



# SoundCafe Volunteer Newsletter

May 2023



## CORONATION SPECIAL



**On Monday 8th May 2023 we held a Coronation Cream Tea for our guests at St Mary de Castro Church as part of the Big Help Out.**

**I think everyone will agree they had a wonderful time and this was only made possible by our wonderful volunteers who gave up their Bank Holiday to make the afternoon special for our guests.**

**A big thank you to Cathy, Heather and Heulwen who kindly baked cakes and biscuits - which were all delicious!!. If anyone would like to have a go we are including their recipes in this newsletter.**



**This month's edition will feature Cathy and Heulwen and next month will feature Heather. If you also would like one of your favourite recipes to be included please send them to Maria. We could also ask the guests if they would like to contribute too.**



**We also had the projector and screen up and our Speaking of Homelessness film was requested. So in amongst the celebration they had their own private screening.**

**We ended the afternoon with a sing song.**

**Have a good half term break and we will see you back on Monday 5th June 2023 and thank you once again for your support each week.**





## Choir Summer Concert

Choir are busy rehearsing for their Summer Concert on **Monday 3rd July 2023** the theme of which will be Musicals.

Like their concert at Christmas the event will be open to members of the public from 2pm-3.30pm with choir rehearsal from 1pm-1.45pm.

Please share with friends and family.



## SCL Football Health & Well-Being Tournament

We have secured corporate sponsors for two of the four pitches.

We are also looking for anybody who might like to donate £50.00 to feed a team on the day.

If you know of anyone please let Maria know.



## Creative Cafe Summer Time Special

Our creative cafe Summertime Special will be held on **WEDNESDAY 19TH JULY 2023 from 1pm-3pm.**

We will be forwarding information on the afternoon nearer the time. Save the date!!



## MIND Newsletter

As you know MIND are sponsoring our football kit for the tournament and they also produce a monthly newsletter, with information on good mental health and resources.

Click on this link to find out more:  
<https://mind-charity.org.uk/CZC-8AQYA-15C96265C22B3AFE2WFK77D839341A8E0D1C/cr.aspx>



*King Charles III*

A DAY OUT WITH KING CHARLES! I WILL GO OUT WITH KING CHARLES JUST SO LONG HE PAYS.

IF I WAS queen For the Day  
IF I WAS queen What would I do  
• give everyone A pay Rise.  
• And then party all night Long.  
• get rid of Camilla and have him  
• For my Self and So I can party all night Long  
• So give it up for pinke Chery e and vodka Jacke  
• Hip Hop and Skins



# Heulwen's Coronation Shortbread Biscuits

## Ingredients :

150g plain flour plus  
extra for dusting  
100g butter, chilled and  
cubed/dairy free  
margarine  
50g caster sugar plus 1  
tbsp for sprinkling

Prep time: 20 mins  
Cook: 15 mins  
Makes 20 biscuits

## Method:

- Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a mixing bowl. Use your hands to combine the ingredients until the mixture looks like breadcrumbs and then squeeze until comes together as a dough.
- On a lightly floured surface, use a rolling pin to roll out the dough to 0.5cm thick. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.
- Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove the shortbread from the oven and leave to cool.
- Decorate with red icing and serve.





# Cathy's Coronation Victoria Sandwich

## Ingredients :

200g Caster Sugar	For the filling
200g Softened butter or cooking margarine	100g butter, softened
4 eggs, beaten	140g icing sugar, sifted
200g self-raising flour	drop vanilla extract (optional)
1tsp baking powder	half a 340g jar of strawberry jam
2 tbsp milk	icing sugar to decorate

## Method:

- Heat oven to 190C/fan 170C/gas5. Butter two 20cm sandwich tins and line with non-stick baking paper.
- In a large bowl, beat the caster sugar, butter, eggs and self-raising flour. Add the baking powder and milk and mix together until you have smooth, soft batter.
- Divide the mixture between the tins and smooth the surface.
- Bake for about 20 mins until golden and cake springs back when pressed. Leave to cool completely.
- For the filling, beat the butter until smooth and gradually beat in the icing sugar and vanilla extract.
- Spread the buttercream over the bottom of one sponge and spread the strawberry jam on the other.
- Once together dust with a little icing sugar.

