



Sky 539 : Virgin TV 233 : Freeview 87

Mental Health and Dance Factsheet

People with experience of mental illness often find that dance has a therapeutic effect on their wellbeing. In the five short 'Mad for Dance' films, we follow Nabina, Danielle, Sarah, Greg and Emma as they explain how a particular dance or movement therapy has helped them on their road to recovery.

The Mad for Dance films were first broadcast on Five and Community Channel in April 2009. They were made by Media Trust Productions and were funded by the Arts Council England.

Five stories in brief:

Nabina

Nabina always struggled with depression but it wasn't until she was a student that she had her first manic episode. Following the diagnosis of bipolar disorder (manic depression), Nabina has slowly learnt how to deal with the physical highs and lows of her condition by using techniques from a self-management course. Dance helps her to express her feelings, particularly Eastern-style dance. She works part time for MDF, a user led charity working to help people affected by Bipolar disorder to take control of their lives. (see below)

Danielle

As a young girl **Danielle** dreamed of becoming a ballerina, but pressures to be the right shape led to her developing bulimia. It ruled her life for many years and her GP told her she was unlikely to survive unless she sought help for her condition. The turning point came when she contacted a helpline and turned to dance again. Performing flamenco has taught Danielle to embrace her body shape and helped her overcome her bulimia. She now spends 15 hours a week teaching and sharing her experience of the dance.

Sarah

Sarah had always loved dancing but this changed when she suffered a severe psychotic episode brought about by stress. Three jobs had put so much pressure on her that in the end she didn't sleep for two weeks and started to lose her sense of reality. Her mother took her to hospital where she was sectioned. Today Sarah is slowly getting better and as part of this recovery, she and her boyfriend have taken up **Modern Jive**, which she finds fun and provides a release from stress.

Greg

As a young man, **Greg** suffered from Depression and OCD and coped by using drugs and alcohol and became addicted to them as a form of self-medication. Four years ago, on death's door, he was referred to a recovery centre where it was compulsory to take part in **Contact Improvisation** - a form of dance therapy practised at **Dance Voice** in Bristol.

Emma

Emma has suffered from Social Anxiety Disorder for most of her life but only found out what it was in 2005. This little known condition caused her to go through school hardly speaking a word. In 2006, friends persuaded her to join a **street dance** class run by **Fresh Vibes Dance School**. It proved to be a turning point in her life and she began to lose her anxiety. Emma now helps others with social anxiety disorder through her website, **Freedom to Shine** (see below).

Organisations

Mental Health – and Dance

CREATIVE ROUTES

A London-based interdisciplinary arts charity. It celebrates and promotes the unique creativity of mad people, promoting mental well-being, and creatively campaigning against discrimination through events such as the acclaimed annual BonkersFest!.

Tel. 0207 358 3138

Email: info@creative-routes.org

Websites: <http://www.creative-routes.org> and <http://www.bonkersfest.com/>

DANCE NORTHWEST – French Jive

French jive dancing has its roots in the swing era, a time when the lindy hop was born. But, it has evolved and now there are over 600 different moves to learn with more still being added. You can enjoy French Jive in the Northwest in Bromborough, Ellesmere Port, and Thornton Hough.

Tel. (Admin) 07961 975047

Email: jive@dancenorthwest.co.uk

Website: <http://www.dancenorthwest.co.uk/>

DANCE VOICE

Marie Ware, the director of Dance Voice, has pioneered Dance Movement Therapy in the South West of England. Dance Voice is managed by a majority of users and ex-users, and is committed to the empowerment of all who use its services.

Tel +44 (0) 117 953 2055

Email: admin@dancevoice.org.uk

Website: <http://www.dancevoice.org.uk/>

FREEDOM TO SHINE

A project started by Emma Connor (Mad for Dance) to put on events that provide support for people with Social Anxiety, and to promote performing arts as a therapy for SA, anxiety, depression, low self esteem.

