



MOVEMENT MATTERS

A SEED PROJECT –
SOMATIC DANCE FOR MOTHERS & YOUNG CHILDREN

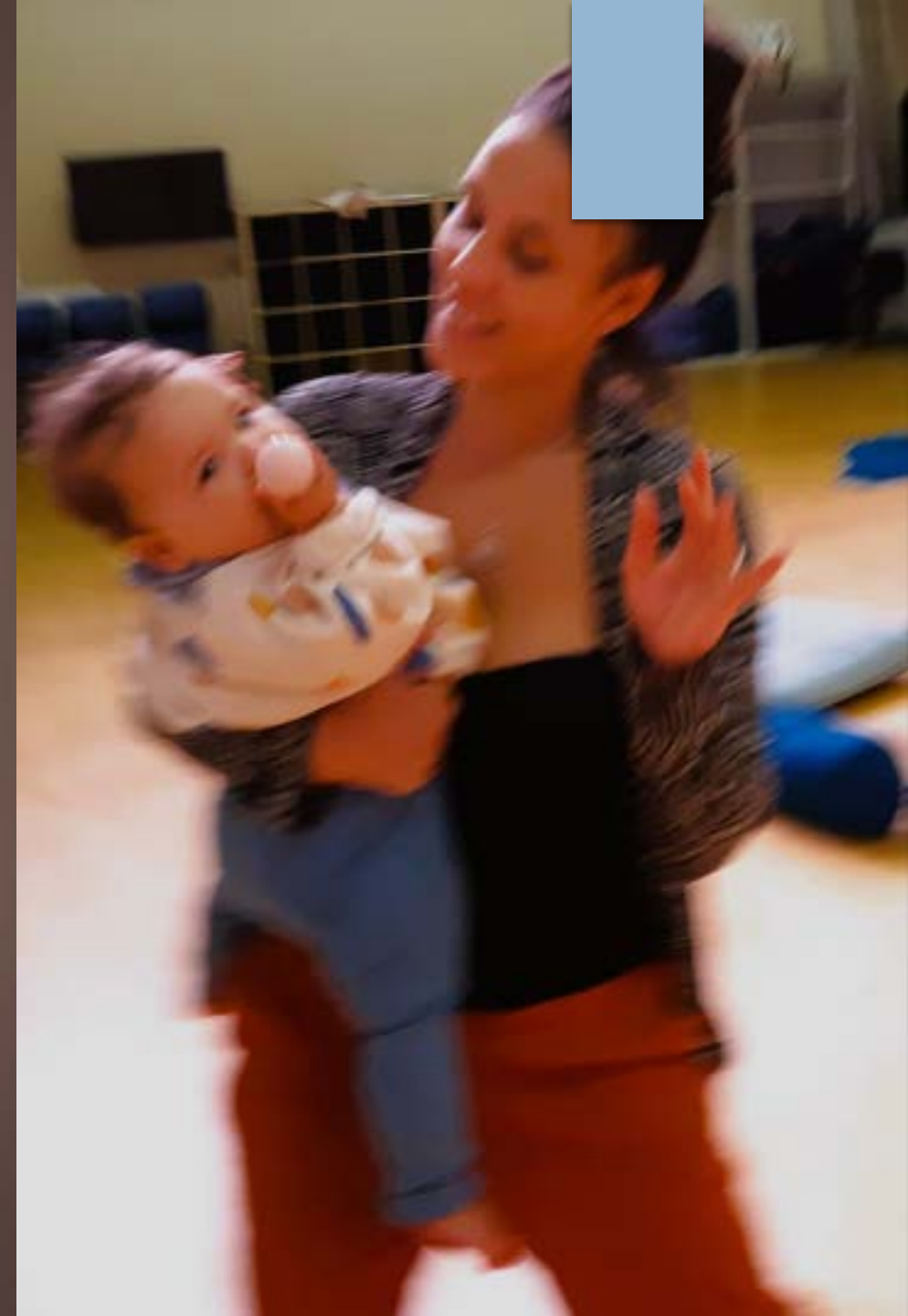
MOVEMENT MATTERS – brief for DCNW:

In this seed project, UCLan Dance alumni explored developing and facilitating somatic dance provision in the community and uncovering best practice for social prescribing, working with emerging and established practitioners.

