

English National Ballet's Dance for Parkinson's programme goes digital

English National Ballet are moving the next term of the Company's flagship engagement programme **Dance for Parkinson's** online this Autumn in order to continue to provide classes during the Covid-19 pandemic.



Celebrating its 10th anniversary this year, the programme centres around high-quality dance lessons designed for people living with Parkinson's and is a great opportunity for those who take part to come together and experience the joy of dancing to live music, socialising and meeting new people as they become part of the ENB Parkinson's family.

Usually the classes are held in person at English National Ballet's home in Canning Town, East London and in association with five hubs and affiliated partners across the country, but all classes had to be paused earlier this year due to Covid-19.

Following the success of an online edition of a Dance for Parkinson's class during lockdown, ENB are moving the class community online with participants who would usually attend classes at English National Ballet's studios and at the Royal Albert Hall, joining together to take weekly classes from their homes this Autumn.

The term of eight classes begins this weekend (Saturday 10 October). Each pre-recorded class is led by ENB Associate Dance Artist Kate Hartley-Stevens and draws inspiration from English National Ballet's classical and contemporary repertoire. Each of these weekly sessions will also give the participants an opportunity to socialise on a group Zoom call, as they usually would following a class, and hear from members of English National Ballet about life behind the scenes of the dance company.

English National Ballet's Engagement Director, Fleur Derbyshire-Fox, said: *"We are really looking forward to starting our first online term of Dance for Parkinson's this week. The classes are so full of joy, and although we are not able to physically come together in one space at the moment, we're delighted to be able to bring the classes to the participants in this way. At ENB we are looking at all the ways we can keep our outreach work going across our offerings. This is a very difficult year for everybody so if we can bring a bit of joy and light to people's lives through dance and the work that we do, then we'll continue to find a way."*

Research has shown that dancing can enhance fluidity of movement, develop postural stability and flexibility of the spine amongst other benefits to people living with Parkinson's.

For further information on English National Ballet's Dance for Parkinson's programme visit www.ballet.org.uk/project/dance-for-parkinsons/

ENB's affiliated hub partner [National Dance Company Wales](#) and hub partner [DanceEast](#) are also running online Dance for Parkinson's classes for their dance communities.

-ENDS-

English National Ballet is a National Portfolio Organisation supported by Arts Council England.

For further information and images, please contact Laura Nixon, Senior Press Officer, on laura.nixon@ballet.org.uk or 02075902933

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 been at the forefront of ballet's growth and evolution ever since.

English National Ballet brings world class ballet to the widest possible audience through performances across the UK and on eminent international stages including The Bolshoi Theatre and Palais Garnier; its distinguished orchestra, English National Ballet Philharmonic; and being a UK leader in creative learning and engagement practice, building innovative partnerships to deliver flagship programmes such as English National Ballet's Dance for Parkinson's.

Under the artistic directorship of Tamara Rojo CBE, English National Ballet has introduced ground-breaking new works to the Company's repertoire whilst continuing to honour the tradition of great classical ballet, gaining acclaim for artistic excellence and creativity. 2019 saw English National Ballet enter a new chapter in its history with a move into a purpose-built state-of-the-art home in East London which brings a renewed commitment to, and freedom for, creativity, ambition, and connection to more people, near and far, than ever before.

www.ballet.org.uk

About Arts Council England

Arts Council England is the national development body for arts and culture across England, working to enrich people's lives. We support a range of activities across the arts, museums and libraries – from theatre to visual art, reading to dance, music to literature, and crafts to collections. Great art and culture inspires us, brings us together and teaches us about ourselves and the world around us. In short, it makes life better. Between 2018 and 2022, we will invest £1.45 billion of public money from government and an estimated £860 million from the National Lottery to help create these experiences for as many people as possible across the country. www.artscouncil.org.uk

National Dance Company Wales

National Dance Company Wales makes brilliant dance with and for all kinds of people in all kinds of places, from Welsh town halls and community spaces to international stages and festivals. We dance indoors, outdoors and online.

As a repertory company, we create work by a range of choreographers to reflect different perspectives and find new ways of dancing. With innovation, creativity, imagination and care, we help Wales and its communities to flourish.

Because we believe in the power of dance, we share our passion for the artform. We create new possibilities of what dance can be so that more people can make, watch, participate in and learn about dance in Wales and across the world.