



Reaching Communities North West

Neuro-Moves Final Report



Image: Neuro-Moves Preston

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1. Why we developed this provision with this community

Physical activity plays a crucial role in maintaining health and well-being. For people living with Parkinson's, exercise is a vital non-pharmacological intervention that acts as medicine—helping to manage symptoms, improve quality of life, and potentially slow disease progression (Backman, I. (2024) Yael School of Medicine). Regular moderate-to-high intensity activity promotes neuroplasticity, enhances motor skills, improves balance, and supports overall brain health.

However, significant funding cuts to care services across Lancashire and South Cumbria have affected our community. People with neurological conditions are experiencing longer waiting times and reduced access to Parkinson's nurses and neurologists. In this context, services that offer clinically informed movement, a supportive environment, and opportunities for social inclusion and community connection are more essential than ever.

Neuro-Moves has responded by bringing weekly specialist classes to communities in Preston and Rossendale, as well as twice-weekly online sessions. In addition, we have delivered taster sessions and workshops to share our work more widely and engage local communities who may benefit from what we offer.

2. Key activities undertaken

Neuro-Moves has delivered specialist dance and movement provision to communities who would otherwise have little or no access to this type of support. Funding from Reaching Communities NW has enabled us to strengthen and expand our programme—supporting the continuation of our Preston Neuro-Moves class, the growth of our online offer, and the establishment of a new programme in East Lancashire.

Funding has enabled us to:

- continue delivering our specialist Neuro-Moves classes in Preston
- establish a brand-new Neuro-Moves programme in East Lancashire
- sustain and further develop our two online specialist classes for people living with long-term health conditions and disabilities—helping us reach those who are socially isolated or unable to attend in person

A core team of 6 experienced practitioners have been involved in the practical delivery with support from 3 team members who have provided the administrative side of the programme, plus our valuable Community Activator team, who have contributed to the

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strategic development and aspects of project outreach. An additional 3 guest practitioners have joined the programme over the last 2 years.

A total of 138 participants engaged in the programme from November 2023 to January 2026

Neuro-Moves class	Numbers of people	Number of sessions	Visitors	Students	Practitioners	Guest Practitioners	Community Activator
Preston	66	99	13	7	3	0	1
Rossendale	44	61	10	3	2	4	1
Online Neuro-Moves	18	86	6	2	1	0	1
Online Pilates	10	86	1	0	1	1	1
TOTAL	138	332	30	12	7	5	4



Image: Neuro-Moves Haslingden

3. The impact: the difference our project has made

Impact

We successfully achieved our aim of widening access for people with neurological conditions across Lancashire to engage in specialist, person-centred activity. Our dance and movement programme continues to have a demonstrable positive impact on participants' health, wellbeing, confidence, and physical symptoms. As the only organisation in Lancashire offering specialist movement provision of this kind, we are working hard to address gaps in local support and ensure that people living with neurological conditions are not left behind.

To understand the impact of our work, we have gathered both qualitative and quantitative data through surveys, group feedback sessions with our evaluator, weekly post-class debriefs with artists and the LPM Director, follow-up discussions after tasters and presentations, and continuous monitoring by practitioners and project managers.

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This combined approach ensures that our programme remains responsive, evidence-based, and focused on the needs of our community.

<i>Outcome.</i> <i>What we aimed to do.</i> <i>What we set out in application to Reaching Communities</i>	What we achieved
2 years of regular, weekly neuro-moves classes in Preston and East Lancashire. Engaging 12- 20 per class, plus students (x5) from UCLan Dance and Burnley College (x10). Reach= 60 different people over the programme for weekly classes.	We have delivered 2 years of regular weekly neuro-moves classes in Preston and East Lancashire. We reach up to 35 people in a weekly class* in Preston living with neurological conditions and their carers. Most weeks we have 16-21 attending. We have 12 people attending regularly in Rossendale with 18 registered in the drop in class. 9 students from the University of Lancashire and Burnley have engaged in the programme in Preston and Haslingden Over the duration of the two year programme we have established a new relationship with Burnley College, providing an introduction to Neuro-Moves and LPM's work (with all performing arts students), collaborating on Rhythm of the Looms at Queen Street

