



Falling on your Feet

Our dance and health programme with older men and women

Helix Arts' Falling on Your Feet is a chance to make friends, get fit and have a great deal of fun. Helix Arts has been co-producing, co-curating and co-evaluating great art in the North East since 1983; working with high quality artists and diverse communities.

Falling on Your Feet is an opportunity for men and women aged 65+ who are living independently to join a new dance programme with talented choreographer Nadia Iftkhar, Artistic Director at Company of Others. In each 90 minute session you will enjoy an hour of creative movement and dance followed by half an hour for refreshments and a good natter.

The sessions will take place twice a week – *see the timetable for your local area*. The 'Welcome' taster session is for you to find out more about the programme and to step onto the dance floor too.

Dance can:

- Improve flexibility and strength
- Improve your balance
- Boost memory
- Reduce stress
- Diminish depression
- Help your heart become healthier
- Help you lose weight
- Increase your energy
- Create new friendships

Helix Arts is committed to co-evaluation of all our programmes with artists and participants. This reflection helps us improve and ensures our arts and health programmes are of the highest quality. We would like you to help us by talking to staff about your experience and allowing observers into the sessions. We will invite you to comment on the dance session, what was helpful, what you liked, what might be improved upon. You do not have to take part in these discussions and choosing not to will not impact on your place in the class.

Falling on your Feet is funded by the Henry Smith Charity and Dunhill Medical Trust until 2020 and will take place across the North East region. Helix Arts is an Arts Council England National Portfolio Organisation.

For more information see www.helixarts.com or call us on 0191 241 4931