



**moving
memory**
DANCE THEATRE COMPANY

**PROMOTERS'
PACK**

HELLO!

**moving
memory**
DANCE THEATRE COMPANY

Welcome to Moving Memory Dance Theatre, one of the UK's leading arts organisations dedicated to improving the quality of life and equality for older people and other marginalised communities.

At Moving Memory Dance Theatre, we address the ageism that exists within individuals and society as a whole, which has been identified by the UN as a leading cause of poorer health, social isolation, shorter lives, and costing economies billions.*

Our team produces performances, workshops, and training, and offers guidance to others, contributing to research to help people across the country view ageing differently. Our experience as older people, coupled with the techniques we have developed, resonate with, and prove valuable to other people whose voices are often unheard.

We invite you to join us in our mission to ensure that everybody feels welcome and included, regardless of their background. We'd love to work with you so that together we can use creativity and movement to create social connections between people and change society for the better.

The Moving Memory Dance Theatre Team

**Global report on ageism. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO.*



WHO WE ARE



Moving Memory Dance Theatre is an innovative, collaborative & inclusive physical performance company which has been performing in town centres, public spaces, festivals and theatres for over 10 years.

Led by Creative Director, Sian Stevenson, who has over 30 years' experience as a performer, choreographer, director and educator, Moving Memory Dance Theatre makes and presents striking, visual, meaningful performances, films and installations which surprise and entertain audiences and change perspectives on ageing.

WHAT DO WE DO?

- Make and present striking, visual and meaningful performances, films and installations which surprise and entertain audiences
- Challenge people of all ages to change their perspective on ageing
- Support older people to have greater access to artistic and creative activities which offer ways to find personal satisfaction, fulfilment, and creative ways to well-being.

>1 000
**WORKSHOP
PARTICIPANTS**
in the past 5 years

**"I'VE LOVED
MOVING MY
BODY AGAIN."**

Workshop participant

OUR OFFER

We believe moving well and exploring personal creativity keeps people happier and healthier. We are convinced that Moving Well – our unique peer-led approach – with its embedded element of public performance, exhibition or installation, brings deeper engagement and a stronger sense of well-being.

WORKSHOPS

Participants explore their own creativity with the option to perform or showcase their material through Damn it! Dance It! or Groovin' Well workshops.

PERFORMANCES

An award-winning combination of movement, digital projection, music and spoken word.

TRAINING

Train to run your own Moving Well-style workshops with access to a community of support and online resources.

TO SUIT YOU

Our products can be combined in packages to suit your context or we can create something bespoke together.



**moving
memory**
DANCE THEATRE COMPANY

DAMN IT! DANCE IT!

Discover the magic of Damn It! Dance It! and bring people together to move, groove, and connect in public spaces.

Damn It! Dance It! – tested in shopping centres in Kent – can transform any public space with creativity, movement and fun. This innovative program, led by two experienced facilitators, comes to you, complete with everything needed to run 6 sessions.

Facilitators bring people together to use their own stories to devise choreography for a short piece of performance. The co-operative approach fosters strong social connections between participants, inspires them to stretch themselves both physically and mentally, and creates a new sense of belonging in a locality. The program provides a unique opportunity to engage with marginalised people and diverse audiences while bringing community spaces to life.

**“ABSOLUTELY
LOVED IT. IT
HAS MADE MY
HEART
BIGGER AND
MY HEART
BEAT TO THE
MUSIC”**

Workshop participant



Damnit Danceit!

MOVING MEMORY DANCE THEATRE COMPANY

GROOVIN' WELL

Groovin' Well encourages people to tap into their creativity, express themselves, and improve their overall wellbeing. Like Damn It! Dance It!, sessions are led by two experienced facilitators who enable participants to use their own stories to devise choreography for a short performance piece which is then presented publicly. The goal is for participants to feel a strong sense of ownership and be confident to present their piece at other local events and venues.