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	Mill and providing work experience for 1 graduate artist. We have reached 110 different people living with neurological conditions, friends/family or guests in the in-person weekly programme. 66 in Preston and 44 in Rossendale. *the week we had 35 people was a special open event.
Marked improvements through surveys and discussions regarding health and wellbeing of people living with neurological conditions.	Qualitative and quantitative survey and feedback results show improvements to health and wellbeing.
More participants engaging in the classes	We have increased numbers across the programme. Rossendale development has been successful but a slow burner as we have build new partnerships over the 2 years.
Marked short-term improvements in symptoms reported through surveys and feedback.	Qualitative and quantitative survey and feedback results show improvements to symptoms
A reduction in those who are socially	Qualitative and quantitative survey and

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isolated reported through surveys and feedback. New friendships fostered reported through surveys and feedback.	feedback results emphasise the importance of friendship and connection. Themes that arose in every feedback session. This would indicate that the classes a reducing social isolation. Many of our members live alone and Neuro-Moves offers strong social connection.
Participants engaging in different opportunities due to a development in confidence and awareness of other activities available in the community (opportunities through Horse and Bamboo, Preston Wellfest, LPMs festival programme, opportunities through UCLan to name a few)	Participants are invited to other LPM events and activities promoted through local partnerships. We are aware that participants are engaging in these opportunities. They include: Attending performance/exhibition events at UCLan Attending social events advertised through Parkinson's UK Joining LPM Fleetwood Moves festival as audience members and volunteers (x3 volunteers from NM) Joining other LPM classes online and in-person Sharing news of events and activities with other group members, which they have attended (Nordic walking, drumming workshops)
A programme of 6 free taster/presentation sessions per year in	A total of 25 taster/outreach sessions were delivered across the programme.

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Preston 8 in East Lancashire (assumes x4 of each) to tell more people about what we do. Each taster session engaging approximately 15 people. This number is based on taster sessions we have previously delivered.	This included 22 in local areas, 2 online and 1 national event for the Parkinson's conference. Taster sessions engaged between 10 participants (Rossendale Hospice) and 60 people.
Raise awareness amongst care providers, academics, researchers and health professionals (can measure through post presentation discussion) Increase the number of partners we have invested in the programme	We have established relationships with: Parkinson's nurses, GP (through CPAN network presentation + wellbeing events) Health coordinators (Rossendale) CVS team members (Blackburn/Rossendale/Preston) Senior neurologist from Lancashire Teaching hospital Academics at University of Lancashire (Biomechanics, Social Science, Dance, Speech and Language)
2 years of weekly online inclusive Pilates and Neuro-Moves online provision that targets people living with neurological conditions and long-term health conditions. Each session engaging 8 participants per class. Limited numbers	Weekly online classes: Neuro-Moves Online- 13, Pilates 10. Plus online workshop for World Parkinsons Day reached 1000+ people Online introductory workshops= 12

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due to needs of group online. Overall average reach = 40 different people over programme	people.
Marked improvements health and wellbeing of people attending the online programme (measured through survey and post-class discussion) Marked short-term improvements in symptoms (measure through survey and post-class discussions)	Qualitative and quantitative survey and feedback results show improvements to symptoms and wellbeing.
Increase the numbers of participants attending our classes (can measure through registers, expand reach)	This has been achieved.
Engage more volunteers to support the online programme.	We have two practitioners online for Pilates. We have engaged ad-hoc volunteers for Neuro-Moves but we recognise that this role needs to be paid to offer the level of skills the participants require.

Qualitative data results:

If you have a neurological condition, do you find that Neuro-Moves helps with any of the following symptoms? (Tick all that apply)

- **Balance (9.66%)**
- **Motor Control (6.21%)**
- **Stiff Muscles (8.97%)**
- **Tremor (5.52%)**
- **Festination (5.52%)**
- **Bradykinesia (8.97%)**
- **Constipation (1.38%)**
- **Low Mood (10.34%)**
- **Pain (2.07%)**
- **Anxiety (6.9%)**
- **Numbness (1.38%)**
- **Muscle weakness (6.9%)**
- **Fatigue (5.52%)**
- **Memory focus (6.9%)**
- **Communication (3.45%)**
- **Movement confidence (10.34%)**

Do you think Neuro-Moves supports any of the following?

