 

**Dear Care Home Provider**

Southwest London ICS Partner and Priorities Fund has commissioned Aesop to deliver Dance to Health (DtH), a fall prevention programme using evidence-based techniques and dance. This programme has achieved a 58% reduction in falls for the in-person sessions and continues to engage participants online. Aesop has also been developing and delivering online Care Homes activity since COVID-19.

**About the Offer:**

* FREE Live online Dance to Health Classes for Southwest London Care Homes.
* Engage up to 6 Care Homes across SWL.
* 3 x 14 weekly Sessions with 2 Care Homes at a time. Totalling 6 Care Homes.
* Looking to start the programme end of June (Earliest).
* Same day and time for those weekly sessions to be decided.
* Duration of sessions 1 hour (The Dance Artist will build up the time, the first few sessions may be 25 – 30mins increasing over time).

**Taster Sessions for Care Home Staff – See what it looks and feels like.**

Please join Aesop on Zoom on ***Wednesday 19th June 10.30 – 11 am*** and ***Thursday 20th June 2:00 – 2:30.*** An opportunity to meet a Dance to Health Artist, Aesop staff member and a practical demonstration of some aspect of the programme. Please email Jodie.stus@ae-sop.org to register your attendance and for the link to be sent to you.

**Set Up Requirements:**

* Wi-Fi
* Laptop/device (we use Zoom)
* Care Home email address to send Zoom link.
* Large Smart TV (that the laptop/device can be plugged into)
* Ideally an Activity Coordinator/or staff who can be present during the programme.
* Space – living room or activity room (usually where the TV is placed).
* Chairs
* Props (we would like to know what you already have or don’t have)
* Test day (this is where we test the zoom link, use of equipment and position the camera so that the dance artist can see

**Commitments from Care Homes:**

* A main contact to support with set up and any other queries along the way.
* Commitment to helping Dance to Health gather evaluative and demographic data.
* Selected staff being present when classes are being delivered.

**To register your interest** in being one of the 6 Care Homes to receive the Free Online Dance to Health Session please email details of;

* Name and address of Care Home
* Contact Name
* Contact Email and Phone Number
* Preferred Days and Times of class (please provide a few to support our availability with the Dance Artists)

**Aesop Staff:**

Jodie Stus jodiestus@ae-sop.org

Kayla Dougan Bowtell kayladouganbowtell@ae-sop.org

Zoom Link for Taster Sessions:

**Wednesday 19th June 10:30am**

Join Zoom Meeting
[**https://us02web.zoom.us/j/82742422489**](https://us02web.zoom.us/j/82742422489)

Meeting ID: 827 4242 2489

**Thursday 20th June 2:00pm**

**Join Zoom Meeting**[**https://us02web.zoom.us/j/85837282088**](https://us02web.zoom.us/j/85837282088) **Meeting ID: 858 3728 2088**