

Moving Kinship Hubs

Workshops for

people living with **young
onset**

dementia and their families

Beatrice Allegranti Dance Theatre

Moving Kinship Participatory Hubs offer **monthly one-day** workshops engaging families affected by young-onset dementia at **Alexandra Palace** (Haringey) & **Merton Arts Space** (Wimbledon).

Come and join us in a **safe, supportive** and **playful** environment where we celebrate **capacity** whilst also address **losses** over time. Working with families affected by dementia we have found that it is possible to develop a way of **'listening with movement'** and this impacts positively on family communication and relationships.



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At first I was anxious watching the dancers...so accomplished. They invited me in such a warm way I became more relaxed. I enjoy the intense expressions on faces and the body emotive movements. I feel like moving...also being part of a group making close connections feels good. Thanks for the creations

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Yvonne, living with young onset dementia

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It felt like we were both able to experience something in our own ways and get something independently out of it. It was incredibly liberating to see mum enjoy and be so engaged in dancing. It was the first time in a while I was able to leave her to herself and her own enjoyment without feeling guilt or responsibility

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Zaki, son and carer for mum living with young onset dementia

The process has three steps :

- 1. Beatrice visits you at home and speaks with you about your stories and experiences of living with dementia, whether you are the person living with dementia or a family carer.**
- 2. Your stories inform the creation of bespoke dance theatre performances and music about your experiences of living with dementia. We invite you to witness our bespoke creations every month in a workshop at either Alexandra Palace or Merton Arts Space.**
- 3. During the workshop we also invite you to respond to the performances in movement, through song or words together with our company of professional dancers, a singer, actor and a musician.**

Watch short films about our participatory dances with families here:

<http://www.beatriceallegranti.com/blog/>

The workshops *are facilitated by Beatrice Allegranti PhD, UKCP reg. dance movement psychotherapist and choreographer with over twenty years of experience of working in out-patient NHS dementia services, adult mental health and in private practice. Beatrice is Associate Professor at the University of Roehampton as well as artistic director of Beatrice Allegranti Dance Theatre.*

All families and partnerships are welcome. If you are interested in taking part please email:

beatriceallegrantidancetheatre@gmail.com

Call: **07714 196810** if you have specific questions.



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www.beatriceallegranti.com