Mood	19.27%	21
Motivation	17.43%	19
Fitness	18.35%	20
Feeling connected to others	17.43%	19

Making new friends	14.68%	16
Discovering new ways to manage my symptoms and tasks at home	12.84%	14

Would you recommend Neuro-Moves to anyone living with a neurological condition?

Yes- 100%



Image: Preston Neuro-Moves

Case study 1

SS, a British Asian man living with Parkinson’s, began attending Neuro-Moves in 2023 with his wife. Before joining the programme, he was not engaging in any physical activity during the week and was experiencing low mood and significant

social isolation.

Since attending Neuro-Moves, he has become far more socially engaged. He has joined his local Parkinson's UK support group and now regularly takes part in activities promoted both by LPM and by contacts within the Parkinson's UK community.

Reflecting on his journey, he shared:

"I didn't go to Parkinson's things before this. I didn't want to see, I didn't want to be like that. Now if anything comes up, Parkinson's, I go."

His wife has also spoken about the positive impact the class has had on both of them as they navigate his Parkinson's journey. She described how the group has helped him reconnect with everyday life:

- Before, he wouldn't go to restaurants—now he is confident coming out again.
- When he is in the class, she sees "a completely different person."
- The laughter, movement and shared experience bring him joy and energy he doesn't express at home.
- She notices how the variety of movements, the inclusive atmosphere, and the sense of belonging make a remarkable difference to his wellbeing.
- "Everybody does it in their own way," she explained. "It brings people together, it makes us forget what's outside. This class helps us go on."

This case study captures the transformative impact of the programme—not only for individuals living with Parkinson's, but also for their families and support networks.

Case study 2

TW is a single woman from Greater Manchester living with Parkinson's. When she was diagnosed in 2017, she decided to try something new and attended a workshop at the Whitaker Gallery after reading that dance could support people living with Parkinson's. The session—led by Helen Gould on behalf of English National Ballet—was her first experience of specialist dance activity. She found it both enjoyable and beneficial in managing her symptoms.

Following this, Tessa attended a second series of English National Ballet sessions led by Helen in Manchester in 2019. In 2020 she joined Helen's online classes and became an advocate for improved provision, taking on a voluntary role with the national Live Well with Parkinson's programme in 2020–2021 to help raise awareness of the benefits of movement-based activity.

I first came across Dance for Parkinson's when I saw a taster class run by English National Ballet about 7 or 8 years ago. At the time it seemed very much out of my comfort zone, but I became hooked on how it made me feel, and the possibilities that classes give me, not only to enhance my movement, but also to be part of something creative. Helen and the other dance artists' enthusiasm and commitment to Neuro-Moves is phenomenal Since then I have taken opportunities to attend classes when and where I can

Since 2022, Tessa has actively supported LPM Dance in reaching more people living with neurological conditions, offering her lived experience to help shape and guide the development of our work. She now attends weekly classes in Haslingden, joins our online sessions, and whenever possible also participates in our Preston group.

In 2025, Tessa joined the team of dancers travelling to Bucharest as part of our international exchange. Her involvement exemplifies how long-term engagement in Neuro-Moves can empower participants to grow in confidence, explore new opportunities, and contribute to the wider community.

Case study 3

NP and RP, an Asian couple from Preston, began attending Neuro-Moves in 2018 and have become highly committed and valued members of the group. Their long-term involvement reflects the deep sense of connection and personal benefit they experience through the programme.

Ram describes the classes as a space where he feels able to grow, enjoy himself, and take care of his wellbeing:

- “I can make improvements for myself.”

- “I’m excited to come to class.”
- “I enjoy it.”
- “I don’t think so much.”

For Nimmy, the social and emotional aspects of the class are just as meaningful. She speaks powerfully about the sense of belonging the group creates:

- “I just enjoy people being together.”
- “It’s like family.”
- “It’s like seeing the family.”
- “It’s like a caring connection.”

Together, their reflections show how Neuro-Moves offers more than physical activity—it provides community, continuity, and a supportive environment that helps people feel part of something bigger than themselves.

Case study 4

JC is a woman in her 60s and the partner of someone living with Parkinson’s. Both attend the Preston Neuro-Moves class. Although her husband had been coming for some time, J.C. only began attending in the lead-up to our Bucharest trip in November. After experiencing the sessions herself, she quickly became a committed member of the group. This term, both she and her husband have also begun attending our online classes.

