



What is it? Creative Dance 60+ is a small grassroots not-for-profit organisation presently funded by the Community Development Foundation and the local Communities First Board. CD60+ was created in July 2010 by Jackie Richards, who wanted to share her enthusiasm for creative dance activities with other active older people living in and around Tottenham, North London. Our core activity is holding open creative dance sessions at the Bernie Grant Arts Centre and to promote positive images and attitudes towards older people.

What we do? CD60+ offers creative dance activities for active older people especially those who have not done this type of dance before so they can develop their dance capability and participate in meaningful dance activities that encourage better health, wellbeing, friendships, creativity and enjoyment. Creative dance involves the whole person – body, intellect, emotions, relating to and dancing with others; active participation in the creative process whether dancing alone, in groups or performing to audiences. People from diverse backgrounds come together to share a common interest, so promoting confidence, social cohesion and new friendships.

How? Open sessions are held weekly. People pay a small fee only when they attend; no one is turned away for financial reasons. There is a welcoming approach and participants respect and encourage one another. Attendance includes regulars as well as those who come when they can fit dancing in with their other responsibilities. Our dance artist, Molly Wright leads our sessions. She has an inclusive approach that is conducive to working with older people. Dancers can volunteer to perform in our group “No Dance! No Joy” which was launched in December 2012. We have performed locally and beyond sharing our enthusiasm for dancing together. Our repertoire is building up gradually within our sessions. We have celebrations at the end of each term.

Evaluation: Jackie is presently participating in a work-based doctorate and her research project is “When I’m 64 I want to dance! - active older people participating in creative dance”. She evaluates the progress and development of CD60+ and is willing to share information about creating and managing grassroots dance organisations promoting choices for active older people and positive images of them, as well as CD60+ enthusiasm for dance.

Interested? - For further information and contact details:

Our website: www.creativedance60.net for further details, pics and videos

Contact Jackie by email: creativedance60@gmail.com