NORTHERN IRELAND
WAR MEMORIAL
MUSEUM

Sing for Victory
SONGBOOK

Working to become Dementia Friendly
We hope you enjoy listening to Sing for Victory and singing along.

When our Sing for Victory workshops take place in the museum, we encourage participants to be as active as possible. Some people are inspired to dance, tap their feet, play musical instruments or click their fingers.

The British Gymnastics Foundation has produced an age and dementia friendly, seated gymnastics programme called Love to Move which is transforming the lives of people living with dementia. They have produced an exercise booklet to help you try the Love to Move programme in your own home with your loved ones. It contains some of the key exercises and information about why the programme is so beneficial to health.

Why don’t you download the booklet and add seated exercises to the songs?
https://britishgymnasticsfoundation.org/lovetomove/

It’s a long way to Tipperary, it’s a long way to go
It’s a long way to Tipperary, to the sweetest girl I know (God bless her)
Goodbye Piccadilly, farewell Leicester Square
It’s a long, long way to Tipperary
But my heart lies there
Pack up your troubles in your old kit-bag
And smile, smile, smile
While you’ve a Lucifer to light your fag
Smile, boys, that’s the style
What’s the use of worrying? Sure it never was worthwhile so
Pack up your troubles in your old kit-bag and smile, smile, smile

Let Him Go, Let Him Tarry

Farewell to cold winter, summer’s come at last
Nothing have I gained but my true love I have lost
I’ll sing and I’ll be happy like the birds upon the tree
For since he deceived me I care no more for he

Chorus
Let him go, let him tarry, let him sink or let him swim
He doesn’t care for me nor I don't care for him
He can go and get another that I hope he will enjoy
For I am going to marry a far nicer boy

He wrote me a letter saying he was very bad
I sent him back an answer saying I was awful glad
He wrote to me another saying he was well and strong
But I care no more about him than the ground he walks upon
Repeat chorus

He can go to his old mother now and set her mind at ease
I hear she is an old, old woman, very hard to please
It’s slighting me and talking ill is what she’s always done
Because that I was courting her great big ugly son!
Repeat chorus
**Don't Sit Under the Apple Tree**  
*Exercise: Nose and Ear Grabbing (Love to Move page 9)*

Don't sit under the apple tree with anyone else but me  
Anyone else but me, anyone else but me, no, no, no  
Don't sit under the apple tree with anyone else but me  
Till I come marching home  

Don't go walking down Lovers’ Lane with anyone else but me  
Anyone else but me, anyone else but me, no, no, no  
Don't go walking down Lovers’ Lane with anyone else but me  
Till I come marching home  

I just got word from a guy who heard from the guy next door to me  
The girl he met just loves to pet and it fits you to a T!  
Don’t sit under the apple tree with anyone else but me  
Anyone else but me, anyone else but me, no, no, no  
Don't sit under the apple tree with anyone else but me  
Till I come marching home  

**Knees Up Mother Brown**  

Knees up Mother Brown, knees up Mother Brown  
Under the table you must go, ee-aye, ee-aye, ee-aye-oh  
If I catch you bending, I'll saw your legs right off  
Knees up, knees up, don't get the breeze up  
Knees up Mother Brown  

Knees up Mother Brown, knees up Mother Brown  
Under the table you must go, ee-aye, ee-aye, ee-aye-oh  
If I catch you bending, I'll saw your legs right off  
Knees up, knees up, don't get the breeze up  
Knees up Mother Brown. Hey!  

**You Are My Sunshine**  
*Exercise: Nose and Ear Grabbing (Love to Move page 9)*

**Chorus**  
You are my sunshine, my only sunshine  
You make me happy when skies are grey  
You'll never know, dear, how much I love you  
Please don't take my sunshine away  

The other night, dear, as I lay sleeping  
I dreamt I held you in my arms  
When I awoke, dear, I was mistaken  
So I bowed my head and cried  

Repeat chorus  

I'll always love you and make you happy  
If you will only say the same  
But if you leave me how it would grieve me  
Nevermore I'll call your name  

Repeat chorus  

**Bless ‘Em All**  
*Exercise: Finger and Thumb Tapping (Love to Move page 8)*

Bless ‘em all, bless ‘em all, the long and the short and the tall  
Bless all the sergeants and WO ones,  
Bless all the corp’rals and their blinkin’ sons  
’Cause we’re saying goodbye to them all, as back to their billets they crawl  
You’ll get no promotion this side of the ocean, so cheer up my lads,  
bless ‘em all
**My Old Man (Said Follow the Van)**

*Exercise: Finger and Thumb Tapping (Love to Move page 8)*

My old man said follow the van  
And don’t dilly-dally on the way  
Off went the cart with the home packed in it  
I walked behind with me old cock linnet  
But I dillied and I dallied  
And I dallied and I dillied  
Lost the van and don’t know where to roam  
I stopped on the way to have the old half quartern  
And I can’t find my way home

My old man said follow the van  
And don’t dilly-dally on the way  
Off went the cart with the home packed in it  
I walked behind with me old cock linnet  
But I dillied and I dallied  
And I dallied and I dillied  
Lost the van and don’t know where to roam  
You can’t trust these specials like the old time coppers  
When you can’t find your way home

**If You Were the Only Girl in the World**

*Exercise: Finger and Thumb Tapping (Love to Move page 8)*

If you were the only girl in the world  
And I were the only boy  
Nothing else would matter in the world today  
We would go on loving in the same old way