Reflecting on her experience, J.C. shared:

“I attended with my partner who lives with Parkinson’s. He finds the classes enjoyable exercise and is motivated to keep attending. He always feels better afterwards. We both benefit from the welcoming, supportive community which is Neuro-Moves.”

Balancing several volunteering roles, J.C. describes the classes as a rare space where she can restore both body and mind:

“I have a very busy life with several different volunteering roles. Attending the classes makes me feel relaxed—stimulated and stretched physically—but mentally rested and

ready for the next challenge.”

She also emphasised the unique value of the Neuro-Moves approach:

“They are unique in the North West in providing appropriate and inclusive choreographed movement and exercise for people with Parkinson’s accompanied by meaningful music. I’ve been to yoga classes for Parkinson’s where the music did not complement the movements at all.”

Her experience of the international exchange in Romania was particularly profound. She travelled initially as a companion but was welcomed fully into the group:

“I was privileged to join the Neuro-Moves Romanian exchange last year. I went as a travelling companion but was immediately made to feel one of the group. It was one of the most wonderful experiences of my life—to spend time with such lovely people, join their dance workshops, and even take part in their choreographed performance in Bucharest.”

She also noted the care and attentiveness of the Neuro-Moves practitioners:

“Helen, Mel and Paige are always aware of what everyone is doing, who needs help, who might be feeling left out. They ensure that seated participants are given a role which keeps them included and connected to the moving dancers.”

JC describes every Neuro-Moves session as:

“an inspiring and inclusive adventure.”



Image: Community Connection event with our colleagues from Bucharest and communities from across Lancashire 2025.

Why do participants come back to Neuro-Moves?

Participants consistently describe Neuro-Moves as enjoyable, motivating, and essential to their wellbeing. Many emphasise that the programme offers a form of exercise they genuinely enjoy—something they had not found elsewhere. Several participants highlighted the importance of movement for managing Parkinson’s and other neurological conditions and shared how the classes positively affect both mood and symptoms.

One participant explained:

“It’s enjoyable, and exercise is very important in Parkinson’s and other neurological diseases. Neuro moves classes use a lot of imagery to help us to move. It helps to imagine a movement or a story. Movement feels more purposeful and I can achieve things that I wouldn’t achieve outside of the class. Where else, for example, would I be marching with high knees as if I was a Star Wars Imperial guard! Or twirling an imaginary

umbrella like Singing in the Rain. The imagery helps me to move in ways that are completely different from every day movements. Neuro-Moves reaches parts of me that no other class reaches. These are movements that are wider, and taller, and louder, or smaller and softer and quieter than everyday movements, but they are essential for me to maintaining my overall mobility whilst living with Parkinson's. This is not just about making sure that I can stand up from a chair, or reach a mug from a top cupboard. It is about maintaining my quality of life. The classes also often make me laugh! Which is an added bonus!

Another shared that before joining, they didn't consider themselves an exerciser:

"I was never a natural exerciser other than walking. I've now found a form of exercise I enjoy and feel physical benefit from."

Others described the emotional lift the classes bring:

"It gives me joy, and I feel better in mood and physicality after every class."

For some, attending with a partner is particularly meaningful:

"It's something I can attend with my wife. Also, it's very enjoyable!"

Participants also notice improvements in specific symptoms:

"It makes me feel good and helps me with balance while dancing, anxiety and tremors."

And many value the sense of connection, support, and positive impact on day-to-day wellbeing:

"I enjoy it, and it helps with mood and symptoms." Participants offered powerful reflections that speak to the emotional, physical, and social impact of Neuro-Moves. Their words highlight not only the programme's value to individuals but also the urgent need for long-term, sustainable provision for people living with neurological conditions.

One participant captured the deep personal significance of the classes:

"One of the very few compensations for being afflicted with Parkinson's is attending these classes and learning more about their methodologies, and experiencing the contentment which they bring."

