

**DANCE
EAST**
MOVE | BE MOVED

Kindly funded by



**THE
DEBENHAM
PROJECT**
Dementia - Caring for the Carers



Care to Dance

A dementia-friendly dance class. Share the joy of movement and music with your loved ones!

10.00am-12.00pm

Session will run from 10.30-11.30am with 30 minutes of refreshments before and after.

**9 and 16 January
6 and 20 February
6 and 20 March**

**Dates from April
onwards to be
announced!**

Just turn up! For enquiries
call 01473 295230.

**Worlingworth
Community Centre
Shop Street
Worlingworth
IP13 7HX**

FREE!



Photos: Rachel Cherry, DanceEast



Are you caring for someone with memory loss and / or dementia?

Then we are here to help you.

Our Carers Club provides a carers cafe, post diagnosis support, information, advice, peer support, songs for sharing, transport and much more.

The Carers Club & Info Cafe

10th & 24th February 2026 2pm-4pm

10th & 24th March 2026 2pm - 4pm

Dove Cottage. 24 High Street. Debenham.

IP14 6QN

Just come along!

Relax and find a listening ear.

(Your loved one is most welcome)

Further Information:

The-debenham-project.org.uk

01728 862003