



PRESS RELEASE

Local charity **Make a Move** celebrates 5th birthday & launches Give Us 5 fund-raising appeal

Keynsham-based music and movement charity **Make a Move** is five-years-old in September. To help them celebrate, the charity is asking its supporters to contribute to their **Give Us 5 appeal**.

The charity was set up five years ago, in September 2011, by Michelle Rochester (a dance teacher for 20 years), based on the principles that music and movement make people happy. Previously Michelle was working in schools in B&NES, supporting children and young people, but knew she could do more, so set up the charity.

Michelle says "I saw a gap in provision - to help children develop coping strategies. Once I saw what we did working for them, I was keen to offer it to other groups too."

From originally working with vulnerable children, the charity now also works with mums with post-natal depression and older people with dementia, as well as local community groups, and is even starting to work with employers who want to support the wellbeing of their employees.

The charity has a month of celebrations planned.

As well as the appeal, Make a Move is celebrating with the launch of their new blog and news digest. In addition a new page on the website offers some interesting '5 Things You Didn't Know' about Make a Move (<http://www.makeamove.org.uk/about-us/5-things/>). The team also have a camping weekend planned, a practitioners meet up, and individual projects will be celebrating with tea and cake!

Michelle says "For me the best bits so far have been working with others who want to make a real difference in people's lives. The tough bit is always looking for funding. 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 to our Give Us 5 Appeal it will support us to continue this work, and if all goes well, to reach even more people who need us!**"

Make a Move would like to thank St John's hospital, B&NES council and the Schools Sport Partnership for their support.

== ENDS ==

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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.

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

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

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