

the ECHO

The newsletter of The Volunteer Centre
Chesterfield and NE Derbyshire

The Volunteer Centre

Stop funding cuts



**Sign the Petition by 26 August to
have your say**

Please sign this

petition: (<https://democracy.derbyshire.gov.uk/mgEPetitionDisplay.aspx?id=52>)

PARTNER DANCE CLASSES IN NEWBOLD



PUT ON YOUR DANCING SHOES

These fun and easy to follow partner dance classes are delivered by Dancing for Health CIC and provided Free through Sport England funding.

The specialised programme takes influence from different dance styles, but simplified to cater for a range of levels and abilities.

Particularly suitable for older people, those with reduced fitness levels, those with a long term health conditions, such as cancer, stroke or Parkinsons, or others that feel isolated. Everyone is welcome. A friendly and social group activity.

No previous dance experience needed.
Bring a partner or come on your own.



WEEKLY CLASSES - EVERY THURSDAY

1.00pm - 2.30pm

Session includes refreshments and time to socialise.

St Andrew's Church Hall, 187 Newbold Rd, Chesterfield S41 7BE

TO BOOK CALL 07721 046757 www.dancingforhealth.org.uk


DANCING
FOR HEALTH CIC

FREE

FREE DANCE BASED CLASSES FOR PEOPLE AFFECTED BY CANCER

Leading a physically active lifestyle during and after cancer treatment is linked to an improvement in many of the adverse affects of cancer and its treatments.

Our Award Winning seated dance programme is specifically designed to accommodate people affected by cancer and provides a physical and social activity that is gentle and safe.

The dance routines are fun and easy to learn. They can be done seated or standing, making them fully inclusive and get everyone involved no matter what their level or ability.

The classes are delivered in a group setting with others who share similar health challenges. You are welcome to bring a friend or family member along.



Funded by



Weekly classes EVERY THURSDAY 10.00am - 11.00am

Refreshments and time to socialise after the class.

Calow Community Centre

Allpits Road, Calow, Chesterfield, S44 5AT

TO BOOK YOUR PLACE PLEASE CALL 07721 046757

www.dancingforhealth.org.uk