

DNA NEWSLETTER

January 2024

Dance Network Association (DNA) is a charity that enables people to live more connected, joyful and aspirational lives through dance. Dancing with DNA provides opportunities for people to improve their confidence and physical well-being, nurtures creativity and independent thinking and enhances friendships through social interaction.



HELLO ALL!

First and foremost, a very Happy New Year to all of you!

We hope you had an enjoyable Christmas period and were able to take some time to relax and put your feet up.

Life is busy over here at DNA as we have kicked off the year, not only with the return of all our wonderful classes, but also some exciting new projects! It's been amazing to see some of our lovely participants again and we are very optimistic for what is looking to be an exciting year ahead!

Here are a few moments of joy that we have been providing this month:

- On 5th January we had an Artist's Planning Day with our amazing freelancers to shape our work over the next few months.
- Our Colchester and Witham classes have returned (more information and how to book below).
- Our wonderful new Support Artist, Katelyn, has started with us, helping to deliver our Dancing with Parkinson's classes in Colchester.
- Our Support Officer, Kelly, has been to Maldon to promote our work in the community as our hope is to bring DNA's classes to the area later this year!

We look forward to sharing more updates with you next month and in the meantime, our inbox is always open, so if you would like to find out more about our projects or classes, don't hesitate to get in touch!

Gems x
CEO | DNA

IN THIS NEWSLETTER:

- How to get involved in our classes
- Mass Dance returns for 2024 with a brand new collaboration!
- Introducing our new intergenerational dance project: Every Move Counts
- News from our partners:
 - Alzheimers Society launch an online support group for Essex carers



OUR CLASSES ARE BACK

“My wife gets totally submerged in class which helps to transform her mood and lifts me at the same time.”

Dancing with Dementia Participant

We are back in full swing with our classes and are always so pleased to hear, when we return, just how much you have missed them and what a difference they make to your week.

Are you aware of all the classes DNA offer?

[Find out more about our classes and make a booking on our website](#)

We pride ourselves on being able to offer our classes for free, however with limited funding for the arts and the increased cost of living, we welcome and greatly appreciate all donations to help us keep them running!

You can make an online donation to DNA by [clicking here](#)



DANCE MATTERS 2024

We welcome the return of our successful Mass Dance Programme, with plans already taking shape!

For this year's Mass Dance programme, we are looking at some of the reasons for why dance is important and matters to us. We'll be exploring themes such as joy, self expression, community and celebration.

We are really excited to share that we have commissioned Sarah Lewis and Laura Anderson, from Glass House Dance, to choreograph the Primary & Secondary choreography. Glass House Dance are known for creating uplifting, joyful dances to great music, where they encourage others to find freedom and expression in moving.

To find out more about Glass House Dance, head over to their [website](#)

Are you an educational setting in Barking & Dagenham?

Sign up for the Mass Dance 'Dance Matters' programme by emailing steph@dancenetworkassociation.org.uk



EVERY MOVE COUNTS

In an exciting new commission, in collaboration with the Essex Education Taskforce and Adult Social Care, DNA has been asked to create a new intergenerational dance project for the Essex Year of Numbers.

The Every Move Counts project will feature two 12 week long intergenerational programmes based in Tendring, that culminate in a celebratory event; working with older adults specifically living with Dementia and young people in primary school settings from KS1.

The Essex Year of Numbers is a countywide campaign that aims to inspire a love of learning, focusing on numeracy. Read more at www.essex.gov.uk

Here's the amazing team involved in this project:

Lead Artists: Bobbie Gargrave
 Laura Wright

Support Artists: Katelyn Holman
 Rosy May

Care Homes: Corner House, Clacton-on-Sea
 Lime Court, Harwich

Schools: Engaines Primary School, Clacton-on-Sea
 St Joseph's Primary School, Harwich

Designer/Illustrator: Lizzie Reid

To find out more about our Dance Artists & Designer, [click here](#)

Help and Hope - online support group for Essex carers



Six, weekly sessions, starting on Monday 8 January 2024 at 10.30am.

Join our carer support group online sessions, which will be facilitated by a dementia adviser and includes speakers from the fire safety team, community agents and local Essex police fraud prevention.

Contact: essex@alzheimers.org.uk



Together we are help & hope for everyone living with dementia



Registered with
FUNDRAISING
REGULATOR

Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.

We look forward to dancing with you soon

Team DNA

x

Gemma Wright

CEO | Founder

Karen Pratt

Dancing for Joy Programme Manager

Kelly Chambers

Support Officer

Steph Townsend

Freelance Education Manager and Social Media



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