

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

## **Movement sessions 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.**

**The Breathing Space project is pioneering in its all-inclusive approach to the arts, making them accessible and meaningful to all who can come.**

For more information & how to take part see reverse of this leaflet, check the Hoot website [www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk) or contact Dave or Moira at Hoot 01484 516224/ 07880 731767

**Hoot Creative Arts  
Bates Mill  
Milford St  
Huddersfield  
HD1 3DX**

### **Movement sessions at Hoot**

**Monday's 10.30 – 12.30**

**February 16<sup>th</sup>, 23<sup>rd</sup>  
March 2<sup>nd</sup>, 8<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>**

**Pottery sessions follow in April**



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

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

## 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. Referred 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. Participants need to meet the criteria listed on the referral form which is available from Hoot and can be sent by post or electronically.

## When is it?

It takes place on Monday mornings, starting at 10.30am and finishing around 12.30pm. Tea breaks are included.

## Where is it?

It's at Hoot near Huddersfield Town Centre. The entrance is on the corner of Queen Street South and Milford Street.

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 10 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 towards costs are always welcome.

## How to refer

Complete the Breathing Space referral form and send it to Hoot. Hoot's contact details can be found on the front of this leaflet and also on the referral form itself. Please get in touch with Moira or Dave if you have any queries – 01484 516224 or 07880 731676.