

For Immediate Release

Thursday 2nd July 2020

MOMENTUM

WINCHESTER DANCE CHARITY WINS 'DANCE CLASS OF THE YEAR' AWARD

Thursday 2nd July 2020 - Local Winchester dance charity, Move Momentum is celebrating after being crowned 'Dance Class of the Year' in the South England Prestige Awards.

The awards recognise small and medium-sized businesses and charities that have proven to be the best in their market, demonstrating strengths in areas such as quality, service excellence, accessibility and sustainable methods of working.

Since 2019, the charity has provided accessible dance classes to three main groups:

1. Wheelchair users – Liberate classes are the only exclusively wheelchair-based dance classes in the UK
2. Young people – Academies have been created in three of Winchester's four council estates, providing classes to 25 young people in the local area.
3. Over 65s – GEMS classes are held to support the older adult community.

During lockdown, Move Momentum took the decision to take their classes online to reach their regular participants as well as anyone else who would like to tune in to stay active during isolation.

Since 20th April, Move Momentum has delivered eight virtual dance classes per week free of charge through the use of Zoom, Facebook Live, Youtube tutorials and TikTok challenges.

All of the GEMS (over 65s) exercises have also been made publicly available on YouTube for any older adults that want to keep fit during the lockdown.

Amanda Watkinson, Project Manager, Move Momentum says *'We are delighted to receive this award and have our work recognised. Myself and the team here at Move Momentum are passionate about making dance accessible to all and we love seeing our students reap the physical, social and emotional benefits of our dance classes. We're looking forward to getting back in the studio when it is safe to do so!'*

ENDS

Contact

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About Move Momentum

Move Momentum is a local dance charity based in Winchester, founded in 2016 by Louise Todino and started with their Academies. In 2018, Amanda Watkinson took on the role of Project Manager for Move Momentum, overseeing all the projects and developing the charity. Since then the charity has expanded to deliver classes for over 65's as part of their GEMS project and then most recently developed Liberate Dance, an exclusively wheelchair-based dance company, alongside Vickie Simmonds, a GB Para Hockey player.

Move Momentum provides dance classes that are accessible, inclusive and affordable for everyone. We support individuals' mental and physical well-being and focus on enriching their quality of life by creating accessible opportunities, encouraging self-expression and supporting individuality.

About Liberate Dance

Liberate Dance was set up through Move Momentum by best friends Amanda and Vickie Simmonds, a GB Para Hockey player. It is the only dance company in the UK exclusively for wheelchair users.

More information can be found on our website <https://www.movemomentum.co.uk/>