

## In THIS Moment Carer's CPD

25<sup>th</sup> February 2015, 10am-4pm, Willowmere Extra Care Development, Middlewich

Price : £35

We are inviting carers, support workers, activities co-ordinators and personal assistants to come and join us for a unique opportunity to gain/improve skills and knowledge to support dance and movement activities for the elderly.

To view our films of the project goto : [Beechmere - Cheshire East](#) or [Sable Cottage - Cheshire West and Chester](#)

To book on or for further information: email [jane.atherton@cheshiredance.org](mailto:jane.atherton@cheshiredance.org) or call 01606 861770

### Unique Training Opportunity developed from Older Peoples Project

## In THIS Moment

Helping **YOU** get older people  
healthier through dance

- Are you a carer, support worker, activities co-ordinator or a personal assistant to an older person?
- Do you want a unique opportunity to gain/improve your skills and knowledge in supporting dance & movement activities for older people?
- Are you interested in developing creative content and good practice around key health activities for older people?

DATE : February 25<sup>th</sup> 2015  
TIME : 10 – 4pm  
COST : £ 35  
VENUE : Willowmere Extra Care Development  
East Road  
Middlewich  
CW10 9HW

**Please contact:-**

Jane Atherton on 01606 861770  
[jane.atherton@cheshiredance.org](mailto:jane.atherton@cheshiredance.org)  
Winsford Library, High St, Winsford, CW7 2AS



**An inter-generational dance and health project celebrating the youthfulness of older and younger people**

**Through care support training, movement sessions and collaboration with primary schools, we aim to:-**

- **progress healthy, creative and social outcomes In THIS Moment, amongst young and older people**
- **develop and push the boundaries of high quality art provision for older people**



The Baring Foundation

