

# DANCEWEST. Studio

**Dance for Dementia**  
**Free classes for adults with Dementia starts November 2021!**



Move to the music in a Lyrical and Contemporary dance class for adults with Dementia led by DanceWest. Build confidence by learning exercises and fun routines that increase your strength and balance. Regular dancing reduces the risk of dementia by 76%, twice as much as reading (New England Journal of Medicine 2018). Our classes will enable you to get fit whilst having fun.

## **Class dates**

1. Tuesday 9 November
2. Tuesday 16 November
3. Tuesday 23 November
4. Tuesday 30 November

## **Times**

11.15am: arrive and register  
11.30-12.15: take part in the dance class  
12.15-12.45: optional tea, coffee and chat!

## **Where do the classes take place?**

DanceWest  
Sands End Arts and Community Centre  
Peterborough Road  
London  
SW63EZ.

We have a professional dance studio it is light, well ventilated and fully sprung. We are walking distance from Parson's Green tube station.

## **What age group is this for?**

Our dance for Dementia classes tend to engage adults aged 65+.

## **Do carers take part?**

You can join in together or carers can relax and rest in our comfortable waiting area.

## **What should participants wear to take part?**

Loose comfortable clothing, we encourage people to dance in socks in the class.

## **Can I take part seated?**

Yes, we support everyone to dance seated or standing.

## **How much do the classes cost?**

Free!

## **How do I sign up?**

You need to book in advance, spaces are limited and restricted due to Covid-19 measures.

Book online: [www.dancewest.co.uk/dancewest-studio](http://www.dancewest.co.uk/dancewest-studio)

## **Who is leading the class?**

Jane Woolley, an experienced dance teacher with over 20 years facilitation experience for adults with Dementia and Parkinson's. Jane leads DanceWest's programmes for adults 65+ with significant health conditions. She is a qualified Yoga instructor specializing in movement rehabilitation. Jane has facilitated for Rambert, English National Ballet and led on international symposiums for dance for dementia.

**What are your Covid-19 measures?**

We ask carers and teachers to wear a mask into and out of the venue. Our teachers and team provide negative daily Lateral Flow tests. Hand sanitizer is provided on arrival for teachers and participants. The class is taught socially distanced. Air ventilation is monitored throughout the session. The studio is cleaned prior to the class and then at the end of the class, including door handles and bathrooms. Food handling courses are provided for the team providing tea and coffee at the end of the session.

**Why dance?**

Dance combines physical and cognitive stimulation. Research has shown that learning movement can slow down the effects of Dementia on the body and brain. 'Picking up steps, improvisation challenges and changes in the choreography from week to week help to provide a mental and a physical workout'.

**I have more questions**

Please email: [admin@dancewest.co.uk](mailto:admin@dancewest.co.uk)



**DanceWest, Sands End Arts and Community Centre, Peterborough Road, London, SW63EZ.**