

Welcome to the Autumn 2023 Newsletter - and we've lots to squeeze into this edition. So, make a cuppa, sit down - and enjoy!

### Academies now for 10-16s and Winnall Academy relaunched

We had an amazing response when running our free tester Academy classes for year 6s at Winnall at the end of the summer term and which convinced us to change the age range from 11 to 10-16 years.

And at the start of the autumn term, we relaunched Winnall Academy - and which takes place at Winnall Primary School, 31 Garbett Rd, Winchester SO23 0NY on Tuesdays, 5.30-6.30pm.

### Liberate Young Adult launched

Following on from the launch of Liberate Youth for 7-13 year-olds at the start of the summer term, with our Liberate Adult class almost full, we decided to split the older class into two, creating Liberate Young Adult for 14-21s, and Liberate Adult now for 21+s - and which has been a great success. All Liberate Dance sessions take place on Saturday afternoons, with Liberate Online continuing Wednesday evenings - and you can find times on the website Liberate Dance page.

### Liberate Dancers have been very busy!

The two days of the August Summer Camp were filled with dancing! But there was plenty of time for rest breaks and to sit down and share the delicious buffet lunch each day - and of course to catch up with old friends, and make new friends.

This year's summer camp also included a workshop on building confidence and developing performance skills, and a specially created exclusive dance, performed and filmed at the end of the second day - watch out for this on the website!



*"I love dance and wanted to have a new challenge."*

*"It was great fun, engaging and varied."*

*"There were so many highlights and magic moments."*



Liberate Dance also performed at this year's Winchester Hat Fair, at Bournemouth's Dancing Terraces, and Enham Summer Fete, supporting the Enham Trust near Andover in Hampshire, and an amazing organisation, supporting people with a range of disabilities. Thank you Liberate Dance for flying the Move Momentum flag so wonderfully!

### GEMS

As our Over 65s GEMS classes on Tuesdays and Thursdays are almost full with only a few spaces available, we're looking into possibly starting a new group in the new year. Thank you to all our GEMS - we love dancing with you.

## We welcomed two new trustees - Emily and Peter



Move Momentum is governed by a Board of Trustees and without our trustees, we simply wouldn't be able to run.

You can find out more about Emily Girling and Peter Brown on the *Our Trustees* page on the Move Momentum website.

Thank you for joining us, Emily and Peter, and to all our trustees, for all the skills and expertise you bring to Move Momentum.

## Our workshops programme is expanding

September 2023 saw the first year anniversary of Amanda's monthly workshop at Old Alresford Cottage Care Home. "Most of the residents participate from chairs with occasionally one or two getting up for a standing boogie!" Amanda says, "But they're all smiling at the end of the session."

In September, Kerry took over delivering the weekly dance classes at Saxon Wood Special School for 2-11 year-olds, and Amanda has been visiting The Rainbow Centre in Fareham monthly to deliver a session as well as having done a number of one-off workshops, such as a train-the-trainer session for Enham Trust.

## National Boys Dance Day

Did you see the spotlight stories of some of our amazing male dancers, posted during the week of National Boys Dance Day on 23 October? There were Jack and Harry from Liberate, John from GEMS and our Academy dancer Alfie. Check out the news items on the website if you've missed them.

## What's in the diary

Our **Christmas Sharing and Social** is in the afternoon of **Saturday 16 December starting at 2:30pm**. A more informal event than the Summer Show, this is a chance for everyone to bring their family and close friends together, and showcase what they've been working on. After the performances, we are inviting everyone to stay and join us for a hot drink and cake and to take part in our tombola. Contact us for more details or if you have anything to contribute to the snack table or tombola.

We will be joining **Winchester Round Table** for their annual **Santa Sleigh** event raising money for local Winchester charities (including Move Momentum!) This year we will be in **Winnall** on **Monday 18 December starting at 6pm**. We need lots of volunteers so if you'd like to join us please let us know!

## SUPPORTING MOVE MOMENTUM

We are incredibly grateful for all the support we receive - from organisations, Trusts, and individual people. We rely heavily on this generosity to be able to continue to provide our classes and workshops. We've recently added some new ways in which people can donate - such as **leaving a legacy in your will**. You can also give as you shop at no extra cost to you, through **EasyFundraising** and **Give As You Live**. You can find full details - plus ideas for other ways to support us - on the *Support Us* page on our website. And most of all, if you're a student, you can support us by continuing to come to classes! If you have relatives or friends who you think would enjoy dancing, bring them along too!

Find out more information about the stories above, classes and workshops at [www.movemomentum.co.uk](http://www.movemomentum.co.uk)

<b>Autumn Term 2023:</b> 5 September - 16 December Half-term: 24 - 30 October	<b>Spring Term 2024:</b> 2 January - 30 March Half-term: 12 - 18 February	<b>Summer Term 2024:</b> 16 April - 20 July Half-term: 27 May - 2 June
<b>Christmas Sharing &amp; Social - Saturday 16 December 2023</b> <b>Summer Show - Saturday 29 June 2024</b>		