

SOUTHBANK CENTRE

Press Release

Date Friday 18 February 2022

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Images [HERE](#)

Mix & Move: Southbank Centre relaunches free monthly dance sessions



Credits (L-R): Photo by Don Blanford; Photo by Jen Jenny B Marquis-Brown; Photo by Alice Boagey.

The Southbank Centre is relaunching its free monthly dance sessions in the form of a new series called **'Mix & Move.'** The initiative is part of the multi-arts centre's Arts & Wellbeing programme, which is committed to finding innovative ways of increasing access to free enriching social encounters that offer wellbeing benefits. These events will provide an open and inclusive environment for people to come and be active, have fun, learn a new dance style and create new connections. 'Mix & Move' is set to welcome participants to the dancefloor in person from **Friday 25 February 2022**, from 1-3pm.

'Mix & Move' follows the Southbank Centre's long-standing tradition of hosting social dances in the Royal Festival Hall Clore Ballroom, and comes after a hugely successful virtual social dance during lockdown in December 2020, which was beamed into homes and care homes across the UK for thousands of socially-isolated people, and supported by BBC Strictly Come Dancing judges and professional dancers.

Alexandra Brierley, Director of Creative Learning at the Southbank Centre, said: *"We're really excited to be able to bring people together in person again. The pandemic has reminded us how important it is to feel part of a community and we felt it important to relaunch our social dances in such a way that both experienced dancers and beginners can come together, be active and meet new people. Mix & Move will introduce and showcase a wide range of dance styles, and with expert teachers on hand, they will be accessible for people with different levels of dance experience. We truly believe in the transformative power of the arts for health and wellbeing, and are delighted to launch Mix & Move."*

Participants do not require a partner or any dance experience. The monthly events will be hosted by dance teachers Natasha Khamjani and Damien Anyasi, and each month features a guest dancer to introduce new dance styles. As part of the Southbank Centre's commitment to diversity and inclusion the dances will represent different styles, countries and cultures - from the Lindy Hop and Ceilidh Jam through to Ballroom, Jive, Brazilian Forró and Jamaican Dancehall. The sessions will feature a mix of live and recorded music.

The Southbank Centre believes in the transformative power of the arts for health and wellbeing. Its social dances are a staple of the extensive Creative Learning and Arts & Wellbeing programme, which includes Art by Post, the Covid-19 response project to reach people who were at risk from social isolation and often living with one or more long term or chronic health conditions; (B)old, a series of creative writing, dance and film-making workshops for people living with dementia; and Grounded EcoTherapy at the Queen Elizabeth Hall Roof Garden, for people who have experienced homelessness, addictions and mental health problems.

The Southbank Centre is home to the National Academy of Social Prescribing. The organisation champions the social prescribing model as a way for health and care professionals to 'prescribe' people a range of local, non-medical services for wellbeing. The partnership is committed to the social prescribing agenda, with a particular focus on arts, creativity and culture.

Listings information

Mix & Move takes place every month. For up-to-date information, please visit [southbankcentre.co.uk](https://www.southbankcentre.co.uk)

Mix & Move: Lindy Hop with Grounded Movement

The Clore Ballroom, Level 2, Royal Festival Hall

Friday 25 February, 1-3pm

Free, un-ticketed and for all ages

Natasha Khamjani and Damien Anyasi are joined by Grounded Movement's Temujin Gill and Sunanda Biswas for an afternoon of joyful Lindy Hop and jazz. Grounded Movement brings their inclusive approach to dance, creating a fun and vibrant space for people of all ages, abilities and cultures to come together and learn new moves. You don't need a partner, or any dance experience – just put the date in your diary and come along to enjoy some wonderful moments moving together. Our monthly Mix & Move events let you find your flair on the dancefloor, meet new people and try out new styles.

<https://www.southbankcentre.co.uk/whats-on/performance-dance/mix-move-lindy-hop-grounded-movement?eventId=898143>

Mix & Move: Ceilidh Jam

The Clore Ballroom, Level 2, Royal Festival Hall

Friday 18 March, 1pm – 3pm

Free, un-ticketed and for all ages

For March's dance, Natasha and Damien are joined by Folk Dance Remixed for a spectacular Ceilidh Jam, a fantastic fusion of traditional folk dance from around the world and contemporary street dance, with an energetic live band.

<https://www.southbankcentre.co.uk/whats-on/performance-dance/mix-move-ceilidh-jam>

Mix & Move: April

The Clore Ballroom, Level 2, Royal Festival Hall

Friday 15 April, 1pm – 3pm

Free, un-ticketed and for all ages

In April, Natasha and Damien will be exploring a new dance style. Everyone is welcome to come along and boogie into the weekend. Information on line-up will be available at [southbankcentre.co.uk](https://www.southbankcentre.co.uk)

- ENDS -

For more information please contact louise.gilbert@southbankcentre.co.uk or press@southbankcentre.co.uk

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NOTES TO EDITORS

About the Southbank Centre

The Southbank Centre is the UK's largest arts centre occupying a prominent riverside location that sits in the midst of London's most vibrant cultural quarter on the South Bank of the Thames. We exist to present great cultural experiences that bring people together and we achieve this by providing the space for artists to create and present their best work and by creating a place where as many people as possible can come together to experience bold, unusual and eye-opening work. We want to take people out of the everyday, every day. The site has an extraordinary creative and architectural history stretching back to the 1951 Festival of Britain. The Southbank Centre is made up of the Royal Festival Hall, Queen Elizabeth Hall, Purcell Room and Hayward Gallery as well as being home to the National Poetry Library and the Arts Council Collection. It is also home to four Resident Orchestras (London Philharmonic Orchestra, Philharmonia Orchestra, London Sinfonietta and Orchestra of the Age of Enlightenment) and four Associate Orchestras (Aurora Orchestra, BBC Concert Orchestra, Chineke! Orchestra and National Youth Orchestra of Great Britain).

About social dance at the Southbank Centre

Ballroom, Foxtrot, Cha-cha... since 1951, social dances have drawn light-footed visitors to our venues to try a huge variety of moves. Today, our social dance offering is one of the only free events of its kind in London, and in the past has welcomed around 300 visitors every month.

About the National Academy for Social Prescribing

The National Academy for Social Prescribing (NASP) is an organisation dedicated to the advancement of social prescribing through promotion, collaboration and innovation. We work to create partnerships, across the arts, health, sports, leisure, and the natural environment, alongside other aspects of our lives, to promote health and wellbeing at a national and local level. We will champion social prescribing and the work of local communities in connecting people for wellbeing.

Our objectives are to

- Make some noise – raising the profile of social prescribing
- Find resources – develop innovative funding partnerships
- Build relationships – broker and build relationships across all sectors
- Improve the evidence – shape and share the evidence base
- Spread what works – promote learning on social prescribing

Website: socialprescribingacademy.org.uk

Twitter: [@NASPTweets](https://twitter.com/NASPTweets)

Instagram: [@NASP_Insta](https://www.instagram.com/NASP_Insta)



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