

POMPOM

- a dance group for people with dementia and their carers.

Run by The Marjorie May Dance Trust.

DATES FOR 2017

At Christchurch Parish Hall, Fridays 2.15pm - 3.45pm:
Thurncourt Road, Thurnby Lodge, Leicester LE5 2HQ (Corner of Thurncourt Road and Nursery Road). Free Car parking. Cost by donation (suggested minimum £2.00)

May 19th

June 23rd (please note change of date)

September 15th

October 20th

November 17th

December 15th

At Alzheimer's Society Dementia Cafes at 1.30pm:

28th July

Rolleston Memory Café Eyres Monsall Community Centre, Hillsborough road, LE2 9PQ

8th August

Willowbrook Memory Café, Thurnby Lodge community Centre, LE5 2NG

29th September

The Brite Centre Activity Group, Braunstone Avenue, LE3 1LE

Contact Nina for more information: 07500 833771 ninajrobertson@btinternet.co.uk

The Marjorie May Trust was set up by Nina Robertson to provide dance opportunities for people with Dementia and their carers, family and friends. Krisztina Maria Dufala soon came on board. Both believe strongly in the power of dance to contribute to well-being through creative expression, non-verbal communication, and by being both uplifting and a place for emotional exploration. Dance can be a great activity for those with dementia as an ability to respond to and enjoy rhythm remains even as cognitive skills are deteriorating. People may remember old songs and old dances, providing opportunities to reminisce, and to stimulate language. Dance can be a place they can experience competence, independence and creativity. For family and friends, it can be a way of finding connection with a loved one that does not rely on verbal language. It's a great way to make new friends and of course to exercise. Nina and Krisztina were joined by Sue Rickards and Sharon Massey to form the board of trustees and by Lynette Duxbury and Stacey Irvine to run Pompom, our monthly dance groups.

Trustees:

Krisztina Maria Dufala has been dancing since her early childhood years and dancing was and still is her greatest passion. She is a Cuban Salsa (dance) teacher and also works as a teaching assistant at a dance school for children with special needs. She is a volunteer at 'Singing for the Brain' sessions run by the Alzheimer's Society. She is a strong believer in the healing/therapeutic power of dance.

Sharon Massey is a drama practitioner and teacher. She has trained as a *Remember Yesterday Caring Today* facilitator with Pam Schweitzer for people living with dementia; and has worked as an interactive arts practitioner for people living with dementia and their family carers. She has also held workshops in care homes supporting professional carers and residents to reconnect with memories through the arts. Sharon's mother lived with dementia for many years and it was important for Sharon to find positive and creative ways to engage and stay in touch with her mother through this most challenging of life's journeys. Sharon is currently studying to become a Well Being Practitioner and hopes to work with both adolescents and adults as a mentor in this field.

Susan Rickards worked as a Drama and Movement Therapist in hospital settings and homes, with the elderly in the 1990s. She also ran an Over 60's Club which met 3 afternoons a week and included dancing for health and pleasure. In the years before that, she worked with a company that took groups of children to residential homes to use movement and art as a medium to relate. Since then she has taught 5 Rhythms to open groups, and helped found a new movement school, Open Floor International. She has been instrumental in creating ICMTA, which is a professional association for movement teachers.

Nina Robertson has always loved to dance but had two left feet and didn't find her medium until she found 5 Rhythms Dance which she has now been practising for 26 years. She is an accredited teacher of 5 Rhythms Dance with 18 years teaching experience including over 60s. Recent professional development includes certificates in 'Dance for Older People' and 'Safe Dance Practice' from People Dancing: The Foundation for Community Dance, as well as 'Dance and Dementia', and 'Dance for older People: Small Groups' both with Diane Amans. She holds a certificate in First Aid at Work. She is carer for both her parents. Her Mum has Alzheimer's. Dancing is something they can still both enjoy together.

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Lynette Duxbury: Dancing has been Lynette's passion from a very young age and since leaving stage school over 30 years ago, she has performed on stage and TV. After having a family, she gained her teaching qualifications in Aerobics and Dancing, and went on to run successful classes all over Leicestershire from Aerobics to seated exercise for the over 50's. She has also taught RAD Ballet for a friend who runs a local Ballet school, to young children from the age of 3 to 14.

Krisztina Maria Dufala and Nina Robertson: See Above

Stacey Irvine is a dementia champion and volunteer at Glenfield Hospital and is studying towards becoming a mental health nurse. She danced as a child and was a cheerleader as a teenager. The group gets its name from her cheerleading past!