



## Winchester based dance charity Move Momentum back in the studio post-lockdown

- **Move Momentum has benefitted from a new 'Investing in Communities' project, launched by Energise Me and Sport England.**

**September 2020** - Local Winchester dance charity [Move Momentum](https://www.movemomentum.co.uk) is pleased to announce a full class schedule has resumed back in their studio after a summer of virtual classes.

Move Momentum has secured a grant enabling dance classes to recommence in Winchester from September 2020. The grant is thanks to the new 'Investing in Communities' project, launched by Energise Me and funded by Sport England and the National Lottery. The project supports groups across Hampshire and the Isle of Wight in the wake of COVID-19, aiming to reduce the widening inequalities in physical activity and sport.

Move Momentum has taken great care to ensure their classes are COVID-19 safe, meaning they are able to offer a full class schedule, safe in the knowledge that all dancers and teachers are able to dance in a protected, socially distant environment. The charity is now offering a full timetable of classes targeted at young people, over 65s and people with physical disabilities.

**Amanda Watkinson, Project Manager, Move Momentum says:** "We're absolutely thrilled to be back in the studio - largely possible thanks to the 'Investing in Communities' grant from Energise Me and Sport England. The feeling of seeing all of our dancers back in the studios socially distanced was a real treat after spending so many months delivering virtual classes. There's still a lot of uncertainty in the world right now but we're looking forward to the term ahead and supporting our community with the escapism and friendship that dance can provide to all. We have available spaces in all of our classes so do get in touch if you'd like to join - we love to welcome new faces!"

**Emma Dovener, Youth Project Manager at Energise Me said,** "We're delighted to have supported Move Momentum through our Investing in Communities project. The work that they do to enable dancers of all ages and abilities to be active in ways that suit them is so important, and we're really pleased that we can support classes to continue."

The full class schedule can be found on the Move Momentum website  
<https://www.movemomentum.co.uk/classes>

[ENDS]

**For further information, please contact:**

- Amanda Watkinson – Project Manager, Momentum  
[amanda@movemomentum.co.uk](mailto:amanda@movemomentum.co.uk) / 01962 809234

**Notes to editors**

**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 Energise Me**

Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight. Working hard to end inactivity, their goal is to create a happier, healthier and stronger future for local people. Energise Me changes lives through physical activity and sport and inspires people to adopt active lifestyles that make our communities happier, healthier and stronger. They do this by influencing policy, driving physical activity campaigns, supporting young people and adults to move more and developing the workforce to grow in skills and confidence.