

News release

Friday September 16, 2011
For immediate release

Waltz your way to health

Those over 50 are invited to a traditional tea dance to promote the importance of maintaining a healthy and active social life.

Throughout September the Leicester, Leicestershire and Rutland PCT Cluster, together with Leicestershire Partnership NHS Trust and local councils, is supporting a number of local health and wellbeing events for residents aged over 50.

These take place across Leicester, Leicestershire and Rutland and include meetings, leisure, -sporting and health promotion activity days.

Residents will have the chance to twirl, glide and hot-foot it across the library floor at New Parks Library, Dillon Road, Leicester on Monday (September 19) from 2.30pm.

Michelle Welland, community development co-ordinator for the Cluster, said: "The event gives people the chance to socialise, make new friends, enjoy a dance taster session and finish with a nice cup of tea.

"Socialising is a good way to improve your mental health and general wellbeing as well as keeping the waistline in check by learning new dance steps."

Research has shown doing 30 minutes of moderate exercise a day helps reduce the risk of heart disease and stroke and can help manage conditions such as high blood pressure and diabetes.

A guide to what's on as part of Older Persons' Month is available from a range of venues including community centres, GP surgeries, council buildings and libraries across Leicestershire. Booklets can also be downloaded by visiting:

<http://www.communitiesinpartnership.org.uk/olderpersonsmonth.html> or

<http://www.communitiesinpartnership.org.uk/uploads/134e391ba424bed789468985.pdf>

For more information on the tea dance contact event organiser Teresa at Teresa.spilsbury@leicspart.nhs.uk or call 0116 292 4580, or email the get involved team at getinvolved@leicestercity.nhs.uk

For interviews or more information please contact senior media officer Caroline Higgs on 0116 295 7663 or caroline.higgs@lcr.nhs.uk or media officer Liz Thomas on 0116 295 7677 or liz.thomas@leicestercity.nhs.uk

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving ongoing transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.

Local organisation Communities in Partnership (CiP) is overseeing the coordination of all events throughout the month.