

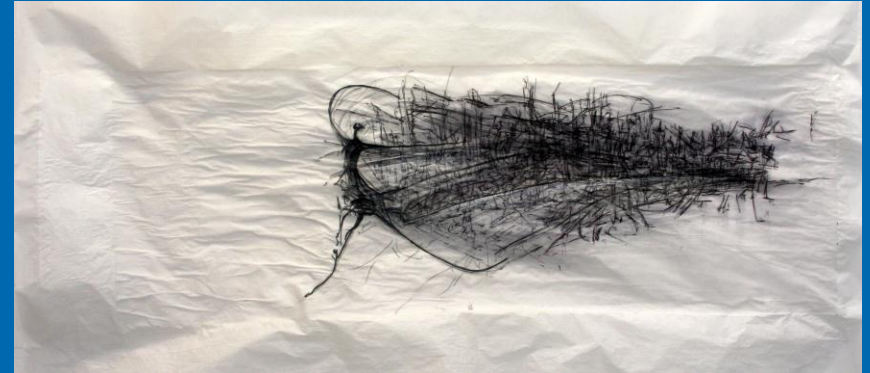
# NEW CONNECTIONS

- Dancers aged 50 +
- 1 hr Creative Dance in the Space2 Art Gallery
- 1 hr Social time ( Tea and biscuits)



# CREATIVE COLLABORATIONS

- **Alex McIntyre** – Drawing Residency
- **Jive Swing** – Workshop and performance
- **Elliott Kendall** – Composition for 'Adrift'
- **DanceDigital and University of Middlesex** – Research project
- **King Street Images** – Dance Film



# EMOTIONAL WELLBEING IMPACT

‘ We move together, laugh, gossip, share life’s ups and downs.....but most importantly , it exercises the smile muscles!’

Sue, 55



‘I started dancing aged around 3 and continued on and off . I was about 46, when my parents died, I’m afraid everything then went a bit pear shaped. Some 15 years later I was asked to take part in New Connections. Now looking back, the group and Laura have been my salvation’

**Annette, 64**

# SOCIAL BENEFITS

‘ Wednesday is a good morning. I am going to move and exercise with a good group of ladies and a lovely young teacher with so much enthusiasm and ideas that keep our brains alive! We chat and laugh and it’s good for the soul and the body.’

Marion

The background of the slide is a solid blue color. In the bottom right corner, there are several concentric white circles that resemble ripples on water, creating a decorative effect.

‘ I consider these dance classes are more of a social event where everybody appears to have a good time’

Monica, 73





# PERFORMANCES

- **SpringBlast** – Chelmsford
- **SummerBlast** – Hatfield
- **Big Dance 2014** – Watford
- **Party In the Park** – Cassiobury Park
- **WW1 Exhibition Launch** – Watford Museum

‘When the prospect of performance was first mentioned, I was hesitant to give it a go. To my surprise I really enjoyed the experience! Despite nerves, it was very rewarding to hear applause for our performance, while watching other groups was inspiring’

Sue



# Contacts and information

[www.watfordmuseum.org.uk](http://www.watfordmuseum.org.uk)

<http://www.creativehertfordshire.com/kingstreetimages/new-connections-dance/>

