

Our Inspire! group on 3.11.18 took us on a trip to India to enjoy some of the traditions associated with Diwali, the festival of lights. Arriving to the sound of sitar music, patients were greeted to lots of tasty Indian nibbles including some sweet treats



specifically eaten at the time of Diwali. Throughout the afternoon we were treated to a range of incredible activities and were lucky enough to have a very talented lady provide henna tattoos which was a first for many patients who attended. We also had a brilliant dancer come all the way

from London from 'The Bollywood Co.' who not only demonstrated some of the classic Bollywood moves but also gave a workshop with some hints on how to remember the moves! With a hall full of people she had everyone entranced immediately! After some creative time at



the art and craft table and some relaxation time with our complementary therapists the day finished with tasty samosas and onion

bhajis to enjoy! We were also delighted to have been joined by the Witham Mayor, Councillor Tom Pleasance! We are already looking forward to

our next group on Saturday 15th December!

