

MOVE MOMENTUM

WE BELIEVE THAT DANCE IS FOR EVERYONE.

WE STRIVE TO MAKE THIS A REALITY.

We are a local charity based in Winchester, Hampshire that aims to make dance accessible to everyone. We provide inclusive and affordable dance classes for people who otherwise might not have the opportunity to enjoy the benefits of dance.

We offer weekly dance classes for young people, older adults and people with disabilities. We also deliver a range of workshops for groups and organisations, such as care homes, community groups and special education schools.

Our Street Dance **Academies** in Stanmore and Winnall are for young people aged 10-16. **GEMS** is a friendly and relaxed dance class for over 65s which includes a mixture of seated and standing movements. **Liberate Dance** is an exclusively wheelchair-based dance company.

Academies



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www.movemomentum.co.uk

Registered charity number: 1189061

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Academies

Our Street Dance Academies in Stanmore and Winnall are for young people aged 10-16 and are far more than just a dance class. They are a safe place where young people can come and chill, hang out with friends and do some dancing. Our academies are about being a part of a community, building friendships and having fun!



We are also experienced in supporting young people experiencing challenges, such as with their mental health, low confidence/self-esteem, behavioural issues, and social difficulties such as bullying and we are also an LGBTQ+ friendly organisation.

WINNALL

TUESDAYS

5.30-6.30PM

WINNALL PRIMARY SCHOOL,
31 GARBETT RD, WINCHESTER SO23 0NY

STANMORE

WEDNESDAYS

5.30-6.30PM

ST LUKE'S CHURCH
MILDMAY STREET, WINCHESTER SO22 4BX

£15 per term

Bursaries available



GEMS is a friendly and relaxed dance class for over 65s which includes a mixture of seated and standing movements with a focus on everyone going at their own pace and having fun.

GEMS is also about being a part of a community, building friendships and everyone enjoying themselves!

The classes incorporate a wide range of dance styles and are suitable for people with various long-term health conditions. There is also the option to stay after the class for a tea/coffee and a natter.



TUESDAYS

10:00 - 11:00AM

UNIT 12, WINNALL VALLEY ROAD
WINCHESTER SO23 0LD

£3 PER CLASS*

THURSDAYS

10:00 - 11:00AM

ST BARNABAS CHURCH, FROMOND ROAD
WINCHESTER SO22 6EF

*block booking discount and bursaries available



Liberate Dance is an exclusively wheelchair-based dance company. We believe in celebrating the freedom of movement a wheelchair brings to people with disabilities.

The group is friendly and welcoming and the classes cover a range of dance styles from contemporary to Hip-Hop. Liberate Dance offers far more than just a dance class, as we are also a support network and family.



ONLINE: ZOOM - WEDNESDAYS 7.30-8.30PM

STUDIO SESSIONS: SATURDAYS

UNIT 12, WINNALL VALLEY ROAD, WINCHESTER, SO23 0LD

£3 PER CLASS*

*block booking discount and bursaries available

YOUTH (7-13 YEARS)

12.30-1.30PM

YOUNG ADULT (14-21 YEARS)

2.00-3.00PM

ADULT (21+)

3.30-4.30PM

CARE HOMES



Our programme introduces dance to care homes in a way that is safe, accessible and most importantly enjoyable for all residents. We provide care home professionals with the opportunity to join in and learn about dance, or just have fun and watch their residents enjoy themselves.

Our teachers will deliver the sessions at the residents' pace making sure that everyone feels comfortable and supported. Sessions will be primarily chair-based but we can also provide standing movement if suitable for the residents. We are specialists in leading sessions for **individuals with Dementia and Parkinson's** using music and movement to provide a joyful experience.

WORKSHOPS & SERVICES

- Regular sessions
- Youth Workshops
- Older adults workshops
- Inclusive workshops (disability)
- 1-2-1 classes
- Training
- Performances



Our workshops focus on encouraging **self-expression and supporting individuality**, providing various adaptations to suit different abilities and make sure that everyone who attends can take part and enjoy themselves. Our workshops are delivered at the participant's pace so that each person feels comfortable and supported. It's all about having fun and giving things a go!

TESTIMONIALS

"Coming to Move Momentum has made my life better. The problems that you have outside don't come in, and we're all just friends and get along with each other. It's just a really nice, positive environment to be in."

Erin, Stanmore Academy

"Move Momentum has enhanced my life dramatically," Lizzie says. "I think it's the community that makes it so special for me. It led me to a road of acceptance and feeling better about myself. So I owe a lot to Move Momentum for that."

Lizzie, Liberate Dance

"The class has introduced some fun into our lives. I really look forward to it and even if I don't feel very well, I don't want to miss it. It is not competitive, you feel accepted and encouraged to be yourself."

Adele, GEMS

"The musicals theme was great to encourage participants to join in and routines were fun and accessible to all. Amanda did a great job at trying to put everyone at ease and to try and encourage participation in the space."

Pavilion Dance South West