



Local charity will celebrate success with toasts & speeches from those who've benefited

Make a Move is holding an event to say thank you to all their supporters, collaborators, practitioners and participants – past, present and future.

Invitations are being sent out for **Make a Move's Celebration Event** on **Wed 5 July, 5-7pm, in Bath.**

The relaxed informal event will include: -

- speeches & toasts by the team & friends of **Make a Move**
- free nibbles and a glass of fizz!
- local launch of *Weaving the Cradle* book*
- time to mingle, chat and ask questions
- short optional taster to see how **Make a Move** works.



* Sarah Haddow (pictured, right), **Make a Move** assistant CEO, has recently co-authored a chapter in a book on therapeutic practices to support mums and babies to bond, called *Weaving the Cradle**. Our event incorporates a local launch of the book (national launch in London in June).

Michelle Rochester (pictured, left), **Make a Move** founder and CEO, said

*"**Make a Move** has touched the lives of thousands of adults and children since we became a charity in 2011. It's not often we blow our own trumpet but we're really excited to have this chance to say thank you to our supporters and tell the world about what we do!"*

The event is free and anyone who is interested in the work of the charity is welcome to attend. But please register in advance, via Eventbrite or Facebook, so we have an idea of numbers."

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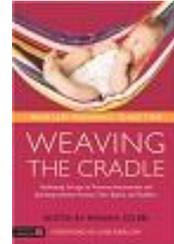
Notes for editors

- To register: search 'make a move celebration'

Facebook: www.facebook.com/events/129385720951705/

Eventbrite: <https://www.eventbrite.co.uk/e/make-a-move-celebration-with-toasts-book-launch-tickets-34665125323>

- **Weaving the Cradle: Facilitating Groups to Promote Attunement and Bonding between Parents, Their Babies and Toddlers.** The book is by and for clinicians who work in perinatal and family services. Sarah's chapter reflects on movement psychotherapy practice in inpatient & outpatient perinatal mental health services, including her work with **Make a Move**, facilitating groups for mothers with post-natal depression in BANES. *Weaving the Cradle*, published by Singing Dragon, April 2017. Available [here](#).



- This event is inspired by National Creativity & Wellbeing Week: www.creativityandwellbeing.org.uk

About Make a Move

Make a Move designs and delivers innovative programmes to improve wellbeing in BANES and beyond. Our unique approach, incorporating movement, music and a range of creative strategies, has proven to be effective with vulnerable groups, such as mums with post natal depression, children at risk of exclusion from school, and older people with dementia, as well as businesses, organisations and community groups.

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.

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 5th birthday.

Donations

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

Contacts

www.makeamove.org.uk

facebook.com/makeamoveorg

twitter @makeamove4 #readytomakeamove

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

For other media enquiries please contact Beccy Golding, head of communications, via beccy@makeamove.org.uk or 07946 400 228