



**SOCIAL  
IMPACT  
REPORT  
2022**

**MOVE  
MOMENTUM**

# WELCOME FROM AMANDA

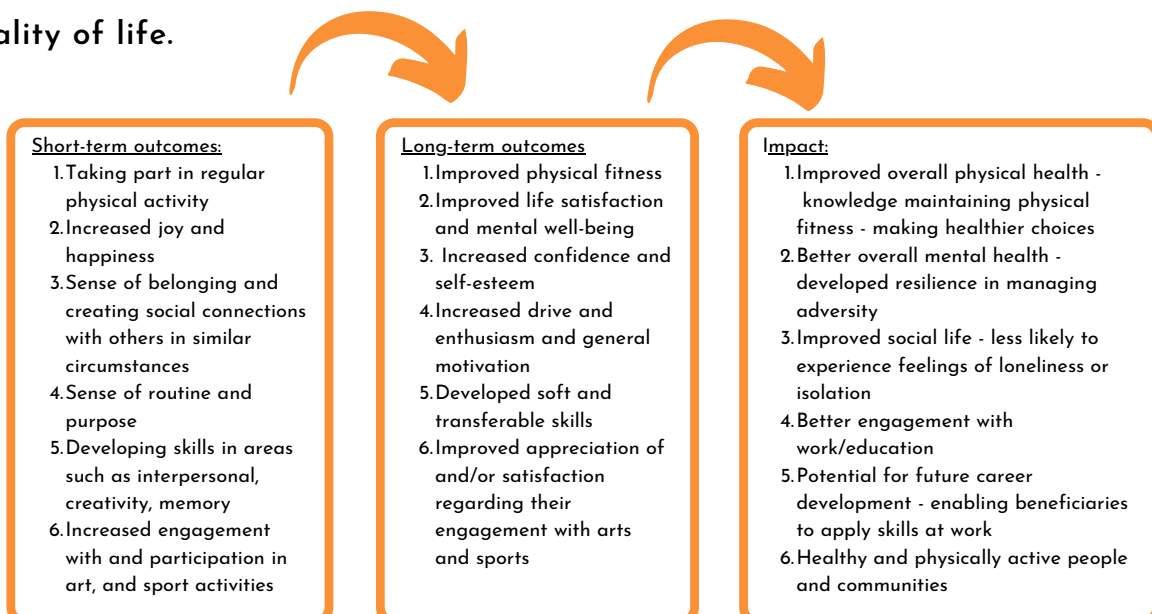
2022 was our first full year since becoming a registered charity without any lockdowns. However, 2022 has been a challenging year for Move Momentum as we had to put a couple of classes on hold and we didn't quite fundraise as much as we had hoped but that being said we've also had some amazing things to celebrate. As always we are hugely grateful to all our incredible students, supporters, team and trustees who've kept us going and we're very excited for what 2023 has in store.



**WE BELIEVE THAT DANCE IS FOR EVERYONE.  
WE STRIVE TO MAKE THIS A REALITY.**

## OUR MISSION

To provide accessible, inclusive and affordable dance classes. We know dance changes people's lives because we witness it first-hand and we believe that everyone should have access to a high-quality dance education enabling them to improve mental and physical well-being and enrich their quality of life.





# HIGHLIGHTS FROM 2022

## MOVE MOMENTUM SHOW

On 18th July 2022, we ran our very first in-person showcase with performances from over 22 performers. The show was sponsored by local property developer Gentian and was held at The University of Winchester. The show included Street Dance performances from guest performers; Blue Apple Theatre, a crew-style performance from Stanmore Academy, choreographed by Kerry and Ella, as well as two group performances choreographed by the dancers themselves. Liberate Dance, also performed three dances, a contemporary, lyrical and commercial piece choreography by Amanda.

*"Thank you so much and genuine huge congratulations to absolutely everyone involved. You've really lived up to your company name today. We've honestly never seen such a fabulous live performance where there was so much integration. As we left my mum said, "I can't stop smiling or I might start crying". It was just superb. So many happy faces, so much enjoyment, passion and real talent. A massive achievement." - Academy Parent*

## LIBERATE DANCE HOLIDAY CAMP

Liberate Dance launched its first-ever summer dance camp! On the 5th-6th August, 6 students participated in a weekend full of dancing. Founder of Move Momentum and talented dance teacher, Louise Todino, taught a range of choreography to make an awesome compilation of dances, to showcase 'Dancing through the decades' starting with music from the 60s all the way to music from the 00s. On day 2, after lunch, which was provided both days by the wonderful Munch Cafe, the final dance was then filmed by Dan Worth.



# MORE HIGHLIGHTS FROM 2022

## NEW STAFF AND TRUSTEES AND VOLUNTEERS

We welcomed many new faces to the Move Momentum team in 2022. We welcomed 4 trustees, 2 staff, 1 student placement and 2 regular volunteers.

Our new trustees were Harry Newton, Angela Sims, Steve Hollinghurst and Hayley Ostler. We are extremely grateful for the time our trustees give, and the professional talents and expertise they bring to the charity.

Ella left to pursue a career in dance. This meant we needed a new assistant for Stanmore Academy so we offered the role to our longest-attending academy member, Summer Robinson. We're really excited to see how far Summer has come since she's been with us.

Our previous volunteer Keeleigh Hamilton started in a brand new role as our Fundraising Officer in September. She will also be training to teach some of our classes in the future.

## EVENTS

### Move Momentum Video

We decided to create a video showcasing all of our amazing classes and what they're all about. Our volunteer Adrianna Perez came in and filmed some of our students and created this amazing video for us - check it out on our website.

