

Moving Memory - Participant Video Audio Description Transcript

Upbeat music starts

[Montage of shots of people dancing all together in a choreographed way]

[Shot of Valerie appears onscreen talking]

Valerie: I started coming to the Moving Memory sessions because I was looking for some sort of relief from stress.

[Shot of close up on 'Moving Memory Dance Theatre Company' banner]

Valerie: And, I'd gone through a very bad, a very stressful time at work. So I was looking for somewhere where I could make new friends.

[Montage of shots of people dancing together and listening to the dance teacher instructing them on the dance moves]

[Shot of Valerie appears onscreen talking]

Valerie: And also dance.

[Shot of Valerie dancing]

[Shot of Kevin appears onscreen talking]

Kevin: Actually, I was walking through the Pentagon, which is the main shopping centre in Chatham. And, I saw a group of people and I said, 'what are you doing now?'

[Shot of participants and dance teachers in a big circle doing breathing exercise]

Kevin: And they told me. I said that sounds very interesting, I'll come back next week.

[Shot of Valerie appears onscreen talking]

Valerie: Dancing makes me feel free, absolutely fabulous. I love dancing.

[Montage of shots of the participants dancing all in time together, dancing in a circle and laughing and smiling]

[Shot of Kevin appears onscreen talking]

Kevin: If you're thinking about joining Moving Memory, I would really recommend it. Because it gets you fit and active and with different dance routines.

[Montage of shots of participants drinking tea and talking with one another]

Kevin: And you got to meet some lovely, lovely people. And you can always go and have a free tea and coffee halfway through as well.

[Shot of Valerie appears onscreen talking]

Valerie: For me, I find it uplifting, I find it inspirational. I think that Moving Memory is for everyone.

[Shot of Valerie fist bumping with one of the dance teachers]

[Shot of the whole dance group in a circle with their hands in the middle, and then clapping and laughing and smiling]

Titles appear onscreen 'Search for: 'Active Kent and Medway tackling inequalities''

Logos appear onscreen Active Kent & Medway, Together Fund and Sport England logos