



Dance to health

A falls prevention dance programme



Newsletter

May 2018



Welcome

Welcome to Dance to Health! We are delighted to have you as part of our nationwide community and we hope that you find the sessions enjoyable and beneficial to your health and well-being in the coming months.

Introduction to Dance to Health

Dance to Health is a nationwide, pioneering falls prevention dance programme for older people.

It combines evidence-based physiotherapy principles with the creativity, expression and energy of dance. The sessions are led by professional dance artists from leading dance companies, who have been fully trained and qualified in falls prevention exercise methods.

Dance to Health was devised by and is managed by arts charity and social enterprise, Aesop, and sessions are now taking place across England and Wales in Norfolk, Cheshire, Yorkshire, Birmingham, Oxfordshire, South Wales and Kent.

Who is Dance to Health for?

Dance to Health is for older people, who have fallen or are worried about falling. If you have fallen or are worried about falling then improving your health and fitness by strengthening your muscles and improving your flexibility and balance is key. The sessions will help with your aches and pains, your independence and quality of life. Dance to Health sessions are designed for both men and women.

Commitment and homework

To achieve the full benefits to Dance to Health, you need to attend for six months and complete 50 hours of activity. This means that as well as coming to sessions, you also need to do some of the exercises / moves at home.

Health and safety

It is really important that you let us know when you attend your first session about your medical history. We will ask you to complete a membership form which will ask you questions about your current health. It is vital that if your health circumstances change, you let a member of the Dance to Health team know so that we can ensure we look after you during the session.



Could you be a local Dance to Health reporter?

Have you got an eye for a story?
Could you share some funny anecdotes from sessions?
Do you have any ideas on fundraising for your group?

We are on the lookout for participants from each region who would like to report on Dance to Health at a local level. It would simply be a case of writing a couple of paragraphs in your own words, every few months, about your local group – you could even have your own column!

If you are interested please get in touch with your Local Coordinator.

Volunteer profiles

Volunteers are an essential part of our team and help out at all of our sessions. Do let us know if you would like to volunteer.



Audrey O'Brien (Birmingham)

Audrey is a **peer motivator** at the Dance to Health class at Ladywood Community Centre. She already attends two dance classes at Birmingham's Dance Exchange and when she heard about the opportunity to volunteer, thought it was the perfect way to help people through her love of dance. Not only is Audrey a welcoming and supportive face for all the participants at every class, she feels she really benefits from taking part. She says dancing keeps her fit, relieves stress and really lets her use her creativity and imagination.



Sheila (Oxfordshire)

Sheila attended one of our initial pilot classes in Banbury nearly two years ago as a participant and felt it made a huge difference to her life. Initially, just coming along to the class was a huge step as she was at a very low ebb in her life – her mobility was poor and her doctor had all but "written her off", advising her to "take painkillers and get a wheelchair". Sheila's confidence has grown significantly and her passion for the class and the improvements she was seeing in other participants wellbeing spurred her on to become a **peer motivator** for the group. Sheila enjoys helping others to participate and has introduced a number of others to join – this has also encouraged them to try new things and one of the participants now attends a local singing group as well. "Any movement is good movement!" was advice Sheila was given by Paula, Dance Artist, and this is something she passes on to those around her. Her advice to others is to challenge your beliefs that "you can't" as Dance to Health is something everyone can do – you've just got to walk through the door!

Ideas for the next newsletter

This is your newsletter; what would you like to see included in future issues? Have you got an idea for a feature?

Please email us on info@ae-sop.org with your ideas or let your Local Coordinator know.

Any questions? Get in touch with your local Dance to Health coordinator

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Our funders

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Our dance partners

Birmingham Royal Ballet, Cheshire Dance, DanceEast, National Dance Company Wales, South East Dance, Take Art and Yorkshire Dance.

Our health partners

ABM University Health Board (Swansea), Cheshire East Council, Active Norfolk/ Norfolk County Council/NHS Norwich Clinical Commissioning Group, Modality Vanguard (in Birmingham), NHS Oxfordshire Clinical Commissioning Group, NHS Sheffield Clinical Commissioning Group and the Royal British Legion.

Dance to Health is a programme managed by Aesop, a charity and social enterprise.


Arts Enterprise with
a Social Purpose

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