

Dance and Movement

On-going workshops for adults with profound and multiple learning disabilities (PMLD)

Creative floor-based workshops for adults with PMLD.

These fun sessions will use music and movement to support people to explore a range of floor-based stretches and exercises. The sessions aim to contribute to physical and mental health by:

- **Improving circulation**
- **Promoting relaxation**
- **Decreasing muscle stiffness**
 - **Improving posture**

Please note the workshops will have input from the Lambeth Learning Disability Physiotherapy team from GSTT

This activity is part of the PMLD Carousel project

Cost for 6 sessions:£120.00

Venue: Tulse Hill Youth Club,
Greenleaf Close, Tulse Hill Estate,
SW2 2LU

Dates and Time for the next 6 workshops

Wednesdays from 1.00pm—3.00pm

19th February

26th February

5th March

12th March

19th March

26th March

If you have any questions or wish to book this

activity please phone:

Danny Simpson

0208 655 7736

or email:

dsimpson@lambethmencap.org.uk

