



Moving Memory Dance Theatre: The older body centre stage

- Improve quality of life and equity for older people
- Challenge ageism
- Produce performances, workshops, training and research
- Engage “hard to reach” communities in movement
- Impact: 13,000+ audiences, 3,000+ participants



Taking to the streets

Why Use Public Spaces?

- Open & accessible – Everyone can join, no fees or barriers.
- Fosters community – Encourages connection among diverse groups.
- Breaks boundaries – Welcomes all ages, abilities, and backgrounds.
- Sparks surprise & joy – Unexpected encounters inspire participation.
- Part of everyday life – Normalises movement and creativity in daily routines.





Learning/Tips

- **Meet people where they are** – turn public spaces into dance floors of connection.
- **Move, play, belong** – use creative movement to spark joy, connection and inclusion.
- **Co-create the moment** – listen, adapt and build *with* participants.
- **Every body welcome** – adapt movement to suit all abilities and comfort levels.

-
- **Facilitation is an artform** – skilled, sensitive, experienced facilitators make it work. **Value and remunerate the whole process** – training, prep, reflection, reporting — it's all part of the craft.
 - **Stay agile** – read the space, embrace surprises and always have a plan B.
 - **Keep it safe & kind** – safety, care and consent underpin creativity.
 - **Reflect, learn, evolve** – every session offers insight; feed it back in.
 - **Lasting change** requires long-term investment



- Be Respectful
- Be Kind
- Be Generous
- Listen
- Give Space
- Have Fun!

