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**Some of our residents from Woodstock Residential Care Home have been selected to take part in a project with The Right Step Dance Company.**

It involves 'Active Armchair' sessions over 20 weeks and ten individuals have been chosen to take part.

The research will be carried out by **Ian Farr, a PhD student from the University of Kent**, who has already spent time with our residents collecting initial data from each of them.

Those who are part of the study/data collection will have the opportunity to attend, but other residents, staff, friends and family will also be able to take part in the sessions.

We feel privileged to have been selected for the study and look forward to seeing the end results of the project when a full research document will be published.

