

# DNA NEWSLETTER

November 2023

Dance Network Association (DNA) is a charity that enables people to live more connected, joyful and aspirational lives through dance. Dancing with DNA provides opportunities for people to improve their confidence and physical well-being, nurtures creativity and independent thinking and enhances friendships through social interaction.



## HELLO ALL!

With the nights drawing in, November is a necessary time to look after your mental health and one of the best ways we can do this is by keeping our bodies moving!

Here are a few moments of joy that we have been providing this month:

- We have been busy interviewing potential artists to help us deliver an exciting new commission in collaboration with the Essex Education Taskforce and Adult Social Care (Essex County Council) in the new year, meeting new people who share the same passion for dance as we do!
- Our wonderful new support artist, Katie, has started with us, helping to deliver our Dancing with Parkinson's classes in Colchester.
- Our dance artist, Leon, continues to deliver our bespoke school workshops in Braintree, enabling children to experience the creativity of dance.
- We have welcomed some lovely new faces to our regular dance classes and into the DNA family - thank you for joining us!

As always, we love hearing from you, so please stay in touch and send us any pictures of you keeping warm with movement this month to help us spread the joy of dancing! You can send them over by email: [info@dancenetworkassociation.org.uk](mailto:info@dancenetworkassociation.org.uk) or WhatsApp: 07490 374717, and don't forget to include your name!

Gems x  
CEO | DNA

## IN THIS NEWSLETTER:

- Our funders came to visit our Dancing with Dementia class in Witham!
- DNA's Intergenerational work has been featured in Essex County Council's new Adult Social Care Publication
- Find Your Active with Active Essex's Activity Finder
- You can now raise FREE funds for us using easyfundraising!
- Opportunity for delivery of DNA's dance classes in Care Homes

News from our partners:

- A weekly Dementia Cafe hosted by Witham Hub has launched this month



## OUR FUNDERS COME TO WITHAM

On Friday 3 November we had the pleasure of welcoming some of our funders to our Dancing with Dementia class at the Witham Hub.

Dance Network Association (DNA) has generously received grants from Fowler Smith & Jones, Fusion Leisure Centre, the Health and Wellbeing Panel via Braintree District Council and Witham Central Councillor, Toby Williams as part of the Braintree District Councillors Community Grants scheme. Alongside these funds the Witham Hub has kindly offered a warm and safe environment to offer the Dancing with Dementia programme for those living with dementia and their loved ones between September 2023 - March 2024.

Initially introduced as a pilot project in 2019, we have fought to keep these much needed classes running within the local community. We are overjoyed that the new funds received will allow us to continue to offer a safe environment to improve our participant's health and wellbeing through physical activity and social interaction.

To take part or to find out more about DNA's classes please do connect with us via Email: [info@dancenetworkassociation.org.uk](mailto:info@dancenetworkassociation.org.uk) or Call: 07490 37 47 17

*Photo Credit: DNA*



## **DNA FEATURED AS INTERGENERATIONAL EXAMPLE OF AGE-FRIENDLY ACTIVITY**

We are delighted to share that ECC have included our Intergenerational work in their new Adult Social Care Publication as an example of age-friendly activity.

DNA have always enjoyed offering safe and friendly spaces in which children, young people and older adults can come together to inspire each other through creative dance practice. The connection and shared experience involved have an undeniably beneficial effect on the physical and mental health of all involved.

Whilst we are working hard to bring these classes back to our communities, please take a look at the attachment for an example of our very first Intergernational pilot back in 2017, pictured above.

*Photo Credit: DNA*

## FIND YOUR ACTIVE



Finding your active is like putting together a puzzle and sometimes we need to try different pieces to see what fits!

One way to explore what's available to you is by using the Find Your Active Activity Finder, an online tool that helps narrow down the search to a certain area or activity. This tool has a wide range of groups and clubs so you can find what interests you!

[Find Your Activity](#)

*Photo Credit: Active Essex*

## FUNDRAISING

Great news!

We have registered with #easyfundraising which means you can raise FREE donations for us every time you shop online. with over 7,000 brands, at no extra cost to yourself!

These donations will help SO MUCH, so please sign up to support us – it's completely FREE and doesn't take long.

[Sign Up Here](#)

Or scan the QR code below:



## CLASSES

“There is something magical about dancing in the flesh with other people. Mum and I really appreciate this. DNA is FABULOUS! Thank you so much.”

*Dancing for Older Adults Participant*

DNA offer weekly classes for all older adults and their companions!

[To explore our range of classes and book yourself on please click here](#)



# DNA DANCE SESSIONS FOR CARE HOMES



Are you a care home, or do you know of a care home that would be interested in offering dance to their residents?

DNA currently have capacity to deliver!

Get in touch with us at [info@dancenetworkassociation.org.uk](mailto:info@dancenetworkassociation.org.uk) to hear about the subsidised rates we can offer you.

*Photo Credit: Rachel Cherry*



# TIME FOR TEA

New Dementia Friendly  
Cafe Starting  
Wednesday  
8th November 2023

Wednesdays

2.30pm - 4.00pm

The Witham Hub  
17 The Grove Shopping  
Centre  
Witham CM8 2YT

Drink & Cake  
£2 per person  
(Free Coffee/Tea Refills)

- Dementia Friendly
- Carers/Partners Welcome!
- Ground Floor (no steps)
- Disabled Toilet
- No need to book

[www.withamhub.co.uk](http://www.withamhub.co.uk) - 01376 617998



We look forward to dancing with you soon

Team DNA

x

Gemma Wright

CEO | Founder

Karen Pratt

Dancing for Joy Programme Manager

Kelly Chambers

Support Officer

Steph Townsend

Freelance Education Manager and Social Media



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