mixture

Method

01 Sieve flour into bowl, then add margarine or butter, rub in finely together.

02 Add sugar and sultanas and mix.

03 Add 1 egg and mix. The consistency needs to be bound together, so if too dry add another egg.

04 Roll out on a floured board, to about a quarter inch thick.

05 Cut using a 2 inch (approx) cutter, then cook on a greased pan, or bake stone, on a medium heat for about 4 to 5 minutes each side.

06 The exact cooking length will depend on what you are cooking your Welsh cakes on - too short a period and they won't be cooked in middle, and cooked for too long and they will be dry. When touched during cooking they should feel springy, but not wet to the touch (no mixture should come out of the middle).

07 Once cooked dust with castor sugar and enjoy.

BARA BRITH

“A slice of warm Bara Brith covered in butter is a taste that always reminds me of home...”

Alis Huws, Official Harpist to HRH Prince of Wales



Makes 8-10 slices| Prep 15 minutes | Cook 1hr

400g mixed fruit (e.g. sultanas, raisins, currants)

300ml strong hot tea

250g self-raising flour

1 tsp mixed spice

100g dark brown muscovado sugar

1 free range egg

Honey (for glaze)

Method

01 The night before put the dried fruit in a bowl and pour over the tea, sugar and stir well to dissolve. Leave to soak overnight.

02 Next day, sift the flour and spice into the soaked fruit (no need to drain the tea) and stir in the egg. Mix till blended.

03 Preheat the oven to 180°C /Gas 4. Line a 900g loaf tin with parchment paper and pour the mixture into the tin.

04 Bake for approximately 1 hour until the cake has risen and cooked through. You can check if it is cooked by putting a cocktail stick in the middle and seeing if it comes out clean. Leave to cool on a rack and wrap or store in a sealed tin for 2 days before eating.

05 You can drizzle warmed honey over the cake for a glaze before serving or eat a slice with butter. The loaf should keep for 7 days but may get eaten up well before then!

BANANA BREAD

"For me it has to be banana bread 'cause I always seem to have going off bananas OR a scone with clotted cream and jam.... always the jam first!!!"

Wynne Evans, Tenor and "Gio Compario"

Makes 1 loaf /12 servings| Prep 10 minutes
| Cook 1hr

3 large or 5 medium over ripe bananas

2 cups whole wheat or all-purpose flour

½ cup honey (or maple syrup)

5 tablespoons unsalted butter

1 teaspoon baking soda

2 free-range eggs

½ teaspoon salt

½ teaspoon cinnamon

1 teaspoon vanilla

Optional:

½ -1 cup chocolate chips OR

½ cup of mixed nuts



Method

01 Mash 3 large or 5 medium over ripe bananas in a bowl with a fork.

02 Melt the butter in a large glass bowl in the microwave.

03 Add the mashed bananas, eggs and honey to the melted butter and whisk together.

04 Add the baking soda, salt, cinnamon, and vanilla to the bowl and mix in well.

05 Add the flour to the mix using a rubber spatula until it is just combined – be careful not to overmix.

06 Line your loaf pan with a sheet of parchment paper to fit and fill it with the mixture.

07 Bake at 350 degrees for about an hour and enjoy! Check it is ready by inserting a toothpick into the centre of the loaf to see if it comes out clean. You can freeze banana bread for up to 3 months, but it is normally eaten very quickly!

08 For an added extra you add some chocolate chips or mixed nuts to the mixture before baking...



“It makes such a difference to know I have a place to go for fun and friendship and share my enjoyment of music with others. I look forward to every concert.”

Songs & Scones Participant



Pay in Your Donation

You have worked hard to raise funds and now you would like to pay in your donation. Take a look below for all the ways you can donate.

Send a Cheque

Post your cheque payable to “Live Music Now” along with your details to: Songs and Scones for Schools, Live Music Now Wales, 113-116 Bute Street, Cardiff, CF10 5EQ

Via BACS

Include your school name and postcode as the reference. Make your donation payable to: Live Music Now Ltd. Sort Code: 20-18-15 Account: 00464619

Don't forget to include your school's name as a reference so we can send you a thank you and certificate!

Got a Question?

Please get in touch with our Director, Claire Cressey with any queries at:

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www.livemusicnow.org.uk