



# MOVE MOMENTUM

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

## SOCIAL IMPACT REPORT 2023



# WELCOME

Dear Supporters and Friends of Move Momentum,

It is with immense pride and gratitude that I welcome you to our 2023 Impact Report. As we reflect on the past year's achievements and strides, it fills me with joy to see the incredible impact we've collectively made through dance.

This year, we expanded our reach, welcoming more individuals into our dance family and forging new partnerships that amplify our impact. The impact numbers are not just statistics; they are stories of resilience, joy, and growth.

As we celebrate a 150% increase in our regular participants and over 320 individuals engaged through workshops, the real measure of our success lies in the smiles, improved confidence, and sense of belonging felt by our participants.

I want to extend my deepest thanks to our dedicated team, passionate volunteers, committed trustees, and generous supporters who make our work possible. Together, we are weaving a tapestry of hope and possibility through dance.

Thank you for being part of the Move Momentum journey.

Amanda  
CEO, Move Momentum

*"It was heart-warming to see all the dancers share a morning together and seeing the enjoyment on their faces was a lovely experience. The charity has created an inclusive community for everyone and I truly believe that they make a difference to people's lives." - Business Sponsor*



## OUR WORK

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

We provide tailored classes 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 provision and work across Hampshire to provide inclusive dance classes to SEN schools, care homes and other charities and community groups.

Our impact is not measured in steps and routines; it's evident in transformed lives. Our impact measurement reveals a greater sense of belonging, improved social connections, physical health and mental well-being.



# HIGHLIGHTS FROM 2023

## NEW LIBERATE YOUNG ADULT CLASS AND RELAUNCHED LIBERATE YOUTH

In April 2023 we relaunched our Liberate Youth class, which had been put on hold in 2022. We took the opportunity to relaunch Liberate Youth with a younger lower age limit of 7 years, to meet the many requests we had from parents. And we're delighted to have welcomed 5 new young dancers to our Liberate family through this class.

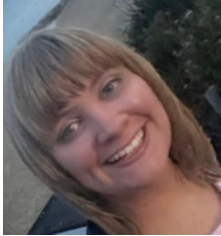
Additionally, with our adult wheelchair dance class at maximum capacity during the summer term and the waiting list growing, we decided to add in an extra class launching our new Liberate Young Adult class in September 2023.



## KEELEIGH TOOK OVER TEACHING GEMS CLASSES

Keeleigh has been doing a fabulous job as our Fundraising Officer, and having trained in dance at the University of Winchester, in 2023 expanded her role at Move Momentum starting as a dance teacher and taking over teaching GEMS Winnall & Weeke classes.

Keeleigh says "I discovered Move Momentum when answering an ad for a volunteer helper at the GEMS class, and found the charity's aims perfectly align with my interests and passion. The participants bring such joy and enthusiasm to every class - they really brighten my week."



## NEW TRUSTEES, STAFF & VOLUNTEERS

We welcomed many new faces to the Move Momentum team in 2023 including 3 new trustees, 1 staff member, 3 student placements and 3 regular volunteers.

Our new trustees were Emily Girling, Peter Brown and Chloe Plummer. We are extremely grateful for the time our trustees give, and the professional talents and expertise they bring to the charity.

Caroline joined us as our Marketing and Communications Manager bringing lots of experience and ideas, along with 3 new volunteers; Lieke van Putten, Daisy Price and Luke Friday who are supporting us with funding applications, data analysis and as class assistants supporting our students.

## PERFORMANCES & EVENTS

We were delighted to be invited to perform at Winchester Boxing Club's charity boxing event in May, Stanmore Academy attended performing 2 dances at the event and had a fantastic evening.

On 17th June, our GEMS, Stanmore Academy and Liberate Dance groups took to the floor for the annual Move Momentum summer show hosted at The University of Winchester and sponsored by Newbury Building Society with guest performances from Winchester's Florian School of Dance and Blue Apple Theatre for a fantastic show.

"Loved every minute, all performances were fantastic and some incredibly moving." - Audience member





## PERFORMANCES & EVENTS CONTINUED

Our Stanmore Academy performed at the Youth Summer Festival on 9th July, at New Life Church, hosted by Wildfire Youth Project. They had a brilliant time at the event, including participating in the fancy dress photo booth.

Liberate returned for a third consecutive year to amaze the public with 2 performances at Play to the Crowd's annual Hat Fair, an arts festival in Winchester.

