

MOVE MOMENTUM

Registered charity number: 1189061

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



Move Momentum is an award-winning local charity based in [Winchester, Hampshire](#) that aims to make dance accessible to everyone. We provide to everyone. We provide [inclusive and affordable dance](#) classes for people who otherwise might not have the opportunity to enjoy the benefits of dance.



**OUR IMPACT IS NOT MEASURED IN STEPS AND ROUTINES;
IT'S EVIDENT IN TRANSFORMED LIVES.**



@move.momentum

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www.movemomentum.co.uk

ABOUT US

We focus on providing weekly classes tailored for **older adults**, **people with disabilities** (including dedicated classes for **wheelchair users**), **people with long-term health conditions**, and **young people** facing barriers to accessing dance. We also offer online dance education and work across Hampshire to provide inclusive dance classes to **SEN schools**, **care homes** and workshops, performances, and training to other charities and community groups.



We provide so much more than just dance classes, we facilitate a support network and community and help people to have a better quality of life.



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Associate
Member of
**People
Dancing**



MATURE DANCE



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.



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.



ONLINE DANCE PLATFORM TAILORED FOR OLDER ADULTS, DISABILITIES AND LONG-TERM HEALTH CONDITIONS

See the next page for more details.

CARE HOMES

We are specialists in leading sessions using music and movement to provide a joyful experience.

Our teachers will deliver the sessions at the residents' pace ensuring that everyone feels comfortable and supported. Sessions are primarily chair-based but we can also provide standing movement if suitable for the residents. We can also provide sessions for individuals with long-term health conditions including **Dementia and Parkinson's**.



DISABILITY DANCE



Liberate Dance is an exclusively wheelchair-based dance group.



We believe in celebrating the freedom of movement a wheelchair brings to people with disabilities. The classes are friendly and welcoming and cover a range of dance styles from contemporary to musical theatre.



ONLINE DANCE PLATFORM TAILORED FOR OLDER ADULTS, DISABILITIES AND LONG-TERM HEALTH CONDITIONS

Join us and learn dance in the comfort of your own home with our inclusive online dance tutorials. Customise your own class, boost physical activity and forge new connections with our friendly online community.

SEN SCHOOLS

We are specialists in delivering dance classes and workshops for young people with disabilities.

All our school sessions can be tailored to suit a variety of disabilities, including:

- Physical disabilities
- Learning disabilities
- PMLD students

MORE SERVICES

- WORKSHOPS
- TRAINING
- PRIVATE CLASSES
- PERFORMANCES

*For prices please enquire.
Charity discounts are available.*



SUPPORT US

We are committed to supporting individuals' mental and physical well-being and creating opportunities that are accessible, inclusive and affordable for everyone.

However, we can only do this through the support of individuals, organisations and Trusts who generously donate money, time and expertise.

Please consider supporting us by making a donation or volunteering with us.

Move Momentum welcomes volunteers for a variety of roles supporting our charity. Please contact us if you would like to offer your help and we can hopefully find a role that's right for you.

