

## ***News from Carers Together in Hampshire May 5th, 2009***



### **Eat your heart out John Sergeant – older folks show they can Paso Doble and Cha-Cha-Cha too**

It's not Strictly Ballroom, but older folks are showing that dancing can be FUN as they Tango, Quickstep, Foxtrot and Cha Cha Cha their way to dancing success.

Carers Together in Hampshire already runs popular social dance classes in Romsey and now a new class is opening up in Lyndhurst, led by professional dance teacher Chris Green of Leigh Ballroom in Eastleigh.

The class is open to carers, former carers and disabled people or to anyone who would like to get out of the house, try something new and meet people. The first session takes place at **Lyndhurst Parish Hall**, Lyndhurst on **Friday 8<sup>th</sup> May** from **1pm to 3pm** and subsequent classes are on the second Friday of the month thereafter. (12<sup>th</sup> June, 10<sup>th</sup> July, 14<sup>th</sup> August, 11<sup>th</sup> September, and 13<sup>th</sup> November).

The classes are FREE, with refreshments and free parking available. Volunteers are also available to help out.

"People find that it's wonderful to get back to dancing again and to re-learn steps they might remember from their youth," said Vicky Hamilton Vey, from Carers Together in Hampshire.

"You don't have to be an expert and you might not have danced for years, but it is certainly a lot of fun. The classes will appeal to carers and ex-carers but also to anyone who'd like to get out and make new friends.

"It's also a useful way of learning steps and dances that you can use elsewhere, such as at tea dances or on cruises. Everyone is welcome so we hope to see you there."

More information about the classes contact Vicky Hamilton Vey on 02380 286342.

#### **Note to editors:**

Carers Together in Hampshire is the largest carers' support organisation in Hampshire and supports over 40 local carers' groups and forums across the county.

Carers Together is a charity and social enterprise run by carers, for carers and is one of the few carers' organisations run largely by volunteers, including its management team and chief executive.

The charity organises outing for carers, runs an advocacy service, organises regular information, advice and support sessions and also runs a free helpline, the Carers Active Listening Line, on 08000 3 23456, where carers can get immediate emotional support and advice. The helpline is available from 9am to 11pm every day of the year.

Further information is available from [www.carerstogether.org.uk](http://www.carerstogether.org.uk)

**Media contact:** Lindsey Darking on 01425 617175/ 07775 891715 or email [lindseydarking@btconnect.com](mailto:lindseydarking@btconnect.com)



**Media contact:** Lindsey Darking on 01425 617175/ 07775 891715 or email [lindseydarking@btconnect.com](mailto:lindseydarking@btconnect.com)