



Dancing delight

COUNTRY dancing and a maypole display were enjoyed by residents of an Upper Beeding care home during a summer garden party.

Residents at Valerie Manor care home, in Henfield Road, were joined by their friends and families for a day of demonstrations by the Let's Dance Hassocks group.

Run by Robin Bates, mother of Valerie Manor manager Zoe

Bates, the group first visited the home last year and the event was so successful they now give demonstrations three or four times a year. "The residents loved it. They really, really enjoyed it," said Zoe. "They love the dance events. I'm actually doing a tap dance demonstration for them soon.

"The event was finished by enjoying choc ices, lollies and cream teas in the grounds."