

FREE hot drink  
and cake!



BRECKLAND

## AFTERNOON EVENTS

Live performances and cinema  
screenings for people aged 50+

# DOVETAIL by Vanhulle Dance Theatre

**Weds 27th September**  
**Bawdeswell Village Hall**  
**1-3pm**

A powerful dance piece followed  
by a Q&A and an inclusive  
movement, flow and wellbeing  
workshop.

Scan to  
book tickets



**Come along!**

Free to attend - voluntary donations welcomed.

Turn up on the day or book a ticket via

**[ticketsource.co.uk/creative-arts-east](https://ticketsource.co.uk/creative-arts-east)**

**Find out more...**

Call us on 01953 713390, email [info@creativeartseast.co.uk](mailto:info@creativeartseast.co.uk)

or visit **[www.brecklandartsforhealth.co.uk](http://www.brecklandartsforhealth.co.uk)**



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**ARTS COUNCIL  
ENGLAND**

**Inspiring**  
communities

**creative**  
ARTS EAST

# Upcoming Creative Socials...

BRECKLAND

## CREATIVE SOCIALS

High quality arts workshops  
for people aged 50+



### **Movement with Vanhulle Dance Theatre & Laura Bryars**

A gentle movement workshop will focus on reconnecting to your breath, finding flow and becoming one with nature.

Friday 8th September  
Thursday 14th September  
Friday 15th September

Thetford Library 2-4pm  
Attleborough Town Hall 1-3pm  
Dereham Library 1-3pm



### **Clay Pots & Coasters with Lucy Wheeler**

We are  
Dementia  
Inclusive 

Experiment with a number of different techniques and make your own coaster and/or pinch pot inspired by nature.

Thursday 19th October  
Friday 20th October  
Friday 27th October

Attleborough Town Hall 1-3pm  
Dereham Library 1-3pm  
Thetford Library 2-4pm

## **Fancy coming along to a Creative Social?**

Creative Socials are free to attend. If possible, please contact us in advance to book a place and let us know your access requirements.

See our contact details on the reverse of this flyer!



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