



PRESS RELEASE 14/11/2016

BalletBoyz drop in to support local charity Make a Move

A group of mums were delighted when two of the **BalletBoyz** dropped in to attend their movement & wellbeing course.

Mums from BANES attend a course with **Make a Move** to help them tackle their post-natal depression and low mood. The course uses dance, movement and counselling to help the mums feel better about themselves.

The **BalletBoyz** were performing at Bath's Theatre Royal this week. Ed Pearce and Josh Wild, two members of the company, joined the **Make a Move** group with their warm-up session and other creative exercises including yoga.

Michelle Rochester, dance practitioner and founder of Make a Move said:

"We laughed, moved and relaxed together. We exchanged stories of how we have seen dance and movement have a life-changing effect on people. The boyz said they had seen this when they visited Ethiopia. And closer to home we told them how one of our mums felt terribly low, she was locked in a bathroom with a pile of pills, considering suicide, when she remembered some of the things she had learnt on our course. She did some breathing exercises and listened to some music, and then she was able to unlock the door and face the world again."

"The Boyz were great with the mums who attend our course and we want to thank them so much for joining 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 Moving on Up project for mums with low mood is a term-long course. Mums are referred by health visitors and take part in sessions of music, movement and therapeutic talking which help them recover from their depression. In 2015 Make a Move received a three-year lottery grant to support this work.

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. The charity is based in Keynsham.

Donations

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

Make a Move is five years old in 2016.

To support their birthday Give Us 5 appeal go to: <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](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 of communications, via beccy@makeamove.org.uk or 07946 400 228

About BalletBoyz

<http://www.balletboyz.com/news/balletboyz/>