A Garden of Eden, just made for two  
With nothing to mar our joy  
I would say such wonderful things to you  
There would be such wonderful things to do  
If you were the only girl in the world  
And I were the only boy

**Lili Marlene**

*Exercise: Nose and Ear Grabbing (Love to Move page 9)*

Underneath the lantern, by the barrack gate  
Darling I remember the way you used to wait  
’Twas there that you whispered tenderly  
That you loved me, you’d always be  
*My Lili of the lamplight, my own Lili Marlene*

Time would come for roll call, time for us to part  
Darling I’d caress you and press you to my heart  
And there ’neath that far off lantern light  
I’d hold you tight, we’d kiss good night  
*My Lili of the lamplight, my own Lili Marlene*

Orders came for sailing somewhere over there  
All confined to barracks, ’twas more than I could bear  
I knew you were waiting in the street  
I heard your feet but could not meet  
*My Lili of the lamplight, my own Lili Marlene*

Resting in our billet just behind the line  
Even though we’re parted, your lips are close to mine  
You wait where that lantern softly gleamed  
Your sweet face seems to haunt my dreams  
*My Lili of the lamplight, my own Lili Marlene*

*My Lili of the lamplight, my own Lili Marlene*
Wooden Heart
Exercise: Finger and Thumb Tapping (Love to Move page 8)

Can’t you see I love you?
Please don’t break my heart in two
That's not hard to do 'cause I don’t have a wooden heart
And if you say goodbye then I know that I would cry
Maybe I would die, 'cause I don’t have a wooden heart

There’s no strings upon this love of mine
It was always you from the start
Treat me nice, treat me good
Treat me like you really should
‘Cause I’m not made of wood and I don’t have a wooden heart

A Nightingale Sang in Berkeley Square
Exercise: Drawing Triangles and Sticks (Love to Move pages 10/11)

That certain night, the night we met
There was magic abroad in the air
There were angels dining at the Ritz
And a nightingale sang in Berkeley Square

The streets of town were paved with stars
It was such a romantic affair
And as we kissed and said good night
A nightingale sang in Berkeley Square

Secret Love
Exercise: Alternate Hand Rotations (Love to Move page 7)

Once I had a secret love
That lived within the heart of me
All too soon my secret love
Became impatient to be free

So I asked a friendly star
The way that lovers often do
Just how wonderful you are
And why I’m so in love with you

Now I shout it from the highest hill
Even told the golden daffodils
At last my heart’s an open door
And my secret love’s no secret anymore

(There'll Be Bluebirds Over) The White Cliffs of Dover
Exercise: Drawing Triangles and Sticks (Love to Move pages 10/11)

There’ll be bluebirds over the White Cliffs of Dover
Tomorrow, just you wait and see
There’ll be love and laughter and peace ever after
Tomorrow, when the world is free

The shepherd will tend his sheep
The valley will bloom again
And Jimmy will go to sleep
In his own little room again

There’ll be bluebirds over the White Cliffs of Dover
Tomorrow, just you wait and see
There’ll be love and laughter and peace ever after
Tomorrow, when the world is free
We’ll Meet Again
*Exercise: Alternate Hand Rotations (Love to Move page 7)*

We’ll meet again, don’t know where, don’t know when
But I know we’ll meet again some sunny day
Keep smiling through, just like you always do
Till the blue skies drive the dark clouds far away

So will you please say hello to the friends that I know
Tell them I won’t be long
They’ll be happy to know that as you saw me go
I was singing this song

We’ll meet again, don’t know where, don’t know when
But I know we’ll meet again some sunny day
Keep smiling through, just like you always do
For I know we’ll meet again some sunny day

When You Wish Upon a Star

When you wish upon a star
Makes no difference who you are
Anything your heart desires will come to you

If your heart is in your dream
No request is too extreme
When you wish upon a star as dreamers do

Like a bolt from the blue
Fate steps in and sees you through
When you wish upon a star as dreamers do

When I Grow Too Old to Dream
*Exercise: Alternate Hand Rotations (Love to Move page 7)*

When I grow too old to dream
I’ll have you to remember
When I grow too old to dream
Your love will live in my heart

So kiss me, my sweet
And so let us part
And when I grow too old to dream
That kiss will live in my heart

When I grow too old to dream
I’ll have you to remember
When I grow too old to dream
Your love will live in my heart

Can’t Help Falling in Love With You
*Exercise: Drawing Triangles and Sticks (Love to Move pages 10/11)*

Wise men say only fools rush in
But I can’t help falling in love with you
Shall I stay? Would it be a sin?
If I can’t help falling in love with you

Like a river flows surely to the sea
Darling so it goes some things are meant to be
Take my hand, take my whole life too
For I can’t help falling in love with you

Like a river flows surely to the sea
Darling so it goes some things are meant to be
Take my hand, take my whole life too
For I can’t help falling in love with you
Somewhere Over the Rainbow

Somewhere over the rainbow, way up high
There’s a land that I’ve heard of once in a lullaby
Somewhere over the rainbow, skies are blue
And the dreams that you dare to dream really do come true

Someday I’ll wish upon a star
And wake up where the clouds are far behind me
Where troubles melt like lemon drops away above the chimney tops
That’s where you’ll find me

Somewhere over the rainbow, bluebirds fly
Birds fly over the rainbow. Why then, oh why can’t I?
If happy little bluebirds fly beyond the rainbow
Why, oh why can’t I?