



*Scan to see MA Film*

**What?**

**Dance Creative** is a series of gentle creative movement workshops which offer participants the chance to think, move and respond at a physical, mental and emotional level whilst in a small, safe group setting. The 90-minute workshops are designed for non-dancers and older participants who might be keen to explore how creative movement can support personal wellbeing.

**Why?**

The first version of this course was designed for my MA Arts Practice (Arts, Health and Wellbeing) in the winter of 2022, and set out to research the wellbeing benefits from taking part in creative movement workshops. Analysing the results showed:

- Data from the WEMWBS questionnaire (Warwick Edinburgh Mental Wellbeing Survey) highlighted 80% of participant’s mental wellbeing improved and 20% of participant’s mental wellbeing remained the same.
- Three participants (whose mental health was recorded at a low score initially) showed the greatest improvement, gaining on average 21.6 points. The average increase for the group was 11.5 points.
- Analysing how ‘confidence’ changed during the duration of the project showed there were personal increases week on week for 83% of participants.
- Workshops were aligned with 5 Ways to Wellbeing (NHS, 2019) ensuring participants could: connect, be active, take notice, give themselves time and try out new approaches.
- The Five Ways to Wellbeing questionnaire concluded overwhelmingly that the project sat well within the NHS guidelines.

**When/Where?**

**Dance Creative** workshops can be delivered in various spaces around Monmouthshire, the Wye Valley and The Forest of Dean.

**How?**

**Dance Creative** will offer participants opportunities to explore:

- breathing exercises
- drawing and mark-making
- creative dance
- chance to reflect
- guided meditations
- movement mantras

Each week a different theme will underpin the activities and each participant will be supported to create embodied movement phrases. Through developing a sharing culture participants will be able to connect with others and share their thoughts, movements and images created.

“Connecting with new people, learning new skills, noticing little changes in my physicality, being active in a completely different way and sharing this whole experience with some lovely people has made such a positive impact on my physical and mental wellbeing.”  
Participant

“Everyone was so friendly, and we got to know each other over the 5 weeks. It was good to meet new people, chat about what we were doing during the session and also find out that we all had other things in common.”  
Participant

“I would have never considered that I would enjoy being creative through dance but the way it was presented enabled me to understand the connection between movement and feelings.”  
Participant