

English National Ballet launches east London based ballet classes for older people



This autumn, English National Ballet launches **Dancing East**, a programme of east London based ballet classes for older people.

The weekly dance classes will be run with LinkAge Plus, a free service for anyone over the age of 50 living in the London Borough of Tower Hamlets. The service aims to help older people achieve a better quality of life and improve their physical and mental well-being. Following a successful pilot project in the area, a series of classes will now take place across five community centres in east London.

Led by English National Ballet Associate Dance Artists and Musicians, the programme is based on the Company's own performance repertoire. The first term's classes are inspired by *Lest We Forget*, English National Ballet's award-winning programme of poignant works that reflect on the First World War. *Lest We Forget* is performed at Sadler's Wells Theatre this September (until 29th) to mark the centenary of the end of the war.

Fleur Derbyshire Fox, Engagement Director at English National Ballet said:

"We are thrilled to be bringing Dancing East to our new east London community ahead of our move next year. Ballet based exercise encourages increased mobility, improves spatial awareness, posture and balance to reduce the risk of falls. The music and creativity promote a sense of wellbeing and enjoyment and it's a great way to socialise too!"

English National Ballet is preparing to move to its new purpose-built home at London City Island in Canning Town, east London, in early 2019. The new building will have dedicated Engagement spaces to further the Company's work with local communities and its wellbeing programmes.

-ENDS-

To find out more about joining a Dancing East class, please contact one of the following community centres via <http://linkageplus.co.uk/>:

Age UK Caxton Hall
Neighbours in Poplar
Sundial Centre
St Hilda's, Sonali Gardens
Toynbee Hall

For further information, interview, and image requests please contact Alice Gibson, English National Ballet's PR Manager on alice.gibson@ballet.org.uk or call 020 7590 2932.

Notes to Editors:

About English National Ballet

English National Ballet has a long and distinguished history. Founded in 1950 as London Festival Ballet by the great English Dancers Alicia Markova and Anton Dolin, it has played a major role in the growth and history of ballet in the UK. Today, English National Ballet is renowned for taking world-class ballet to the widest possible audience through its national and international tour programme, offsite performances at festivals including Glastonbury and Latitude, its distinguished orchestra English National Ballet Philharmonic, and being a UK leader in creative learning and engagement practice and delivery, building innovative partnerships to deliver flagship programmes such as English National Ballet's Dance for Parkinson's. Under the artistic directorship of Tamara Rojo, English National Ballet has gained new acclaim as it introduces innovative new works to the Company's repertoire while continuing to honour and reinvigorate traditional ballet.