Another participant expressed that specialist movement support should not be an optional extra, but a core part of healthcare:

“Everyone with a neurological condition should have access to a Neuro-Moves class. I think classes should be funded by the NHS as part of the treatment plan for Parkinson’s. People with Parkinson’s are told that exercise is the only thing that can slow progression of the disease, which is the fastest-growing neurological condition in the world. And yet the majority of exercise and movement classes are run on a shoestring by dedicated professionals, endlessly having to apply for diminishing pots of money to keep these vital classes going for us.”

For some, Neuro-Moves has opened doors they thought had closed:

“Having danced as a child and also in my 30s, I was delighted to find Neuro-Moves. I never thought I would dance again after being diagnosed with Parkinson’s four years ago. Neuro-Moves is my safe space where, despite my slow movement and lack of coordination, I can enjoy movement and dance. It helps me function, stay motivated, and ultimately stay positive.”

Others emphasised how the programme enriches their wider life and wellbeing:

“I look forward to it and it improves the rich tapestry of my life. Whether we can move freely or only a little, everyone is encouraged and praised.”

Several participants highlighted how the online offer provides essential continuity, connection, and strength:

“The online class has become an important part of my weekly exercise routine. I feel supported by my excellent teacher and fellow participants—I feel they are with me every step of the way. As the effects of Parkinson’s become more pronounced, this helps to keep me strong in body, mind, and spirit.”

Finally, participants emphasised how Neuro-Moves supports their treatment and overall wellbeing:

“It adds another dimension to my overall treatment. I have always enjoyed dance but would not have got involved at all in dance if I hadn’t had Parkinson’s. Classes are well organised and inclusive for everyone.”

[Take a look at our group members talking about why they come to class](https://youtu.be/nOJN0yQwyEo?si=2VprFjB1xStD_zMf) by clicking on the link.

https://youtu.be/nOJN0yQwyEo?si=2VprFjB1xStD_zMf



Image: Exploring the Lake District in Neuro-Moves Preston 2025

4. How our community have been involved (developing, delivering, and building on their strengths)

Our Community Activator team is made up of three participants living with Parkinson's, each of whom attends Neuro-Moves sessions in Rossendale (x1 CA), Preston (x1 CA), Pilates (x2CA) and Neuro-Moves online (x3). We meet online, which best supports the group's access needs and aligns with their preferred way of working. These meetings are intentionally open, conversational, and led by the group's own interests and priorities. Notes are taken by Helen Gould and/or Project Manager Kate Relton to ensure ideas and learning are captured. Through this process, the team has contributed reflections, constructive feedback, and practical suggestions that have shaped the programme's development.

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The Community Activator team has played a central role in several key initiatives, including the creation of our first newsletter, strengthening connections with Parkinson's UK regional relationship managers, initiating our online introductory workshops, and supporting participation in the NATIONAL Let's Dance initiative and World Parkinson's Day opportunities. Members have also offered support behind the scenes—copy reading, assisting with promotion, volunteering at events, contributing to funding research—and have joined Helen at taster sessions, sharing their personal lived experience with prospective participants.

Beyond the Community Activator team, our wider community of participants continue to be integral to how the programme evolves. Post-session refreshments offer a relaxed space for conversations about what people enjoyed, what felt helpful or challenging, and even preferences around music. These informal discussions provide rich insight and ensure the classes remain responsive, relevant, and rooted in the experiences of those who attend.

Neuro-Moves pedagogy is designed to be inclusive and adaptive. No two sessions are the same: practitioners regularly make real-time adjustments to support the needs of everyone in the room. In this way, the community is continuously influencing the content and direction of the programme—often without realising just how much they shape it.

We also recognise that not everyone finds it easy to communicate verbally, whether due to confidence or the physical effects of neurological conditions, particularly the weakening of voice muscles as Parkinson's progresses. This raised an important question for us: How can we empower participants to have a more active voice in shaping their classes, and what might they want to explore or research further as co-creators of the work? These reflections led to the development of the Empowering Voices project, designed specifically to strengthen participant agency, inclusion, and leadership within the programme.

Empowering Voices was a separately funded research project supported by Public Engagement at the University of Central Lancashire. The research brought together academics and practitioners from biomechanics, social science, and dance, united by a shared commitment to co-production. A central principle of the project was that research should be carried out *with* the community, rather than *upon* them—ensuring that methodological choices supported, rather than disrupted, participants' well-being, cohesion, and autonomy.

