



Cheshire
Dance

Which form of physical activity has the most effect on reversing the signs of ageing in the brain?

There is no cure for dementia.

Pharmaceutical interventions are limited. As such, maintaining quality of life and well-being has become a core focus. Here it is significant that people's artistic, imaginative and emotional capacities can remain strong for years after the onset of dementia.

Creative Economy Health and Wellbeing Hub

Dance and Dementia



Of any activity, regular dancing was found to offer the most protection against dementia, offering a 76% risk reduction

Albert Einstein College of Medicine,
New York City

National picture



Projections:

By 2040 there will be over 1.2 million people living with dementia in England and Wales.

1.2 million

by

2040

In Cheshire East today...



There are estimated to be 5730 people over the age of 65 living with Dementia



65% are likely to be women



1 in 5 people over 80 has a form of dementia



1 in 20 people over 65 has a form of dementia

18% of Cheshire East's population is over the age of 65 – the highest percentage in England compared to 16% nationally



For those living with dementia frequent dancing can benefit sustained improvement in mood, behaviour and sociability for a week or more after dancing



In THIS Moment

A dance, dementia and frailty project by Cheshire Dance & Cheshire East Council to help enable people to live well with dementia.

Partnering with:

- Voluntary and public organisations
- Cheshire East Council
- Poynton Town Council
- Bentley Rotary
- Alzheimers Society
- Admiral Nurses

In settings such as:

- Extra care facilities
- Dementia support groups
- Residential care homes
- Community centres
- MCHFT Leighton Hospital
- In people's homes

since 2016

So far Cheshire Dance has engaged **4,000 people** working and dancing together in a variety of settings...

...and still going!



What people have said:



Working with staff and an artist enabled a closer relationship between staff and patients – a partnership approach to care.

It clearly demonstrates the need and value of the arts to assist in health and wellbeing.

Dr Ranjit Khutan- Faculty of Education Health & Wellbeing, University of Wolverhampton

Rediscovering dancing has helped (Mum) in confidence and is keeping her brain working, remembering the steps.

Daughter of parent living with dementia

I don't remember much anymore but I don't have to when I'm dancing.

Participant living with dementia

It makes a great deal of difference to me.

Participant living with dementia

Speaking to the family, they enjoy their time at the Tea Dance. It brings normality into their lives and keeps them connected to community life and other people. Dancing is something they can still enjoy together

Deb Lindop
Communities
Development
Officer Cheshire
East Council



Arts and Dementia

- ✓ The arts can help keep us well, aid our recovery and support longer lives better lived.
- ✓ The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.
- ✓ The arts can help save money in the health service and social care.

All-Party Parliamentary Group on Arts, Health and Wellbeing
The Short Report July 2017

For more information about how to get involved go to:

🌐 www.cheshiredance.org

✉ Email : hello@cheshiredance.org

☎ Call : 01606 861770



If you would like to support those living
with Dementia in Cheshire to dance:

Please donate via:

www.cheshiredance.org/donate.html
or to donate £5 text CHES003 to 70970



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Thank you.