Tel: 07850 851295

Email: ems@freedomtoshine.co.uk

Website: <http://www.freedomtoshine.co.uk/>

FRESH VIBES

Fresh Vibes™ streetdance classes are different. It feels everyone should have the opportunity to dance, regardless of age or ability. All courses are run in a friendly way and in a fun environment. Fresh Vibes courses take place in Birmingham, Manchester, Salisbury, Southampton Bath, Bridgwater, Bristol, Chichester, Kingston, London, Plymouth, Portishead, Taunton, Wallington (near Croydon), Weston-Super-Mare, Wimbledon.

Tel. 0117 963 6910

Email: dance@freshvibesdance.com
Website: <http://www.freshvibesdance.com>

JOSEPHINE WISE ACADEMY OF ARABIC DANCE

The Josephine Wise Academy of Arabic Dance has existed since 1990. It is dedicated to improving the standard and raising the profile of Egyptian and Arabic dance in the West. It runs classes, workshops and performances worldwide. JWAAD trained teachers now teach across the UK, in France, Spain, Ireland and Australia.

Tel: 07531 357846

Email: jo.wise@jwaad.com

Website: <http://www.bellydanceclasses.org>

SABOR DE SEVILLA FLAMENCO DANCE COMPANY

Founded in 1998, Sabor de Sevilla is a professional Flamenco Dance Company composed of two guitarists, two singers and a dozen dancers. It offers an authentic Taste of Seville that is colourful and powerful with all the fun of the fiesta. It also offers classes.

Tel. Danielle - 07765 261477

E-mail: danielleallan@yahoo.co.uk

Website: <http://www.danielleallan.com/flamenco.htm>

THE BEDFORD

Dance is for everyone whether you're aged 5 or 85. Dance classes range from beginners through to advanced and allow you to progress quickly and easily. In addition to examinations pupils are encouraged to train for shows that are performed to give them stage experience and training.

Tel: 0208 682 8940

Email: info@thebedford.co.uk

Website: <http://www.thebedford.co.uk/Dance.aspx>

Mental Health - General

MIND

MIND campaigns for improved public education and better services for people with mental health problems. The MindInfoline offers confidential advice and links to networks and local groups.

Infoline: 0845 766 0163

Email: info@mind.org.uk

Website: www.mind.org.uk

MENTAL HEALTH FOUNDATION

The Foundation provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems.

Tel: 020 7803 1100

Email: mhf@mhf.org.uk

Website: www.mentalhealth.org.uk

NATIONAL BME MENTAL HEALTH NETWORK

The National BME Mental Health Network works as part of the Afiya Trust and works to reduce inequality and promote good mental health practice for black and ethnic minority groups

Tel: 020 782 0400

Website: www.afiyatrust.org

RETHINK

A membership and campaigning organisation for people with severe mental illness including schizophrenia, Rethink aims to provide hope and empowerment through services, information and support.

General enquires: 0845 456 0455

National advice service: 020 8974 6814 (open 10am to 3pm Monday, Wednesday & Friday; 10am to 1pm Tuesday & Thursday)

Email: info@rethink.org

Website: www.rethink.org

SAINSBURY CENTRE FOR MENTAL HEALTH

The Centre works to improve the quality of life for people with mental health problems by influencing policy and practice in mental health and related services.

Tel: 020 7827 8300

Email: contact@scmh.org.uk

Website: www.scmh.org.uk

SAMARITANS

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel. 08457 90 90 90

Email: jo@samaritans.org

Website: <http://www.samaritans.org/>

SANE

SANE campaigns to raise awareness of mental health issues, funds research into the causes of severe mental illness and provides information and support to people with mental health problems, their carers and families.

Tel. Saneline: 0845 767 8000 (1pm-11pm daily)

Website: www.sane.org.uk

SHIFT

Shift works in England to combat stigma in those areas where people with mental illness say they experience most discrimination. It works particularly with young people, public services, employers and the media.