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The aim was to co-develop research methods that honoured the group's identity while exploring new approaches to reflection, creative exchange, and participant-led practice that could meaningfully shape the sessions. The project investigated inclusive, immersive ways of capturing data within the natural flow of the class, exploring how a felt sense of connection—to self and to others—might enable richer, higher-quality insights. Over the course of the research, participants were more confident to contribute physical and verbal responses, using mark-making and physical reflection as a way to express themselves to the group. Participants also increasingly initiated new creative movement ideas, contributing to the development and direction of the session rather than the structure being defined by the lead practitioner.

The group were interested in sharing their work more widely and, as part of a symposium hosted by the University, group members spoke on panels, contributed to panel discussions and performed to an audience as part of the event.

The research is currently being written up by Dr Richard Coaten and Ruth Spencer, and the findings will be made publicly available in due course. The research team is committed to pursuing the development stage of the project.



Image: Neuro-Moves training in Bucharest 2025

5. What has gone well? What we are proud of

Engagement

We have successfully engaged members of the community who were previously not taking part in any physical activity. Feedback consistently highlights how meaningful the classes are, and how the weekly sessions provide motivation, structure, and a vital source of connection.

Collaboration and partnership

With two years of continued funding, we have been able to establish strong and meaningful relationships with a range of partners and collaborators. The list is extensive, but below are selected partnerships that have offered significant enrichment and opportunity to the programme:

- **Bibi Heal and Songs that Move:**

Following the visibility of Neuro-Moves at the Parkinson's UK conference, soprano Bibi Heal—currently collaborating with the Royal Ballet, Movers and Shakers, and Parkinson's UK—contacted us after learning about our work. She attended a class in Rossendale, where many participants experienced live opera for the first time. The session was moving, inspiring, and deeply memorable for all involved. Bibi was equally impressed by the group, and as a result Helen was invited to lead a workshop and performance for people with Parkinson's as part of the Ryedale Music Festival in York. Helen is in conversation with Bibi about further collaboration.

- **Swati Dance:**

Swati Raut, founder of Swati Dance, joined us to co-deliver bharatanatyam sessions in Rossendale. Her emphasis on facial expression, narrative, and hand gestures proved particularly supportive for the Parkinson's community. Although we explored engaging young Swati Dance artists more regularly, challenges around timings, availability, and public transport made this unfeasible for now. This is something Swati and LPM hope to revisit in future, as integrating varied dance styles can only enrich the programme and widen the benefits for participants.

- **Yoga Therapy and Breath Work:**

Working with our supporting practitioner in Rossendale, we have increasingly integrated yoga and breath-work into sessions. This cross-disciplinary exchange has supported skills-sharing between practitioners and has enhanced the offer for

participants, many of whom note how well the qualities of yoga complement the dance-based activity.

- **International Exchange:**

Over the last two years, the profile of Neuro-Moves has grown internationally. Recognition of our work as an example of high-quality and best practice led to the invitation from EntuziArt (Arts Therapy Organisation) in Bucharest to deliver training in Bucharest and engage in skills sharing with our community across both countries. A small group of dancers living with Parkinson's, alongside practitioners and academics, joined us in Lancashire in November 2025 for a week of workshops, skills-sharing sessions, and presentations. In December, eight members of our Preston group travelled to Bucharest for the second stage of the exchange. This included training for practitioners and therapists led by Mel Brierley and Helen Gould, alongside collaborative workshops, skills exchange, and performance opportunities. An article documenting this transformative experience is currently being prepared by Mel Brierley for *Animated*, the community dance magazine published by People Dancing.

- **Empowering Voices:**

Our involvement in the Empowering Voices research project was only possible due to funding from Reaching Communities NW. This collaboration has had a transformative impact on participant agency, practitioner development, and the evolution of our wider practice.

Data Collection and evidence of need

Over the past two years, we have gathered robust qualitative and quantitative data demonstrating the importance of this provision. Alongside this, we have built a committed and skilled team of practitioners who are trained in this specialist area of practice.

The regularity of the classes continues to be crucial for our community. It is common for participants to miss sessions due to fluctuations in their health or medical appointments, yet they remain connected to the programme and often return after periods of absence. This reflects both the value they place on the classes and the flexibility we have built into our approach.

