



Dance to Health is a new, pioneering falls prevention dance programme for older people. It combines physiotherapy with the creativity, expression and energy of dance. The groups are led by trained Dance Artists who embed evidence-based falls prevention physiotherapy exercises in fun, sociable dance sessions for older people who have been suffering falls or are at risk of falling.

In partnership with the Sheffield CCG and Yorkshire Dance, Dance to Health is due to be rolled-out in the following areas of Sheffield:

Saint Augustine's Church

Brocco Bank,
Sheffield
S11 8RQ

Weekly sessions start on Wednesday 3rd January 2018
10am-12pm

Stocksbridge Community Leisure Centre

Moorland Drive
Sheffield
S36 1EG

Weekly sessions start on Monday 8th January 2018
10am-12pm

Verdon Street Recreation Centre

Verdon Street

Sheffield

S3 9QS

Weekly sessions Start on Thursday 11th January 2018

10am-12pm

Dance to Health will start with the IMPROVEMENT PROGRAMME. This uses evidence-based falls prevention exercise programmes, FaME (primary prevention) and Otago (secondary prevention). The programme runs one session per week over six months with a home practice element. The sessions are free to participants.

The social aspect of the Dance to Health programme is just as important as the dance. All the sessions include a 30-minute refreshment period where everybody can sit and have a drink, and a chat. This means that the programme also offers additional benefits such as reducing social isolation.

Dance to Health also offers volunteering opportunities for older people who have a keen interest in dancing or who can offer support to participants in other ways.

If you would like more information about Dance to Health, then please contact:

Nesreen Shah | Local Dance to Health Coordinator Yorkshire

nesreenshah@ae-sop.org 01993 870159



www.ae-sop.org | www.aesopmarketplace.org | www.dancetohealth.org
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