Tel: 0845 223 5447

Email: shift@csip.org.uk

Website: www.shift.org.uk

TIME TO CHANGE

Time to Change is an ambitious programme of 35 projects in England aimed at ending discrimination faced by people who experience mental health problems. It comprises local community projects, a national campaign, grassroots activism, training and a mass participation physical activity week. It is led by Mental Health Media, MIND and Rethink.

Tel. 020 8215 2356

Email: info@time-to-change.org.uk

Website: <http://www.time-to-change.org.uk>

TOGETHER

Supports people with mental health needs to get what they want from life and to feel happier, by providing a wide range of services across the country, campaigning, doing research and educating local communities about their own mental health needs.

Tel: 020 7780 7370
Email: contactus@together-uk.org
Website: www.together-uk.org

YOUNG MINDS

Young Minds is the UK's leading charity committed to improving the emotional well being and mental health of children and young people. It provides expert knowledge through training, outreach work, publications and a helpline for parents and carers.

Tel. 020 7336 8445
Email: admin@youngminds.org.uk
Website: <http://www.youngminds.org.uk/>

Mental Health – Specialist

ANXIETY UK

(formerly National Phobics Society)

A user-led organisation run by sufferers and ex-sufferers of anxiety disorders, providing information, support and understanding via an extensive range of services, including one-to-one therapy services.

Tel: 08444 775 774, and 0161 227 9898

Email: info@anxietyuk.org.uk
Website: <http://www.anxietyuk.org.uk>

BEAT

The UK's leading eating disorder charity provides help and support for people with eating disorders and campaigns to challenge the stigma they face.

Helpline: 08456 341414
Email: help@b-eat.co.uk
Website: www.b-eat.co.uk

CRUSE BEREAVEMENT CARE

Cruse promotes the well-being of people who have been bereaved by death, helping them understand their grief and cope with their loss.

Helpline: 0844 477 9400
Email: info@cruse.org.uk
Website: www.cruse.org.uk

DEPRESSION ALLIANCE

Depression Alliance work to help and relieve people with depression by providing information and support services via publications, supporter services and network of self-help groups.

Helpline: 0845 123 2320
Tel: 029 2069 2891
Website: www.depressionalliance.org / www.dacyrmu.ik.com

DRUGSCOPE

Drugscope provides quality drug information, promotes effective responses to drug taking, undertakes research at local, national and international levels, advises on policy-making, encourages informed debate and speaks for member organisations working on the ground.

Infoline: 0870 774 3682
Email: info@drugscope.org.uk
Website: www.drugscope.org.uk

MDF BIPOLAR ORGANISATION

MDF is a user-led charity working to enable people affected by bipolar disorder (manic depression) to take control of their lives. It supports self-help projects, provides information services and works to improve available services.

Tel: 08456 340 540

Email: mdf@mdf.org.uk

Website: www.mdf.org.uk

OCD ACTION

National charity that provides information and support for people affected by obsessive compulsive and related disorders

Help and information line: 0845 390 6232

Email: info@ocdaction.org.uk

Website: www.ocdaction.org.uk

SOCIAL ANXIETY UK

According to research in the USA, Social Anxiety Disorder (SA) is the third most common psychiatric disorder after depression and alcoholism, but it is one of the least recognised or treated conditions. SAUK provides information and a community for social anxiety sufferers. It campaigns to raise the profile of the condition.

Email: contact@social-anxiety.org.uk

Website: <http://www.social-anxiety.org.uk>

Community Channel

Community Channel is a not-for-profit, free to air television channel in the UK launched in September 2000. Owned by the Media Trust, a registered charity, its remit is to give a voice to community groups, charities of all sizes and not-for-profit organizations through using news, current affairs, documentaries and lifestyle programming.

Web: www.communitychannel.org/

Tel: 08708 505500

Email: feedback@communitychannel.org

Community Channel is not responsible for the content of other sites listed.

Community Channel, 2nd Floor, Riverwalk House, 157-161 Millbank, London, SW1P 4RR

www.communitychannel.org feedback@communitychannel.org

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