

Dancing for Fun and Better Health Project Newsletter

Issue 1

October 2009

Dates for your Diary

October

Cambridgeshire Celebrates Age 1-31st

Fill in our evaluations forms!

November

Bring a friend week 2nd –8th

Join our volunteer marketing team!

December

Its Christmas!
All venues closed
21st Dec –11th
Jan 2010

January

Watch out for our new classes starting!

Join our volunteer transport scheme

February

Bring a friend
Week 22nd- 26th

Fascinating Fact!

Our new website is now available.
www.livingsport.co.uk

Welcome to the first Dancing for Fun Newsletter

Welcome to the first newsletter for the Dancing for Fun and Better Health brought to you by LIVING SPORT the County Sport Partnership for Cambridgeshire and Peterborough. Dancing for Fun comes from Age Concern's national programme 'fit as a fiddle' funded by the Big Lottery Fund.

We want to provide lots of

dance and movement opportunities for the over 50's within sheltered housing and community facilities throughout Cambridgeshire and Peterborough. The project is forever evolving to provide fun, social and relaxed classes for people to have a go at dance and movement.

So why not join us at your local dance!



Fascinating Fact!

The project has had more than 1300 attendances since November 09

Friday Bridge Fun!

This article was written by Eileen and John Granger regulars at the Friday Bridge Tea Dance.

When it was suggested at our club that we have some dancing lessons for fun and exercise we were a little apprehensive.



We were late starters in the marriage stakes and had never danced together so this was **new territory**. However when Maureen came and we got in the 'swing' of things we **forgot our embarrassment** and had a really good time. It was such fun, a laugh and a cup of tea. **A truly enjoyable two hours** in the afternoon. It all helped with Maureen being a **very good teacher**, she has a way of putting you at ease and is **very patient and understanding**. We are really pleased we came. *Thank you for your contribution. Goody bag coming your way*

Tell us your thoughts

As part of Dancing for Fun we would like to invite you to have your say. We will be sending out evaluations forms periodically and we would appreciate your feedback to help direct our work. We are also looking for individuals to have a more in depth chat with regarding their experiences from the classes or volunteering. If you would be interested in meeting the coordinator for a about half an hour chat please contact Claire.



AGE
Concern

LIVING SPORT
Cambridgeshire & Peterborough Sports Partnership
play • achieve • enjoy

fit
as a
fiddle

LOTTERY FUNDED

Our Classes Oct—Dec 2009

Monday	Barnabus Court, Histon -Chair Based Mc Nish Court, St Neots - Chair Based
Tuesday	Manea Village Hall - Ballroom, Latin, and Line The Glebe, Sutton, Ely - Tea Dance
Wednesday	Denis Wilson, Trumpington -Chair based Broadleas Court, St Ives - Movement Class
Thursday	Manor Leisure Centre, Whittlesey -Tea Dance Tower Hall, Friday Bridge -Tea Dance
Friday	Hanover Court, Brampton - Chair Based Kenydon House, Whittlesey - Movement class (dementia client focussed) St Audrey Close, Histon - Chair Based Castor and Ailsworth Hall –Introduction to dance Werrington Sport Centre, Introduction to dance
Saturday	Leverington Village Hall, Dance through the decades.

A message from one of our fantastic Dance Buddies

'I saw an advert in the local paper for **volunteers** to help partner at the local tea dance. As I am always on the lookout for places to dance, I jumped at the chance to do a bit of dancing again. It's a really **pleasant afternoon**, I just go along and **partner** anyone who wants to have a dance. The organizer, has been **very helpful** and even offered to meet up prior to the first dance that I helped at.



Above: A participant at the Manor

It's a **great feeling** to help in something you love to do. I **enjoy my dancing**, but it's not always easy to find places to dance. Not only am I **getting to help others**, I am also enjoying one of my favourite pastimes. 'Thank you Nikki for your contribution. (Manor Leisure Centre Tea Dance)

How can I get involved!

Whether you wish to get involved as a dancer or volunteer you will receive a warm welcome.

I want to get dancing!

You don't need any experience to join our classes, just a bit of enthusiasm! To find out where your local class is, contact us using the details in the pink box below.



I want to volunteer!

We have a variety of different roles within each of our classes ranging from administrators, making the important teas and coffees and our dance buddies. To find out how you can help your local class give us a call for an information pack.

Coming Soon... Register to join our marketing and transport teams!

Come dance with us

If you are a community group, or a dance teacher looking to provide dance opportunities for older adults but don't know how to get started, call us to see how we can help.

Useful Contacts

Age Concern Cambridgeshire
01480 218643
Age Concern Peterborough
01733 564185
Careers UK
0207 74908818
Care Network
01954 211919
The Pension Service
0845 6060265
NHS Cambs / Peterborough
01223 884008 / 01733 758500
Falls prevention team
01223 883710
Golden Age Team (Fenland)
01945 427124
EngAGE (Courses and events within Libraries) 07824 406103

Contact Us: If you would like information about Dancing for Fun and a full class timetable please contact Claire on: **Tel : 01487 849912,**

Email: claire.smith@livingsport.co.uk **Address:** LIVING SPORT, Lakeside Lodge Health Club, Fen Road, Pidley, Hunts, PE28 3DF.

Website: www.livingsport.co.uk

LARGER PRINT COPIES AVAILABLE ON REQUEST