We hosted our Liberate Holiday Camp for a second year sponsored by The Art Society Winchester. This year's camp also included a workshop on building confidence and developing performance skills, and 3 specially created exclusive dances choreographed and taught by Kerry Chamberlain, performed and filmed at the end of the second day.

Amanda and some of the Liberate dancers visited Bournemouth to deliver a wheelchair dance workshop at Pavillion Dance's Dancing Terraces, a free summer dancing event taking place on Friday and Saturday evenings in August.

On 16th September, Liberate performed at the Enham Summer Fete followed by a workshop delivered by Amanda. The fete is hosted by The Enham Trust, a charity supporting people with a range of disabilities, the fete takes place annually on the village green of Enham Alamein.

We concluded 2023 by joining Winchester Round Table for their annual Santa Sleigh event and by launching a brand new event for Move Momentum, a Christmas Showcase and Social. The event provided a more relaxed environment to bring our groups together. It was a wonderful opportunity for everyone to gather their families and close friends, showcase their hard work and celebrate our Move Momentum community.





## EXPANDED OUR OUTREACH DELIVERY

### SAXON WOOD SCHOOL

We provided weekly dance sessions at Saxon Wood School, an inclusive special school in Basingstoke that caters for children aged 2 - 11 years old with complex medical needs, learning difficulties and disabilities. The dance sessions include engaging resources such as bubbles, pom poms and the children's absolute favourite - the parachute!

### OLD ALRESFORD COTTAGE CARE

We continued our monthly session at Old Alresford Cottage Care Home. "We understand the benefits that dance and movement to music has for our residents' health and well-being, as well as it being wonderful to see how much they enjoy Move Momentum's sessions." - Care Home Manager, Old Alresford Cottage

### THE RAINBOW CENTRE

We started delivering monthly dance classes at The Rainbow Centre in Fareham for their Adult Service members. Rainbow Centre provides specialised neurorehabilitation for people with neurological conditions, such as Parkinson's, Stroke or Multiple Sclerosis.

"The dance held by Move Momentum fits perfectly into our works. The movements, music and the created atmosphere alleviate the everyday problems of our participants and their carers/partners, where they can do things freely and without any tension. And we can see this enjoyment each time they attend." - Istvan Szucs, Adult Service Manager

### WHEELPOWER

In the Autumn Term, we partnered with WheelPower, a charity providing opportunities for disabled people to take part in sports, to deliver free online dance sessions.

Marketing Manager at WheelPower, comments: "We absolutely loved our collaboration with Liberate Dance during 'Strictly Come Dancing' season."

