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|  | **Voices in Motion** |
| Organisation | Trinity Laban |
| Address | The Green Man, Bellingham |
| Description | Voices in Motion are led by dance artists and musicians from Trinity Laban, focussing on creatively combining movement and vocals. Voices in Motion welcomes all levels of ability and no previous experience of singing or dance is required. |
| Who can attend? | All ages are welcomed but most of the participants are currently over 60. All activity can be tailored to the level of the participant. |
| Price | Free |
| Accessibility | Step free access  Accessible toilet  Stepped access (one to three steps)  Upstairs (no lift)  Option to do the activity sitting down  Other comments: |
| Day and Time | Thursdays 10.30-12.00 |
| Transport | Nearest rail in Beckenham Hill or Bellingham. Buses 136, 181, 208, 320, 54, N136, N47 stop outside The Green Man. Limited parking is available on the surrounding residential streets. |
| Phone | 020 8305 4390 |
| Email | p.harrison@trinitylaban.ac.uk |
| Website | https://www.trinitylaban.ac.uk/take-part/for-adults/inspired-not-tired/ |
| Joining: turn up or book? | Contact Trinity Laban to see about joining. |
| Possibility for the client to be contacted by the organiser in advance to encourage attendance | Yes |

Last updated on: 26/01/23

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.