



Collaborative Working Towards Greater Community Care

Dance & Music Therapy

Weare1 started this group eleven months ago at Acton Lodge day centre as a way of inspiring people with both physical and learning difficulties to be proactive whilst living with a disability.

We started out with about four people who came along to the dance group and we now have a regular 35 to 40 people per session. The sight of people who would normally never get involved in this kind of activity is to say the very least, amazing.

The friendship and trust that has been built up by the service users towards the work that we do is heartfelt and humbling. All of the volunteers at WeAre1 have played a massive part into making the Dance & Music Therapy such a huge success.

Everyone has such a great time, even if they are unable to dance because of physical issues, they become a part of the group just by watching the dancing and listening to the music. It is a great way to keep fit within a safe and friendly environment that is completely inclusive of every level of disability.

We really do feel that the whole community could benefit from our Dance & Music Therapy sessions, regardless of age, physical ability or gender. Everyone is welcome to come along and make some moves on the floor, and feel the freedom of letting the music take control whilst getting a great level of exercise at the same time.

If you would like to take part in this totally fun group, please contact us either via e-mail or phone and we will be able to arrange a preview at one of the venues where we are operating this unique service

E-mail contact@weare1.org.uk