

On Saturday 15<sup>th</sup> September our Inspire! group took us on a trip to **Africa!** Patients arrived to the wonderful sounds of the **Chelmsford Community Gospel Choir** who were dressed in their traditional African tunics, singing and dancing to some well established African songs. This was a brilliant welcome and one we would love to repeat again! Following on from this we were delighted to have a



trio of professionals join us with their collection of **African drums**, encouraging patients to give them a go as well as playing for them, joining in alongside the gospel choir and also accompanying our stories. What an amazing group of people! Also ongoing we had an

incredible **professional story teller, Marion Leeper**, who brought with her a range of African tales as well as a basket of sensory items to enhance every story with smells, items to touch and sensations to feel such as wind and even rain! Our **art and craft** table was busy as always, as were our talented **complementary therapists** who were able to offer therapeutic massages. We had a huge variety of home made cakes to enjoy including red velvet sponge and even Portuguese custard tarts!

**Huge thank you to all of the contributors that attended and to all of the dedicated volunteers that helped on the day. We are looking forward to an Indian themed group on 3<sup>rd</sup> November!**

