

# DANCING FOR WELL-BEING

England & Wales · Charity number 1216301

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2025-12-22

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Community House  
46-50 East Parade  
Harrogate  
HG1 5LT

**Phone** 07453564983

**Email** [info@dancingforwellbeing.org](mailto:info@dancingforwellbeing.org)

**Website** [www.dancingforwellbeing.org](http://www.dancingforwellbeing.org)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE TO RELIEVE SICKNESS AND TO PRESERVE THE MENTAL AND PHYSICAL HEALTH AND WELLBEING OF THE PUBLIC, IN PARTICULAR BUT NOT EXCLUSIVELY, THOSE WHO ARE RETIRED, UNEMPLOYED, HAVE HEALTH CONDITIONS OR DISABILITIES, OR THOSE WHO ARE IMPACTED BY SOCIAL ISOLATION DUE TO BEREAVEMENT THROUGH THE PROVISION OF DANCE PROGRAMMES AND ACTIVITIES RELATING TO THE ARTS. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

**Activities:** Dancing for Well-Being runs accessible weekly dance groups for older people with health and mobility challenges, including dementia, Parkinson's, COPD, as well as mental and emotional health challenges, like bereavement, anxiety or depression. We operate across Harrogate and it's former district, running groups in community venues in Harrogate, Nidderdale, Ripon, Boroughbridge and Knaresborough.

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes, Disability
- **Who:** Elderly/old People, People With Disabilities

## Geography

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- North Yorkshire

## Trustees

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Name	Role	Appointed
<b>Nanci Downey</b>	Chair	2025-12-22
Julian Horrocks		2025-12-22
Karen Weaver		2026-01-28
Katarzyna Demko		2025-12-22
Sarah Keane		2025-12-22

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