

LAYSTON MUSIC

AND THE SINGING CIRCLE

Talena Cuthbert - Music Professional & Vocal Coach



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CAMBRIDGESHIRE AND HERTFORDSHIRE

Newsletter - April 2026



Hello everyone,

I hope you've all had a lovely Easter break — whether that's been restful, busy, or somewhere in between (mine was definitely a mix of both... and probably involved a bit of singing in the kitchen at some point).

Spring is properly here now, and it's always one of my favourite times in the studio. There's a real sense of momentum building — pieces coming together, confidence growing, and performances starting to appear on the horizon.

Here's what's in this month's newsletter:

- Key term dates and upcoming breaks
- Our latest blog for National Autism Awareness Month
- A quick reminder about Sing For Your Supper
- Important info about our Summer & Winter Shindigs
- A small favour (reviews)
- A few lesson reminders

Term Dates & Holidays

We're back after the Easter holidays from Monday 13th April — looking forward to seeing everyone again.

A quick heads-up for the next break:

May Half-Term:

Monday 25th May – Sunday 31st May

There will be no regular lessons during this time.

As always, you can find all lesson dates and holiday information on the website.

2026

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Latest Blog – Music & Neurodiversity

April is National Autism Awareness Month, and I've written a new blog exploring how music can support neurodiverse minds.

It looks at how music can help with:

- emotional regulation
- communication
- confidence
- expression without pressure

Music can be such a powerful tool, especially when it's taught in a supportive, flexible way that meets each student where they are.

You can read it here:

<https://www.laystonmusic.co.uk/blog-1>



Sing For Your Supper

A quick mention for our next Sing For Your Supper event:

Theme: 80's Anthems

Date: 5th May

Location: The Chequers, Barley

Ages: 11+ (under 18s with an adult)

These evenings have been such a joy to create — relaxed, welcoming, and all about singing together without pressure and eating wonderful food in community.

If you love to sing, it's a really lovely way to experience music outside of lessons.

Shindigs – Let's Start Preparing



ALL STUDENTS ARE EXPECTED TO PERFORM.

**IF YOU ALREADY KNOW YOU CAN'T ATTEND,
PLEASE LET ME KNOW AS SOON AS POSSIBLE.**

Our Layston Music Shindigs are back this year, and they're a really important part of what we do.

Venue: The Chequers, Barley

Dates:

- **Summer Shindig – Saturday 20th June** (from 12pm - 8pm followed by Live music set from Talena)
- **Winter Shindig – Saturday 5th December, 2pm–6pm**

These events are an opportunity for every student to perform in front of a supportive audience.

All students are expected to perform.

Why?

Because performing:

- builds confidence
- develops resilience
- gives purpose to practice
- helps students feel proud of what they've achieved

We'll be starting to prepare pieces in lessons now, so everyone has plenty of time.

If you already know you can't attend, please let me know as soon as possible.

More info here:

<https://www.laystonmusic.co.uk/Events>

Reviews

A Small Favour – Reviews Really Help



If your child is enjoying their lessons, I would be so grateful if you could leave a quick Google review.

It genuinely makes a big difference for small local businesses like mine — helping other families find us and feel confident choosing lessons.

You can leave one here:

<https://g.page/r/Ca8PkSEiqacMEBM/review>

Thank you so much to those who already have — it really does mean a lot.

QUICK REMINDERS

Student Packs

Please bring your student packs to every lesson — this is where we keep all music, notes, and practice logs.

Zoom Lessons

If your lesson is online, please make sure Original Audio is enabled each time — otherwise we can't properly hear your instrument.

Prime Time Lessons (4pm–8:30pm)

These lessons have a no cancellation policy.

If you can't attend, you can:

- switch to Zoom
- request a video lesson with guidance
- arrange a swap (if possible)

If you know in advance you'll be away, please let me know before the month begins so I can offer the slot to an Ad-Hoc student.

If I ever need to cancel, you'll always be offered a make-up lesson or credit.

About Us

Talena and Paul Cuthbert



For those who may be newer to Layston Music:
I'm Talena Cuthbert (BA MCMA) — vocal coach, piano teacher, music mentor and performer, with over 20 years of experience.

My work combines:

- vocal coaching
- instrumental teaching
- performance training
- music for wellbeing

I specialise in helping students grow in confidence, expression, and musical understanding, not just technique.

I hold a BA (Hons) in Popular Music & Recording, alongside training in sound therapy, music therapy approaches, ASD awareness, and children & young people's mental health.

Alongside me is Paul, who brings over 20 years of teaching experience, extensive touring and recording work, and a deep understanding of guitars and live performance. He's also worked as a guitar tech and luthier, so students benefit from a really well-rounded musical perspective.

Together, we aim to create a space that is supportive, structured, and (let's be honest) a bit fun and occasionally chaotic in the best way.



Thank you, as always, for being part of the Layston Music family.

It's a real privilege to teach your children and watch them grow — not just as musicians, but as confident, expressive young people.

See you in lessons,

Warm wishes,

**Talena
Layston Music**

Summer Shindig
Saturday 20th June 2026



LAYSTON MUSIC

SUMMER SHINDIG

Join us for a relaxed community celebration of music featuring performances from Layston Music students from our local community.

celebrating the creativity and dedication of our young musicians.

PIANO • SINGING • GUITAR

Father's Day Weekend Celebration

Charity Raffle

Supporting PLRW

A youth organisation supporting teenagers with autism!

From 8pm:

Live set from Talena Cuthbert

Rock • Indie • Pop Covers

The Chequers, Barley | **From 12pm**

FIRST TUESDAY OF THE MONTH



Sing for your Supper

LAYSTON MUSIC

SING. EAT. DRINK. LAUGH. SOCIALISE



Next Event
Tue 5th May

Theme
80s Anthems

TICKET PRICE

£25

INCLUDES SUPPER



WWW.LAYSTONMUSIC.CO.UK/SING-FORYOUR-SUPPER

2026

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