

Breathing Space – quality, creative time together for people living with dementia and their partner or carer.

Movement with Dr Richard Coaten

Movement and dance promotes physical health and well-being, supports self-esteem and confidence, and is at heart a very sociable activity. In this series of sessions there is no attempt to remember steps from previous weeks, learn any particular technique, tire anyone out, or put anyone on the spot. Simply spend time together moving & dancing, getting to know each other and having fun.

Absolutely no previous experience is needed, just a willingness to give it a go.

Come to one, come to some, or come to all.

For more information on how to take part see reverse of this leaflet, check the Hoot website www.hootcreativearts.co.uk or contact:

Dave or Moira at Hoot

01484 516224/ 07880 731767

**Batley Older People's Centre,
Upper Commercial Street,
Batley,
WF17 5DH**

(you don't have to be old to go there)

Mondays 2 – 4 pm

**February 23rd, March 2nd,
9th, 16th, 23rd**

**Creative writing sessions follow
in April**



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What is it?

Breathing Space offers people with dementia and their family member, partner, carer or support worker a range of creative activities. It's proven that taking part in creative activities has positive benefits to mental and physical health and well being. Participants can take part in weekly group sessions where they can meet people, make friends and have fun. Sessions include music and song, movement, dance and visual arts. It's a place to revisit forgotten stories, songs, creative skills and movement and explore new and exciting ones. **Absolutely no previous experience is needed.**

Who is it for?

It is for people who are concerned about their memory, or who are in the process of obtaining, or already have a diagnosis of early stage dementia **and** someone they have a connection with. This may be a family member, partner, carer or support worker. For more information and a referral form please contact Hoot or visit the Hoot website.

When is it?

It takes place on Monday afternoons, starting at 2pm and finishing around 4pm. Tea breaks are included.

Where is it?

It's at Batley Older People's Centre, Batley Older People's Centre, Upper Commercial Street, Batley, WF17 5DH. (You don't have to be old to go there.)

Hoot is an organisation which has been offering innovative opportunities for people with mental health needs to get involved in music, dance and other creative activities for 12 years. Hoot staff and artists are experienced at working with people who may lack confidence and self esteem and are familiar with the challenges this can present, particularly at new beginnings. We recognise the importance of providing a reassuring, supportive place in which people can develop their creativity and nourish their personal wellbeing and growth.

How much is it?

It's free, but donations are always welcome.

How to refer

The Breathing Space referral form is available by contacting Hoot or from our website. Complete the referral form and send it to Moira Wade at Hoot. Hoot's contact details can be found on the front of this leaflet. Please get in touch with Moira or Dave if you have any queries – 01484 516224 or 07880 731676