

INSPIRATION ARTS

Imagination Arts is an inclusive dance business focused around fighting social isolation and bringing people together, so the COVID-19 pandemic really hit us in a difficult way. We could no longer provide the face-to-face classes we so loved doing, and the fear of our participants becoming lonely was a real worry for us. However, we were determined to keep working through the 'lockdown' and started to take our classes online.

Thankfully, we were able to move 4 out of our 6 Movement to Music classes for Over 60s online, with the majority of our participants continuing to take part in the weekly classes. It has been really lovely to keep this contact with our participants, as so many of them rely on our weekly class as a regular form of contact with the outside world. We continue to have our social time at the end of class, which always ends up with a lot of smiles and giggles!



“Just want to recommend these classes to everyone. I normally attend the Movement to Music classes at Flitwick and was so disappointed when the current situation made them impossible. However, the Imagination Arts team have put together a programme of online classes and they work really well. The teachers are so enthusiastic and this enthusiasm really is contagious. I have found it really energising to take part and come away feeling much less isolated, it’s great to see the other participants’ smiling faces too.” – Participant

Imagination Arts provide dance for older people in not only our Movement to Music classes, but in Care Homes, Dementia Services, Parkinson’s Support Groups, Residential and Sheltered Housing Schemes and much more. Our classes are always full of fun, laughter and smiles and we put the emphasis on participation rather than performance. Unlike dance companies that work on show pieces and performances, our older people’s classes believe that as long as everybody is joining in safely, it doesn’t matter if you’re Fred Astaire...or have two left feet! We encourage those more reluctant to join in by using music and singing, as well as sensory props and themed classes (around the world/the weather/jobs), to make sure that everybody can relate to and enjoy our sessions.

When we are not in COVID-19 lockdown,



“Hannah tailors her music and movements to the ability of our clients and she makes keeping fit so much fun that they feel like they are dancing whilst sitting in their chairs – rather than actually doing keep fit, which incidentally they all used to not want to do! She is so bubbly, makes them laugh as well as showing them what to do, plays music that they all love and I can’t praise her enough.” – St Neots Day Service

The COVID-19 pandemic has been difficult – financially; emotionally and socially – but it has, at least, reinforced the importance of the social element in dance. Imagination Arts has always believed that dance is the medicine for loneliness, and we now know this to be truer than ever.

Find us on social media!

Facebook.com/ImaginationArts18

Twitter: @ImaginationA18

Instagram: @imaginationarts_

Website: imaginationarts.co.uk