

Leading dance for older people



A 2-day training course £150

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Saturdays May 18th and June 8th 2019, 10-4

This course will equip you to facilitate dance and movement with older people with limited mobility and/or dementia in one-to-one sessions or in settings such as care homes, daycentres and hospitals. It includes practical workshops offering take-away methods and tools to add to your 'bag'.

Who is it for? **Activity co-ordinators, dance artists, OTs, care staff, students of dance or creative arts, and volunteers in dementia services.** If you are a dancer, you will learn specific skills and knowledge to work with older people or people with dementia. If you are a care professional, family carer or volunteer you will learn new approaches to enliven your work.

Topics include: Planning and delivering dance and movement-based sessions, ideas for icebreakers, warm-ups, cool downs, creative movement, and themed sessions, how to use dance and creative movement to promote engagement, mind-body connection and to support a sense of self. You will have practical tasks to complete between the two sessions.

Andrea Haley is a dance practitioner specialising in dance with older people. She has delivered dance projects on both national and local levels. Andrea is Lead Dance Artist at Derby Royal Hospital where she has embedded a dance programme across several ward areas. She regularly delivers dance training, which includes training for Derbyshire NHS, York NHS, Burton NHS, CityArts Nottingham, Nottingham City Council and The University of Derby. Andrea.freedomwithdance@gmail.com



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