

DANCEWEST.

DANCE FOR DEMENTIA



Move to the music in a Lyrical and Contemporary dance class for adults living with Dementia, and their carer's, led by DanceWest. Build confidence by learning exercises and fun routines that increase your strength and balance. Our classes will enable you to get fit whilst having fun!

Class dates

1. Tuesday 7th June 11.00-12.00
2. Tuesday 14th June 11.00-12.00
3. Tuesday 21st June 11.00-12.00
4. Tuesday 28th June 11.00-12.00
5. Tuesday 5th July 11.00-12.00

Where do the classes take place?

DanceWest, Sands End Arts and Community Centre Peterborough Road SW6 3EZ. We have a professional dance studio. It is accessible, light, well ventilated and fully sprung. We are walking distance from Parson's Green tube station.

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: <http://www.dancewest.co.uk/studio-dance-for-dementia-1> or via: 07494513079

What age group is this for?

Our dance for Dementia classes tend to engage adults aged 65+, but all ages are welcome.

Do carers take part?

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

DanceWest

Sands End Arts and Community Centre
Peterborough Road
SW6 3EZ

DanceWest mobile: 07494513079

www.dancewest.co.uk

Twitter: @DanceWest1

Instagram: @dancewest_london

Facebook: DanceWest

DanceWest is West London's Community Dance Organisation. We are a registered Charity (1179424) and registered company (10991191).

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What should participants wear to take part?

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.

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 specialising in movement rehabilitation. Jane has facilitated for Rambert, English National Ballet and led international symposiums for dance.

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 Lateral Flow tests in order to teach. 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.

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

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