



## Photo Callout/Picture Spread Opportunity

Dance Umbrella starts this week.  
Members of the press are invited to dress rehearsals  
every day of the five-day run.

Hundreds of children from across Bath & BANES will be performing to thousands more family & friends, starting Friday this week. The whole five days of performances sold out within hours. Each day showcases dances performed by children from different schools from across the region, each performing their own unique routines – every night will be totally different.

Michelle Rochester, co-founder of Dance Umbrella and founder and CEO of movement & wellbeing charity Make a Move, produces and rehearses all the shows. Michelle says:

*"I love seeing the children's excited faces. There are nerves, of course, but the joy when they come off stage – they're so proud of themselves – they want to go back on! For the organisers there's not a second spare during the week – we don't see daylight for five days – it's stressful, buzzy, exciting, hugely rewarding and satisfying – we absolutely love it but thank God it's only once a year!"*

Children attend dress rehearsals at Bath's Forum on the day of their evening performance.

Press are invited to attend and take photographs at dress rehearsals – whether that's on one of the days or at all five. Please bring credentials to confirm identity. You are welcome to drop in at any time between 1pm and 4pm on

Thursday 23 March - Key Stage 1&2 students (4-7 year olds)

Monday 27, Tuesday 28, Wednesday 29 & Thursday 30 March - Key Stage 1-4 (4-16 year olds)

At Bath Forum <http://www.bathforum.co.uk/>

== ENDS ==

## Notes for editors

### About Make a Move

Make a Move is a charity made up of, and working with, expert practitioners to support children, young people and older people, new mums, employers & the community.

The charity designs and delivers tailored sessions and projects using movement and other creative approaches to well-being, including mindfulness & meditation.

The importance of connection is fundamental to our work – the connection between body and mind, and connections between people. We take our work seriously but aim to inspire laughter, encourage a sense of fun and promote happiness.

We bring communities together by moving, talking, laughing and enjoying being part of something special. We aim to inspire everyone to make better life choices whilst engaging in physical activity and meeting others.

Charity founder Michelle Rochester is also co-founder of Dance Umbrella, an annual event which brings together thousands of children and young people from schools and youth projects across B&NES.

Make a Move is based in Keynsham, a small town near Bath and Bristol. Most of our work is in BANES but we also work in Bristol.

In 2015 the charity received a lottery grant, to support their work with mums suffering from low mood, for three years. In 2016 we celebrated our 5<sup>th</sup> birthday.

### Donations

Local Giving page: <https://localgiving.org/makeamove>

### Newsletter

Signup to the newsletter via Facebook, the website, or by following this link:

<http://eepurl.com/b3a0AT>

### Contacts

[www.makeamove.org.uk](http://www.makeamove.org.uk)

[facebook.com/makeamoveorg](https://facebook.com/makeamoveorg)

twitter @makeamove4

Michelle Rochester, charity founder and CEO is available for interview – contact her directly using [daturasdance@yahoo.co.uk](mailto:daturasdance@yahoo.co.uk) or 07595 702 874

For other media enquiries please contact Beccy Golding, chief of communications, via [beccy@makeamove.org.uk](mailto:beccy@makeamove.org.uk) or 07946 400 228