



Grease Is The Word at Ashby Court

Pensioners at a sheltered housing scheme in Norwich took to the stage last Friday evening, as elderly residents performed their adaptation of the hit musical to a great reception.

Residents from Ashby Court, located on Ashby Street in Norwich, had been practicing songs and dances from the popular film for several months. Starring in the lead roles of Danny and Sandy were Richard Alden, 63, and Marjorie Bond, 78.

Sheila Moore, (Scheme Manager of the scheme run by Cotman Housing Association), said that “Mr. Alden has been disabled since birth and never had the opportunity to dance or take part in any productions when he was young, which had a devastating effect on his confidence and self esteem. Richard is now having the time of his life and he is proof that it is never too late to try new things, as he tells me that he has never felt so happy”.

Mrs Bond, who played Sandy, started her theatrical career in her late sixties performing with ‘Pams Players’ and St James Entertainers.

Founded in 1970, Cotman Housing owns and manages over 1,300 properties throughout Norfolk and offers supported housing to a range of people who are unsuitably housed.

The entertainment group at Ashby Court was formed two years ago, and has since held an annual pantomime. “The shows continue to be a huge success” said Mrs Moore. “It is great for mobility, co-ordination and memory, but most importantly the shows lift the spirits and are just really good fun for cast and audience alike”.

For more information about the work of Cotman Housing, log on to www.cotman-housing.org.uk or telephone (01603) 612927.