The project was aimed at creating opportunities for continued peer learning and mentoring, with a specific focus on somatic practice in early years. It was facilitated with communities to deepen and develop embodied methods for presence, movement, play and belonging.

MOVEMENT MATTERS – A seed project investigating the potential benefits of somatic dance for mothers and young children

▶ With a third of PARENTS in the UK reporting **FEELING LONELY** and evidence that this has risen to over half of parents during the COVID-19 pandemic, this co-creative **Seed Project**, conducted by a research & artist collective, set out to investigate the potential **BENEFITS** of **SOMATIC DANCE** – an improvisational & expressive creative movement practice – for mothers and young children's sense of **CONNECTION** and **WELL-BEING** in a community setting.



CORE PROJECT OUTPUTS

8-WEEK
COMMUNITY
SOMATIC
DANCE
PROJECT

2x MASTER
CLASSES &
WORKSHOPS

Practitioner
Workshop

SYMPOSIUM
Somatic Practice &
Research
Presentations

Collaboration
with
SOCIAL
PRESCRIBING

INDIVIDUAL
RESEARCH
LEADS

PUBLIC
EXHIBITION
of the Project

2x Master Classes
with early years experts
Anna Daly & Anne O'Connor

▶ In May & October 2022

Anna Daly and Anne O'Connor -
professional practitioners and authors
specializing in dance with early years.

▶ Well received and attended



8-WEEK COMMUNITY SOMATIC DANCE PROJECT

- 8 Weekly **Community** Somatic Dance sessions for mothers and young children at Media Factory / UCLAN campus over June – July 2022
- Designed & delivered by the Project Artist Collective
- Very small but potent seed study that has provided rich insights and leads concerning the potential of Somatic Dance in supporting parents and young children in the community
- Findings indicative of significant potential for post-natal depression, parental anxiety, countering loneliness, improving physical and mental well-being and developmental movement support



Project Team's Individual Research Enquiries

Including:

- ▶ “How does somatic movement support nervous system regulation in the participants and facilitate co-regulation within the group as we move together?” Lindsay Etchells
- ▶ “Movement Matters Project Evaluation / A case Study” Angela Dennis
- ▶ “What can the somatic lens offer to the experience of facilitating community dance activity?” Josie Heppelwhite
- ▶ “Exploring capturing somatic imagery as a participatory mover.” Anne Kingston
- ▶ “Potential of Somatic Practice for Post-Natal and General Well-being” Astrid Schroeder
- ▶ “How do shared rhythms in movement activities affect the parent-baby and group’s relational experience?” Filomena Lanni

Symposium Sharing Day

MOVEMENT
MATTERS

9 November 2022

10am – 5pm

Media Factory, Preston



SOMATIC PRACTICE

▶ **MIRANDA TUFNELL**

Master Class & Workshop

▶ **ANNA DALY & ANNE
OCONNOR**

Discussion / Q&A

“Necessity for awareness around attachment, movement and presence”

▶ **MOVEMENT MATTERS**

Sharing of **Project Process**,
Findings & Research Enquiries

Q&A – Meet the Research &
Artist Collective

▶ **PROJECT EXHIBITION**

► Symposium Sharing Day:

► **MIRANDA TUFNELL**

Master Class & Workshop

ANNA DALY & ANNE OCONNOR

Discussion / Q&A

“Necessity for awareness around attachment, movement and presence”

MOVEMENT MATTERS

Sharing of **Project Process**, Findings & Research Enquiries

Q&A – Meet the Research & Artist Collective

PROJECT EXHIBITION



This project and its outputs have been funded by:

THRIVE

*with added support from **UCLAN Dance, Dance Consortia Northwest**
and additional funding for the symposium day from **CPRA***



**Dance Consortia
North West**





With many thanks for your support!

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