## WORKSHOPS DELIVERED FOR

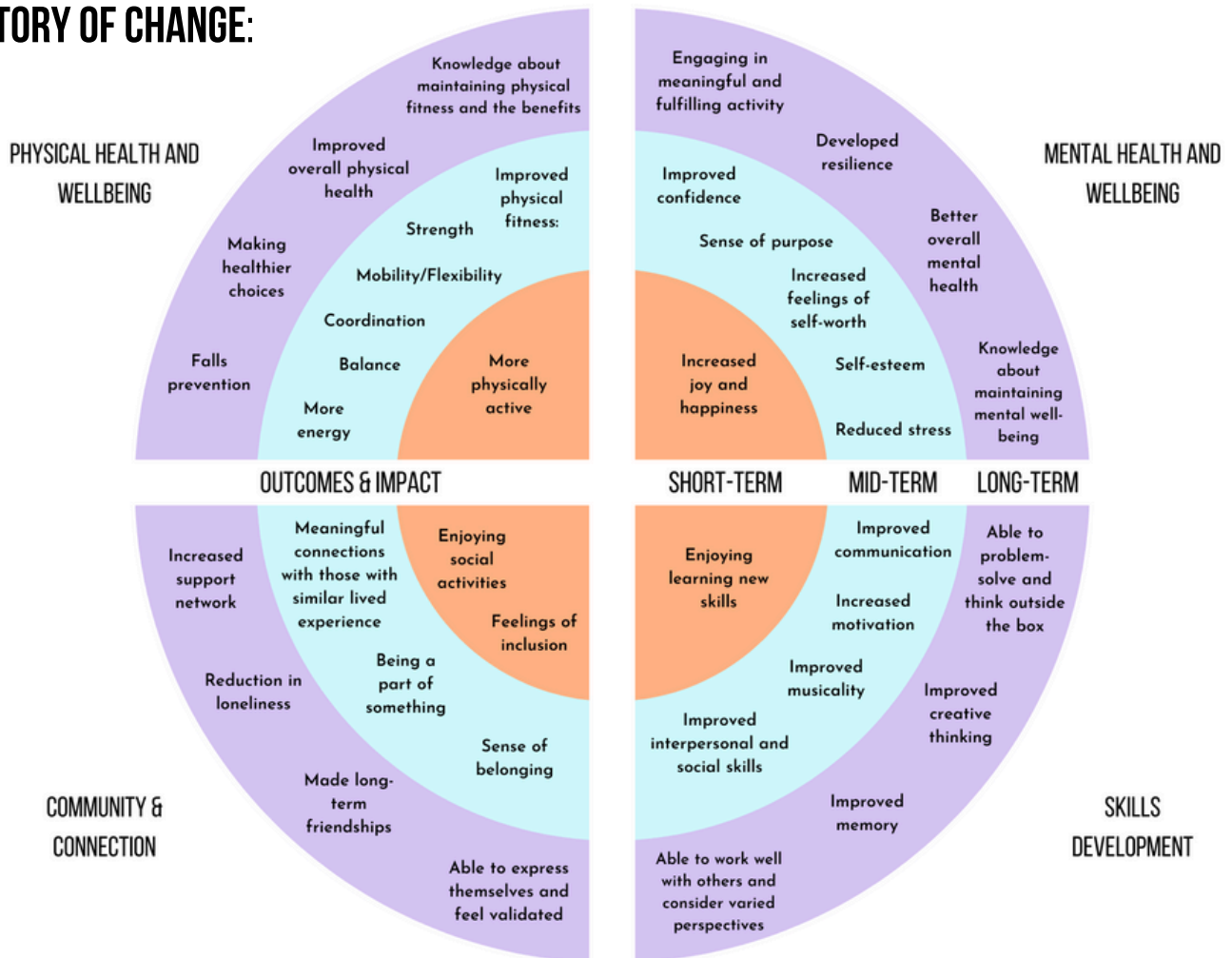
- Disability Challengers
- Tuesday's Place in Kings Worthy
  - Whizz-Kidz
- Odysseys Holiday Camp
  - Enham Trust
  - Pavilion Dance
  - Andover Mind
  - Treloar School
  - Cedar School
- Victoria Education Centre
  - University of Southampton



# IMPACT

This year we spent some time developing the way we measure our impact and one of the results of this work was our brand-new

## STORY OF CHANGE:



In 2023, we reached **160 individuals** through **our regular classes**; compared to 64 in 2022. We delivered dance sessions to approximately **320 individuals** through **16 different workshops**.

We **increased our partnerships** with other organisations including delivering **8 new regular** sessions with **community partners**.

In our annual participant survey:

**87%** reported a **better social connection** with multiple people noting a **greater sense of belonging** and stating that the classes helped them to **make friends with people with similar lived experiences**.

**86%** reported a **positive impact** on their **mental health** with multiple people noting an **increased feelings of joy and happiness, feeling less stressed and increased confidence**

**91%** of participants indicated a **positive impact** on their **physical overall health**.

**74%** indicate to be **more active** than before with multiple people noting **increased flexibility and stamina**.

**77%** of participants indicate they have **learned new skills**, with several people stating **increase in motivation, improved communication and creative thinking** as skills they've developed

# JOHN'S STORY

John has attended our GEMS Winnall class for over 65s at Unit 12 with his wife Adele since the class started in 2018 and even danced with us online during lockdown. When asked what made him decide to join the class, he responds, "To have enjoyment with others of my age group in an activity involving exercise and music."

"The physical side is definitely beneficial to my health, strengthening arms, legs and breathing. We have become quite a close-knit group, getting to know one another better and enjoying the laughs we have from time to time."



John reflects on the friendships he's made through the class, "By meeting regularly I have been getting to know each one of our group. Their friendship is a valuable thing. We enrich one another as we share our life experiences, before, during and after the sessions."



John's favourite part of the class is creating together, with the group, the movements to fit the lyrics of a new song and the sense of achievement when we eventually get it all together.



We know the benefits of dancing for both physical and mental health, and it's really good to hear one of our dancers say how important the classes are for him, health-wise. But, with one of our main aims to ensure that the classes are fun, it's wonderful to hear how much John enjoys himself and values the friendships he's made and the social side of coming to class.