### Tik Tok Workshop

We ran a TikTok workshop for young people during the Easter holidays. The workshop was delivered by our talented Stanmore Academy assistant at the time Ella Greenfield.

### Christmas Fair

With the return of the mini market, Santa's Grotto and the amazing performances from our groups plus guest performers we are thrilled with our 2nd ever Christmas Fair. We even managed to raise £100 towards our classes.

## OUR YEAR IN NUMBERS

10

external classes/  
workshops delivered in  
collaboration with  
other organisations

64

students have  
participated in our  
regular classes

97%

of students surveyed  
agreed that our  
classes have helped  
improve their **social  
support network**

22

people have  
volunteered with us

221

classes delivered by  
Move Momentum

97%

of students surveyed  
agreed that our  
classes have helped  
improve their  
**physical wellbeing**

97%

of students surveyed  
agreed that our  
classes have helped  
improve their **mental  
wellbeing**

97%

of students surveyed  
agreed that our  
classes have helped  
improve their **quality  
of life.**

53

people attended our  
Annual Summer Show

*\*Students were  
surveyed termly during  
2022, these results are  
based on 61 responses  
throughout the year*

# Academies

Our Winchester Street Dance Academies are for young people aged 11-16 and are far more than just a dance class. We provide a safe place where young people can learn, develop and achieve. The academies are about being a part of a community, building friendships and having fun! This year we ran one academy in **Stanmore** which is an area of Winchester that has a higher number of people experiencing disadvantage.

"I really like to dance because you can express your emotions. Your dance group that you're with ends up feeling like your family. I really like to dance here at Move Momentum because it just feels like home- it's like a second home."

*Lucy - Stanmore Academy*

11

young people  
attended our  
academy in 2022

## ERIN'S STORY



Erin attends our Stanmore Academy and has been dancing with us since October 2021. Since joining the group she has greatly improved her dance skills but has also really grown in confidence.

Erin says, "Coming to Move Momentum has made my life better, it has made me a much happier person because dance is where you can just express your emotions and no one judges you, and here there's no bullying or anything."

Erin's teacher says she brings such positive energy to classes and is really supportive of other students.

### **Quote from Erin:**

***"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."***



GEMS are friendly and relaxed dance classes for over 65s which includes a mixture of seated and standing movement with a focus on going at your own pace and having fun. GEMS is more than dance class it's about being a part of a community, building friendships and having fun!

"A truly enjoyable experience and not overly demanding but presents good challenges of physical and mental development and the opportunity to develop friendships."  
- GEMS Participant

25

over 65s have attended one of our GEMS classes

## JAN'S STORY



Jan retired 2 years ago and was looking for something where she could meet new people and have some fun and get a bit of exercise.

Jan states "I happened to see it in the Hampshire Chronicle and I thought 'that's right up my street!' I came along and everybody was very welcoming. I love music. I like to dance, well, I do my best anyway, and I just feel so happy when I leave here."

Jan joined our Tuesday GEMS class in February 2022 and has been wonderful to have in class. Jan radiates positivity and is always happy to be creative and make suggestions for dances. She has encouraged others to try out the class and has made some good friends through the class.

### Quote from Jan:

***"I think it's good for your mental and physical well-being, being with other people and it's just a lovely place to come."***



**#DefineYourMovement**

"It's good to be a part of something where you can laugh and dance. There's no need to worry about your ability as everyone works at their own level. It has a real 'feelgood' factor!"  
- Liberate Dance Participant

Liberate Dance is an exclusively wheelchair-based dance company. At Liberate Dance we believe in celebrating the freedom of movement a wheelchair brings to people with disabilities. The classes are far more than a dance class, we are a support network and family.

28

wheelchair users have attended one of our Liberate Dance classes

**LIZZIE'S STORY**



Lizzie is 27 years old and has Spina Bifida and Hydrocephalus and has been a wheelchair user all her life. She was one of our very first Liberate dancers, joining when we first launched in September 2019. She then joined our team as a volunteer and now works for us as Marketing and Admin Officer.

Lizzie says, "Liberate Dance has changed so much about how I think of myself. I have always struggled with my anxiety and knowing where I 'fit in;' but being part of Liberate Dance has meant that I do not feel like that anymore!"

She has made such incredible progress since first joining us and we are thrilled to bits that Liberate has had a significant impact on her life.

**Quote from Lizzie:**

***"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."***



# THANK YOU!

Just to say a huge thank you to all our staff, volunteers, supporters and funders that have supported us this year, without whom we would not be able to provide our services and continue to make a difference to people's lives.



Garfield Weston  
FOUNDATION

PLR TRUST

HiWCF  
LOCAL GIVING FOR LOCAL NEEDS

Gentian

Rathbones

## STAFF

Amanda Watkinson - CEO & Teacher  
Lizzie Sawyer - Administrator and Marketing Officer  
Keeleigh Hamilton - Fundraising Officer  
Caroline Wigley - Marketing and Communications Manager  
Teachers: Amanda Watkinson, Kerry Chamberlain  
Teaching Assistants: Ella Greenfield\*, Summer Robinson, Lizzie Sawyer  
Volunteers: Katie Omrod, Jan Davison\*, Joe Arrabetou, Adrianna Perez, Lynn Dove-Cambell, Micaela Rackham

\*no longer in post

## TRUSTEES

Alana Jones - Chair  
Steve Hollinghurst - Vice-Chair  
Jennifer Ferguson\*  
Chantel Russell\*  
Harry Newton  
Angela Sims  
Hayley Ostler  
  
Founder: Louise Todino  
Liberate Dance Co-Founder:  
Vickie Simmonds

\*no longer in post