



**RAMBERT**

PRESS RELEASE: **FOR IMMEDIATE RELEASE**

## **RAMBERT BRINGS TOGETHER ARTS AND HEALTHCARE INDUSTRIES TO DISCUSS THE USE OF DANCE IN MEDICINE**

### ***Perpetual Movement: a symposium on dance and health***

Friday 24 November, 9am – 5pm

Rambert, 99 Upper Ground, London, SE1 9PP

- **Practitioners from the arts and from healthcare invited to share experiences, learning and insight around dance and health**
- **Exploring how the dance and healthcare industries can work together to establish dance as a widespread medical intervention**

Britain's national dance company invites arts practitioners and healthcare professionals to a day of workshops, panel discussions and practical sessions, with opportunities to share and discuss experiences, learning and insight around dance in healthcare.

This marks the conclusion of a three-year programme run by Rambert and supported by **City Bridge Trust** exploring the therapeutic and well-being benefits of dance in a variety of healthcare contexts, from regular dance classes for people living with Parkinson's or dementia, to working with patients in hospitals and day centres.

The day includes panel discussions, practical sessions, performances and a keynote speech from **Dr Daisy Fancourt**, Senior Research Associate at University College London and author of new book *Arts in Health: designing and researching interventions* (Oxford University Press, 2017).

#### **Julia Fitzelle, Head of learning and participation:**

'I am incredibly excited to create this opportunity for the medical and arts industries to come together and develop the discussion around dance in healthcare. There are enormous physical benefits to be gained from dance, but if we want to progress its use by health practitioners it is vital to hear from both sides of the practice in the same forum.

'At Rambert we provide our Dance in Health programmes at no cost to the participant. We have enjoyed successful partnerships with NHS hospitals in London, but this activity relies on private funding. We would like it to be readily available across the country to anyone that needs it and, with many top UK dance companies offering similar expertise, I believe this symposium will bring us closer to recognising dance as a valuable medical intervention.'

– ENDS –

For further information contact **Camilla St Aubyn, Press and Media Manager**  
020 8630 0612 | [camilla.staubyn@rambert.org.uk](mailto:camilla.staubyn@rambert.org.uk)

## Notes for Editors

### Perpetual Movement: a symposium on dance and health

Friday 24 November, 9am – 5pm

Rambert, 99 Upper Ground, London, SE1 9PP

[rambert.org.uk/dance-and-health](http://rambert.org.uk/dance-and-health)

### Prices

£80	Employed (larger organisation: >50 employees)
£70	Employed (smaller organisation: <50 employees)
£60	Self-employed / unwaged

### Schedule

<b>9.00 am</b>	<b>Registration</b>
<b>9.30 am</b>	<b>Welcome and keynote speech</b> With Dr Daisy Fancourt
<b>10.00 am</b>	<b>Breakout workshop / discussion sessions</b> Choose from a programme of three sessions to match your interest and expertise
<b>12.45 pm</b>	<b>Lunch</b>
<b>1.45 pm</b>	<b>Panel discussion</b>
<b>2.50 pm</b>	<b>Practical sessions</b> Focussing on working with people with Dementia and with Parkinson's, and working in community healthcare contexts
<b>4.00 pm</b>	<b>Plenary</b>
<b>4.45 pm</b>	<b>Closing speech</b> Plus performances from Rambert's older dancer groups
<b>5.00 pm</b>	<b>Ends</b>

### Rambert

Rambert is Britain's national dance company. It presents new and historic dance works to audiences in all parts of the country, performed by world-class dancers and accompanied by live music. Rambert has the most extensive national touring programme of any UK contemporary dance company and, through partnerships with theatres in England, Scotland and Wales, develops new audiences for dance in all parts of the country.

Facebook [rambertdance](https://www.facebook.com/rambertdance)

Instagram [/rambertdance](https://www.instagram.com/rambertdance)

Twitter [@Rambertdance](https://twitter.com/Rambertdance)

### Dr Daisy Fancourt

Daisy Fancourt is Wellcome Research Fellow in the Department of Behavioural Science and Health at UCL, and an honorary Research Fellow in the Imperial College Faculty of Medicine. Her research

focuses on the effects of arts participation on neuroendocrine and immune response, the use of the arts within clinical settings, and the impact of cultural engagement at a population level.

Alongside her research, she has worked for over 7 years in the NHS, including at Chelsea and Westminster Hospital managing the arts and clinical innovations programmes, working alongside clinicians to devise interventions to improve patient experience and clinical outcomes.

From 2012-2015, the programme she established reached over 100,000 patients and has been recognised with a commendation for arts-in-health excellence from the Royal Society for Public Health (2014) and an NHS Innovation Challenge Award (2015). Daisy is Director of Research for Breathe Arts Health Research (a spin-out company of Guy's and St Thomas' Hospital delivering arts programmes to hospitals and Clinical Commissioning Groups) and delivers freelance consultancy on arts and health to arts organisations, hospitals, and CCGs.