



PRESS RELEASE: 8 DECEMBER 2016

FUNDING FOR DEMENTIA & MOVEMENT PROJECT

- Funds awarded to local charity **Make a Move** for movement & music project with people with dementia
 - BANES councillor to attend presentation of cheque on Friday 9 Dec
- Keynsham-based music and movement charity **Make a Move** has been awarded £2000 by the Hospital Saturday Fund to re-start its work with older people with dementia.

Bath & North East Somerset (BANES) councillor Rob Appleyard will be attending a presentation of the £2000 cheque on Friday 9 December 2016, at Keynsham Library.

The funds will be used to deliver unique music and movement sessions to older people with dementia attending day centres in BANES.

The charity has done this work successfully for the last three years, but had been unable to run the project since September 2016 due to a lack of funding to pay the expert practitioners who deliver the sessions.

Michelle Rochester, charity founder & CEO said:

“We are so grateful to the Hospital Saturday Fund for their support. These sessions have an incredible impact, including enabling beautiful moments of re-connection between the person with dementia and their carers or loved ones. It is a privilege to be part of those moments.”

Research shows that movement to music can help slow the progression of dementia, and can help maintain connections to the memories and who the person with dementia was before the illness. Through movement, older people with dementia can also maintain and even improve their physical experience and social engagement in life. Additional benefits of dance/movement therapy with older adults and people with dementia, including those in advanced stages, are an increase in vitality, self-expression, relaxation, alertness, self-esteem, social connection, alleviation of anxiety, loneliness, and isolation, flexibility and strength.

== ENDS ==

Notes for editors

Photo opportunity

Members of the press are invited to attend the presentation of the cheque, at 12 noon on Friday 9 December, at Keynsham Library, Riverside, Temple Street, Keynsham BS31 1LA.

Please contact Michelle Rochester, CEO, to arrange: 07595 702 874 or daturasdance@yahoo.co.uk

About Make a Move

Make a Move is a charity made up of, and working with, expert practitioners to support children, young people, older people, new mums, employers & the community. In 2016 the charity celebrated its 5th birthday.

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 and CEO 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 BANES.

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

Donations welcome

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

Give Us 5 appeal, celebrating the 5th birthday): <https://localgiving.org/giveus5>

Newsletter

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

Contacts

www.makeamove.org.uk

facebook.com/makeamoveorg

twitter @makeamove4

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, chief of communications, via beccy@makeamove.org.uk or 07946 400 228