

Our Day Out **creative ARTS EAST**

FREE MUSIC AND MOVEMENT SESSIONS FOR OLDER PEOPLE

FUN | FRIENDLY | ADAPTABLE | INCLUSIVE



Suitable for all older people living in Norfolk, including carers, those with long-term health conditions such as dementia, people experiencing low mood and those feeling isolated.

Your nearest session is Attleborough

Attleborough Methodist Church,
London Road, Attleborough NR17 2BX

Session runs twice a month

We are
Dementia Inclusive

Please turn over for further information and upcoming dates...

creativeartseast.co.uk

Interested in coming along?



Contact Lea on **01953 713390 / 07359 097553** or email lea@creativeartseast.co.uk for more information or to book a place!



ATTLEBOROUGH

March - August 2022

Upcoming session dates...

| | |
|---------------|------------------------------|
| March | Thursday 10th March, 2-4pm |
| | Thursday 24th March, 2-4 pm |
| April | Thursday 14th April, 1-3pm |
| | Thursday 28th April, 1-3 pm |
| May | Thursday 12th May, 1-3 pm |
| | Thursday 26th May, 1-3 pm |
| June | Thursday 9th June, 1-3 pm |
| | Thursday 23rd June, 1-3 pm |
| July | Thursday 14th July, 1-3 pm |
| | Thursday 28th July, 1-3 pm |
| August | Thursday 11th August, 1-3 pm |
| | Thursday 25th August, 1-3 pm |

Don't live in Attleborough? We also hold sessions in Dereham, Great Yarmouth, Hunstanton, Thetford, Watton and Wells!

Run by professional music and dance artists, sessions can be adapted for all abilities. Participation is proven to improve wellbeing, reduce feelings of loneliness and isolation, and create new connections.