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|  | **Dancing for Health** |
| Organisation | Trinity Laban |
| Address | Laban Building, 30 Creekside, London SE8 3DZ |
| Description | Dancing for Health is a free, weekly dance class for people who are recovering from, or living with an acquired brain injury or stroke.  This creative dance activity is delivered by a Trinity Laban dance artist, working in collaboration with an occupational therapist. The class aims to improve wellbeing, balance, and movement capabilities. Participants can enjoy moving and dancing in a safe and supportive environment. |
| Who can attend? | Any adult recovering from, or living with an acquired brain injury or stroke. No previous dance experience necessary |
| Price | FREE |
| Accessibility | Step free access  Accessible toilet  Stepped access (one to three steps)  Upstairs (no lift)  Option to do the activity sitting down  The activity and building are completely accessible |
| Day and Time | Fridays 2-4pm, during term time  Autumn 2023 term dates: Friday 22 September – Friday 1 December |
| Transport | Train: The nearest rail is Deptford or Deptford Bridge, or Cutty Sark DLR.  Bus: from Lewisham to Wavelengths stop on Creekside: 47  Car: There are limited parking spaces at Trinity Laban. Participants/carers will need to email car registration in advance |
| Phone | Kara: 020 8305 9414 |
| Email | Laura Woods: l.woods@trinitylaban.ac.uk |
| Website | https://www.trinitylaban.ac.uk/take-part/for-adults/dancing-for-health/ |
| Joining | Advanced booking is required  A participant information form will need to be completed before attending a session |
| Possibility for the client to be contacted by the organiser in advance to encourage attendance | A member of the Trinity Laban team will contact the participant and/or carer prior to their first class to ensure that we have a completed information form and to answer any questions they may have. |

Last updated on: 6/8/2023

If some of the information on this document is no longer accurate, please inform Community Connections Lewisham via email [communityconnections@ageuklands.org.uk](mailto:communityconnections@ageuklands.org.uk) or on 0330 058 3464.