



PRESS RELEASE 24/10/16

Double local charity **Make a Move**'s chance to increase wellbeing in BANES

- **Make a Move** is participating in **Localgiving's Grow Your Tenner campaign**, launched 18 October
- The charity will use funds raised through the campaign to continue their important work with mums with post-natal depression, children facing challenges, and older people with dementia
- The campaign will match one-time donations pound-for-pound up to £10, and monthly donations up to £10 per month for 3 months

Keynsham-based charity **Make a Move**, which uses music and movement to improve wellbeing, is calling on local people to help it gain extra funding through **Localgiving's Grow Your Tenner campaign**. In our 5th year we will be using the funds to help us continue our work supporting young mums with post-natal depression to feel more like themselves and bond with their babies, to help older people with dementia feel better and reconnect with their carers, and to help vulnerable children in schools make friends and re-engage with their education.

The **Grow Your Tenner campaign** launched at 10am on the 18th October and will end either on the 17th November at 5pm or when all the funds have run out – whichever comes first! During the campaign, one-time donations will be matched pound-for-pound up to £10 and monthly donations up to £10 per month for three months.

Local supporters can help by making a donation during the campaign. For a one-time £10 donation with Gift Aid, **Make a Move** will receive £21.67! Supporters can make one-time donations and set up a one monthly Direct Debit per charity which could result in over £80 funding.

Michelle Rochester, charity founder and CEO says "Each year **Make a Move** works with 80 mums, 60 elderly people and around 300 children. We deliver around 25 hours of movement & creativity to the people of B&NES every week. If people can donate through the **Grow Your Tenner campaign** it will support us to continue this work, and if all goes well, to reach even more people who need us!"

== 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 September 2016, **Make a Move** celebrated its fifth birthday.

In 2015 the charity received a lottery grant to support their work with mums suffering from low mood for three years. **Make a Move** has also been supported by St John's hospital, B&NES council and the Schools Sport Partnership.

Appeal details

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

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

Newsletter

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

Contacts

- www.makeamove.org.uk
- [facebook.com/makeamoveorg](https://www.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 communicator, via beccy@makeamove.org.uk or 07946 400 228

About Localgiving

Stephen Mallinson, Chief Executive of Localgiving, said: “Local charities are at the forefront of every community, offering vital services and supporting the most vulnerable people in society. **Localgiving**

hope that through the *Grow Your Tenner* campaign, more people are able to connect with charities and community groups in BANES like **Make a Move** and offer their support. The campaign also encourages local organisations to engage with online fundraising which is becoming an increasingly important channel for groups who are trying to become less dependent on grants and take control of their futures.”

Localgiving is a not-for-profit social enterprise and was founded by Marcelle Speller OBE, with the aim of enabling giving and donations to small local charities and community groups, and to help those charities to be sustainable by providing access to an online marketing and donation process. With **Localgiving**, even the smallest community organisation can receive Gift Aid, thanks to a validation process which meets the Charity Commission’s standards. With 5,000 validated charities already signed up, **Localgiving** provides support to small, grass roots aid organisations across the country.

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www.localgiving.org