

Residential and care homes

What is it about?

We strongly believe in keeping people moving no matter what their age or ability. We have created a programme that does just that for the more mature body.

These sessions are a fun and light-hearted way to get your residents moving and socialising, dancing, singing and laughing. With upbeat music and uplifting exercises, props, instruments and games, everyone is bound to have a great time.

What are the benefits?

Whether you are seated or standing this session can be fully enjoyed.

Often in this stage of life it can be trying to find exercise that isn't too strenuous, requires too much planning and that is fun and engaging. Dance is a form of exercise that can be uniquely tailored to the needs and ability of specific bodies, which is handy for those who are a little less flexible than before. Dance keeps the heart pumping, the lungs expanding and the joints and muscles mobile.

On top of the physical aspect, dance has been proven to help forge new neurological pathways that can help keep illnesses like Alzheimer's and dementia at bay. It is also good at boosting mood and creating social connection in group settings. All in all, a winner for your residents.

How is it structured?

The programme will consist of a few exercises/dance routines performed to music. These will involve repetitive phrases of movement for the residents to follow and learn over several weeks (3 or 4 depending on ability and how much they are enjoying the theme). This gives them enough time to really familiarise themselves with the movement and connect with the exercise

before moving on to a different theme and different routines. Being able to connect and familiarise themselves with the routines will ensure that they get the most out of the exercises and gain more from the experience.

Some of the themes that we run are: 'Day at the Seaside', 'Let's Rock and Roll', and 'Night at the Movies'. These have theme- appropriate music as well as props and instruments to bring more fun and laughter to the session. We are also open to suggestions from staff and residents - we are always keen for new ideas.

One free taster session: we will come to you and teach a session free of charge before you commit.

Sessions are usually 45 minutes long, invoiced monthly.

Cost: £35 per session.

For further information please contact us at hello@thelottdance.com

Kindest regards

Lottie Pegrum