*"The class has introduced some fun into our lives. I look forward to it and even if I don't feel very well, I don't want to miss it. It is not competitive, you feel accepted and encouraged to be yourself." - Adele (John's wife) and GEMS participant*



# JACK'S STORY

18-year-old Jack has attended our classes since 2019 and is a student in our Liberate Dance - Young Adult class in Winchester. Liberate Dance is our exclusively wheelchair-based dance group, created to celebrate the freedom of movement a wheelchair brings to people with disabilities.

Jack has Cerebral Palsy and he says, "This does make life challenging but I am always looking for ways to adapt towards my environment. It means so much to me as an individual, and for the wider society to recognise that someone like me is indeed a dancer."



"I was auditioning for a dance display at school when I bumped into Amanda [Move Momentum CEO and teacher] who told me about the class. I went that weekend and loved it. I have never looked back since!"



Jack has made lots of friends through the class "What is amazing is how much we learn about each other" he continues to reflect that the classes have enabled the members to "build upon the connection we have with each other, and also lean on each other for support, and gives us someone to talk to about anything in general!"



"I like dancing with Liberate because of the sense of collaboration and community. Everyone at Liberate supports one another and the classes are great. I also love working on our new dances and seeing what we come up with, especially when we get to the end and then get to perform it."

"Since joining Liberate I am more determined and passionate in my dancing and my everyday life. My confidence has grown and has helped me become a better person because I know I can achieve anything I put my mind to. It has led to doing more things and I have had lots of opportunities, both from the class itself and life in general."

*"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." - Liberate participant*

# ALFIE'S STORY

Alfie is 15 years old and has been attending our Stanmore Academy, street dance class since Move Momentum started in 2019.

He started dancing as a fun activity to do after school. "I enjoy seeing friends and having fun with them. It's also good exercise."

Alfie states that he really values the friendships he's made through this class "I'm glad to have found them!" He reflects how much he has appreciated the support he's received from the teacher and his peers "The benefits of coming to the class are for exercise but also the support from our teacher, Kerry, and from everyone in the class."



Move Momentum CEO and dance teacher, Amanda, says, "Alfie has been attending our Stanmore Academy for about four years, so it's clear that he really enjoys dancing and being a part of the group, and it's amazing to see how far he's come. He has become close friends with many other participants and has been a great role model for new members joining the class."

"It has been a delight to continue to watch Alfie develop into a lovely young man and it's been wonderful to have him as a student at Move Momentum."

Alfie's mum had this to say: "You guys have been SO good for his confidence and social skills. Thank you!"

*"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."*

*- Stanmore Academy participant*



# SUPPORTERS & PARTNERS

Move Momentum is dedicated to making sure that every individual can enjoy the benefits of dance, however, we can only do this through the support of individuals, organisations and Trusts who generously donate money, time and expertise.

A huge thank you to all our supporters, partners and funders who have supported us, without whom we would not be able to provide our services and continue to make a difference in people's lives.

## SUPPORTED BY:



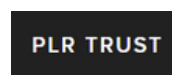
## COMMUNITY PARTNERS:



St Luke's Church, Stanmore



## CURRENT & 2023 FUNDERS:



Charlotte Bonham-Carter Charitable Trust

Lord Barnby's Foundation

Bruce Wake Charitable Trust



# MOVE MOMENTUM TEAM

## STAFF

- Amanda Watkinson - CEO & Dance Teacher
- Lizzie Sawyer - Administrative Officer & Assistant Dance Teacher
- Keeleigh Hamilton - Fundraising Officer & Dance Teacher
- Caroline Wigley - Marketing and Communications Manager\*
- Kerry Chamberlain - Marketing and Communications Officer & Dance Teacher
- Maria Evans - Project Coordinator - Everyone Can Dance - Online (*started March 2024*)
- Summer Robinson - Dance Teaching Assistant\*

### Volunteers:

Katie Omrod, Joe Arrabetou, Lynn Dove-Cambell, Lieke van Putten, Daisy Price, Luke Friday, Clare Coidan

### Students Placements:

2023: Micaela Rackham, Leoni Cook, Ariana Stanescu  
 2024: Isobel Thomas, Claudia Smith

\*no longer in post

## TRUSTEES

- Alana Long - Chair
- Steve Hollinghurst - Vice-Chair
- Harry Newton
- Angela Sims
- Emily Girling
- Peter Brown
- Chloe Plummer
- Hayley Ostler\*

Founder: Louise Todino  
 Liberate Dance Co-Founder:  
 Vickie Simmonds

\*no longer in post

