



PRESS RELEASE

Date: 12/9/2016

Birthday message from local charity founder, on Make a Move's 5th birthday

Michelle Rochester, Make a Move's founder and CEO says:

"I am so very, very proud of what we have achieved over this first five years! Our practitioners are the cornerstone of our work. And the work we do inspires and challenges each one of us almost every day.

I'd like to say a huge thank you to all our funders, past and present.

Bath Rotary Club were the first people to fund our work with a child in a primary school all those years ago, in 2011, and we have never forgotten their contribution.

5 years ago St John's Hospital funded us to work with autistic children in Radstock for a year. The subsequent core funding from St John's Hospital enabled us to evaluate and strengthen our offer to new mums and we were able to successfully apply to the Big Lottery fund.

However this funding only supports one aspect of our work – we still need help with our work in schools and with older people with dementia.

Our wonderful news this month is that St John's Hospital has agreed to **double any donations made via our Local Giving Appeal: Give Us Five!**

Thank you for your kind and generous support, St John's.

The charity started with just one practitioner. We now have five expert and experienced practitioners, and a great supporting team, and look forward to our next five years together using creative approaches to wellbeing for the community."

== 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. We design and run 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.

In 2015 the charity received a lottery grant, to support their work with mums suffering from low mood, for three years. Make a Move works with 80 mums, 60 elderly people and around 300 children each year, and deliver around 25 hours of movement & creativity to the people of B&NES every week.

St John's Hospital is a charity which aims to build resilience in people, enterprises and communities in Bath and North East Somerset: www.stjohnsbath.org.uk

Appeal details

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

Give Us 5 appeal: <https://localgiving.org/giveus5>

Newsletter

Signup to the newsletter via Facebook, the website, or by following this link: <http://eepurl.com/b3a0AT>

Social media

Ready-made Tweet: @MakeaMove4 is 5! Growing happiness one step at a time. To celebrate donate to Give us 5 appeal #makeamove #happybirthdaymakeamove <https://localgiving.org/giveus5>

Hashtags: #makeamove #happybirthdaymakeamove #readytomakeamove

Contacts

www.makeamove.org.uk

facebook.com/makeamoveorg

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Michelle Rochester, charity founder and practitioner is available for interview – contact her directly using michelle@makeamove.org.uk or 07595 702 874

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