

# MOVE Dance FEEL

*'It makes me feel the  
absolute joy of being alive'*  
- Participant

## LOCATIONS

**Maggie's Barts**  
St Bartholomew's Hospital  
West Smithfield London EC1A 7BE

Weekly sessions on:  
**Wednesdays 5pm - 7pm**  
Contact:  
**Janet O'Doherty** @maggiescentres.org  
or call **0203 904 3448** for further  
information and to sign up.

**Paul's Cancer Support Centre**  
20-22 York Rd, Battersea  
London SW11 3QA

Weekly sessions on:  
**Thursdays 10.30am - 12.30pm**  
Contact:  
**angelam** @paulscancersupport.org.uk  
or call **020 7924 3924** for further  
information or to sign up.

**Penny Brohn UK**  
Chapel Pill Lane, Pill  
Bristol BS20 0HH

Weekend courses in:  
**Jan, Mar, May, July, Sept, Nov 2020**  
Contact:  
**bookings** @pennybrohn.org.uk or call  
**0303 3000 118** (option 2) for further  
information or to sign up.

All sessions are **free to attend** and no  
prior dance experience is necessary.  
Wear comfortable clothing you can  
move easily in and bring a bottle of  
water and small snack if needed.



ENHANCING  
**WELLBEING**  
through

PEER SUPPORT

ACCOMPLISHMENT

POSITIVE EMOTION

CREATIVITY & SELF-EXPRESSION

## ABOUT

**Move Dance Feel** is a creative project for women  
affected by cancer, including those caring for  
someone with cancer, designed to offer **holistic  
support and enhance wellbeing.**

It uses dance as a medium for **social cohesion** and  
helps women to **reconnect with the body** after  
treatment.

*'I come feeling tired and I leave feeling like  
I have more energy.'* - Participant

We offer regular dance sessions to **adult women  
with any type of cancer**, at any stage in their cancer  
experience - having just been diagnosed, undergoing  
treatment, or post treatment. Participants are welcome  
to bring along a female friend or family member.

Sessions combine dynamic and creative movement  
activities with playful opportunities for interaction  
and quiet reflection. There is a particular focus on the  
**physicality of dance, artistic exploration and creative  
collaboration**, with time at the end of the sessions for  
cool down and relaxation.

*'It's a psychological game-changer to  
come here.'* - Participant

**Move Dance Feel** provides an **effective and alter-  
native means of group support**, where participants  
find freedom in their bodies and confidence in  
their abilities.



@MoveDanceFeel



movedancefeel@gmail.com



**Paul's Cancer  
Support Centre**



**Penny Brohn UK**  
Living Well with Cancer