Groovin' Well delivers on all Five Ways to Wellbeing by helping people connect with others, be physically active, learn new skills, give to others, and be present in the moment. Participants say it pushes them to do more than they think they can, and they enjoy the creativity and sense of achievement.

"I felt jubilation... It was quite an achievement to take part. To work on something and to perform it, the ending of the actual piece. It felt good. We all felt that. We were all on a high afterwards."



"IT STOPS YOU GETTING TO THAT MINDSET OF "I'M GETTING OLDER NOW AND I AM GOING TO ACHE AND NOT WALK FAR." I'VE REALLY ENJOYED THE CREATIVITY...IT'S AN ABSOLUTE JOY."

Workshop participant

PERFORMANCES

Moving Memory Dance Theatre Company's core performance ensemble creates unique and meaningful performances centred around the stories and experiences of older adults.

These performances are not just about entertainment but also serve as a reminder of the rich and valuable lives that older adults lead. Through our performances, we challenge societal stereotypes and promote a more inclusive and compassionate view of ageing. Our work serves as a source of inspiration and hope, reminding us of the beauty and resilience of the human spirit, regardless of age. Performances can respond to commission or be booked from the company's repertoire.

WHAT PEOPLE SAID ABOUT

Beside Me

"An uplifting, emotional, tender, funny experience

"It was funny and moving, beautifully done. Extremely clever and thoughtful

"I didn't think I was coming to a feminist piece - but in all the best senses, for all the right reasons, it was feminist "



WHAT PEOPLE SAID ABOUT

Busting Trifles

"It was so cool, really unique

"People got so excited when their old lady costumes were coming off!

"It's great to see something like this happening in the park. I know that this performance will be remembered long after you've gone. I do hope you can come again!

MOVING WELL

"A FABULOUS
RESOURCE!"

Louise White, Director,
Dacorum Community Dance

Training with Moving Memory is all about practitioners in arts, sports and other disciplines learning the skills of co-creation. Using our Moving Well practice, trainees can incorporate chosen elements into their own practice, or

undertake longer term training to become part of our own facilitation team. Training happens both online and in-person.

The Moving Well Online Learning Resource demonstrates our collaborative and playful approach. With plenty of practical information and – uniquely – a “Pick ‘n’ Mix” from which a practitioner can take what will work with their group.

<https://movingwell.movingmemorydance.com/>

THERE ARE 4 PARTS

WARM-UPS

Including ideas for getting participants to relax and move their bodies, with the emphasis on having fun.

IMPROVISATIONS

Shows how to encourage a group to play and move together, and how to begin to find a shared voice.

CHOREOGRAPHIC KITCHEN

Examples of how groups can find, sequence and animate their most meaningful moves, creating a way to share their stories.

MEMBERS

The Members section aims to be a distinctive creative community, a place for ideas and exchange, where films of work by members' groups can be shared.

BESPOKE TRAINING

Moving Well Online is designed as a self-help resource, but, once started, Members may want to develop their skills further. For this we offer in-person sessions and opportunities to learn in practice by working with our established groups. The comprehensive program is designed to equip you with the skills, knowledge, and experience you need to bring your community together, build connections, and inspire change.



GROOVIN' WELL AND DAMN IT! DANCE IT!

Use Moving Memory Dance Theatre's unique and proven creative movement practice Moving Well to run Damn It! Dance It! or Groovin' Well sessions in your community.



BESPOKE

We offer bespoke training packages for tackling ageism, access, and inclusivity.

Previous bespoke sessions have included:

- Workshops empowering participants to create autobiographical work
- Workshops to build understanding and skills in co-creation & facilitation.



REFRESH

For existing trainers Moving Memory Dance Theatre offers the opportunity to update and renew your practice.

moving memory

DANCE THEATRE COMPANY



CONTACT

Cheryl Pierce, Administration Manager

Moving Memory Dance Theatre Company
Studio Z210
Creek Creative
1 Abbey Street
Faversham
ME13 7BE

e: info@movingmemorydance.com

