

Quarterly Report for the period 1st April 2026 to 30th June 2026

Title:	Care to Dance					
Description:	Chair based creative dance to encourage movement and dance to enhance physical and emotional well being.					
Task leader:	Carol Garrett					
Frequency:	Weekly	Twice-monthly	Monthly	Annually	Ad-hoc	
		√				
Current Total Numbers:	Participants		12	Volunteers and Professionals		9
Breakdown:	Carers	Cared-for	Others	Regular	Occasional	Professional
	6	6	1	5	1	2
General 3-month Assessment:	Not so Good	OK	Good	V Good	Special	
					√	
	1. This activity brings joy and movement to those with dementia. 2. Music switches on a lightbulb for most of our attendees. 3. Carers have an opportunity to talk with project members and seek confidential support.					
Highlights:	1. Seeing the joy on the faces of both cared for and carers as they join in the varied musical activities. 2. Being able to provide the space and time for carers to engage with project volunteers to discuss their concerns and issues. 3. Providing carers with a safe space to express concerns.					
Problems or Concerns:	None at this stage.					

**Participant
Feedback:**

1. See above One lady with dementia recently pointed at each participant and said “friend”.
2. One carer said “the impact of these sessions on the cared for and their family is long lasting and hugely impactful”