

MOVE MOMENTUM

Charity No.: 1189061

SPRING NEWSLETTER 2023

We've loved welcoming back all our existing students - and meeting some lovely new people too. We've lots of exciting news to tell - so please read on!

Move Momentum in the News!

We were delighted to welcome ITV News to a studio Liberate Adult class, with the item featuring on the 6pm Meridian News on Tuesday 24 January. And two weeks later we were in the news again! A journalist from Winchester Radio wanted to know all about us, having read an enthusiastic review written about a workshop CEO and teacher Amanda had given to Tuesdays Place - a group of retired pensioners meeting monthly in Kings Worthy - and singing Move Momentum's praises!



What Our Classes Have Been Doing

Academies: Stanmore Academy has been working on a piece for the summer show, to 'The Kids Are Coming' by Tones and I. Our students continue to amaze us with how supportive they are of each other. Student Lucy says, "I really like to dance here at Move Momentum because it just feels like home - it's like a second home."

Gems: Our Tuesday class is working on a beautiful, poignant piece to a poem about new beginnings and awakening as spring approaches, and composed by one of our wonderful participants, Sue Ellis. Our Thursday class has created a lovely dance to 'Sailing' by Rod Stewart.

Liberate Online: Liberate Online have learnt a dance to 'Made you Look' by Meghan Trainor, about confidence, self-love and being fierce; we even took some inspiration from the trending TikTok dance, but made it our own in true Liberate style.

Liberate Adult: Our Liberate Adult class has also started working on a show piece. Every year Amanda aims to create a dance that challenges the participants but also the audience's perception of what wheelchair dance looks like, using more complex movement sequences and choreographic tools to create a visually dynamic piece. This show dance is set to 'Lion' by Saint Mesa.

Liberate Youth: We're very excited to be relaunching Liberate Youth after Easter, and opening to a younger group of wheelchair users (7-13 year-olds) following various enquiries from parents with children keen to join but previously too young, and knowing how much our teenagers and adults enjoy and benefit from our classes.

Move Momentum March (MMM) - aiming to raise £2,000

Funding from our annual fundraiser Move Momentum March is critical to keeping classes running - and this year we're aiming to raise £2,000, with classes pledging the following: Liberate Dance will be doing a marathon in a week; GEMS Winnall is putting on an oboe performance, GEMS Weeke donating their weekly coffee money for the month; our Academies class is doing a 10k scavenger hunt; CEO Amanda is doing a plank challenge, and Keeleigh, our Fundraising Officer, will be walking 100 miles of the Great Barrier Reef... See the website for more information!



QR code for donations

With gardens and parks full of snowdrops and daffodils, Christmas might seem a long time ago... But a quick update on our December fundraising and a huge thank you to everyone who supported our Christmas Fair - we raised £100!

Saxon Wood School

Friday mornings have seen Amanda busy in Basingstoke, delivering workshops for classes at Saxon Wood School, an inclusive special school for children aged 2-11 years. Amanda says, "It's been a joy working with Saxon Wood students over the past few weeks and learning about what makes each of their students amazing and unique. We use a variety of props and sensory items, music and dance moves to create a fun environment incorporating some of the themes they are focussing on in their classes. One of the teachers said it was so lovely to have sessions that engage so well with the different abilities of the students."

Four New Team Members!

We're delighted to have three new volunteers join the team. Micaela and Leoni are studying dance at the University of Winchester, and Michaela is helping with a range of activities - from choreographing routines, to helping with fundraising and research. Leoni will be shadowing at Academies and Liberate Online classes, possibly creating short bits of choreography, as well as doing some fundraising and general tasks. Ella is at Winchester School of Art studying fashion and helps with organising events, and is currently planning an awesome fundraising event as part of Move Momentum March. Caroline has joined as Marketing and Communications Manager, with 20 years' marketing experience and an absolute passion for dance.

Move Momentum Annual Social Impact Report 2022!

Amanda will be sending copies of the 2022 Social Impact Report shortly. But some important numbers to start with: 64 regular students participated in 221 classes, with ten external workshops delivered! 2022 was the first Move Momentum year without lockdowns and a challenge for us as for many organisations. But there was much to celebrate and we look forward to sharing that with you.

Term Dates 2023

Spring Term: 3 January - 1 April Half-term: 13 - 19 February	Summer Term: 17 April - 22 July Half-term: 29 May - 4 June	Autumn Term: 1 September - 15 December Half-term: 23 - 27 October
Annual Summer Show - Saturday 17 June 2023 Liberate Dance Holiday Camp - Saturday 5 & Sunday 6 August 2023 Christmas Fair - Sunday 10 December 2023		