Our main challenge now is sustainability—ensuring we can continue delivering this essential provision in the long term



Image: Warm-up games at Preston Neuro-Moves: 2024

6. Challenges and opportunities

Rossendale

Rossendale was a completely new geographical area for us at the start of the programme, so significant grassroots development work was needed to establish the class. We spent time mapping local networks, identifying partnership opportunities, meeting with health professionals and social prescribers, and delivering taster sessions to local groups. We engaged Helen Harvey to support this work, with knowledge of the area as a local resident.

The change of venue did have an impact on some members of the community, and we lost four regular attendees as a result. However, we believe the space at Haslingden Community Link is ultimately more suitable for our participants. It offers a warmer environment, better connections to other local services, accessible parking, and is well aligned with the demographic of our target group. We continue to maintain positive relationships with our colleagues at The Horse and Bamboo and look forward to exploring further opportunities for collaboration in the future.

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Engagement was consistent but slow during the first year, and we sadly lost a few members of our initial group as their health deteriorated. We trialled a range of approaches—including digital communication, online meetings and workshops, one-off tasters at wellbeing events, flyers, and press coverage. Through this phase, it has become that the most effective method of engagement was a combination of phased in-person taster sessions led by practitioners and coordinated digital communication from community partners such as Parkinson's UK, social prescribers, and Speak Easy. With this approach we have increased numbers significantly in our class and have a committed group attending weekly.

Online classes

Our numbers for the online Pilates class have remained consistent, while participation in the Neuro-Moves online sessions has increased. Although both classes are now close to capacity, we believe there are still many people who would benefit from this provision but are currently unaware of it.

Online delivery continues to be a cost-effective and sustainable model, and with dedicated investment in digital communications, we could significantly expand our reach. Targeted online promotion, clearer signposting through partners, and improved visibility across social media and community networks would all support the continued growth of our online programme.

7. In the background / our wider work

Over the duration of the Neuro-Moves programme, LPM has become a registered charity (Let People Move). This is an exciting milestone for our organisation, and we believe the new charitable structure will strengthen our ability to secure funding and continue delivering the vital work we do across Lancashire and beyond.

Alongside our two in-person Neuro-Moves classes, we also deliver a weekly online Inclusive Yoga class in partnership with *Speak Up Autism* in Sheffield. This session provides an additional access point for our Neuro-Moves community, with several participants joining this class alongside their other online LPM sessions. The offer has brought people together from across the North of England and has also attracted engagement from medical students at the Universities of Sheffield and Glasgow.

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Our Fleetwood Moves inclusive community dance and music festival reached 1800 people. One of the highlights of this festival was supporting 3 members of our Neuro-Moves programme to volunteer on the day. We provided accessible, supported and meaningful voluntary roles for them to contribute to the smooth running of the event.

We were delighted to receive Sport England Movement Fund support to launch Neuro-Moves in Wyre. Our new weekly Cleveleys class, established in January 2026, now engages 20 people per week from the Wyre and Blackpool areas. Sport England is also supporting our Fleetwood Fusion dance group—a weekly specialist session for adults with additional needs.

In addition, funding from the National Lottery Awards for All programme has enabled us to continue delivering the Grindleton Neuro-Moves programme, serving communities across Pendle and the Ribble Valley. This class has a dedicated and committed group of eight regular attendees living with neurological conditions.

The international work we have engaged in over the last two years is part of our strategy to strengthen our partnerships, progress our practice and expand knowledge in the field. Alongside the exchange with EntuziArt in November 2025, we have also engaged in Limón Teacher training in New York in 2024, have been invited to present at international conferences (ICDS 2023), and Co-Director George Adams has been engaged on an international research project focusing on inclusive dance pedagogy during 2024-2025.

Finally, in December 2025 we were engaged by People Dancing, the National Body for Community Dance in the UK, as the recognised training provider for the North West region. In 2026 we look forward to expanding training opportunities for practitioners across Lancashire, Merseyside, Manchester, Cheshire, and Cumbria, strengthening the workforce and increasing specialist provision across the region.



Image: Grindleton Community Connection Event: 2025

8. Conclusion

Over the past two years, Neuro-Moves has grown into a vital source of support, connection and specialist activity for people living with neurological conditions across Lancashire. The programme has demonstrated clear and measurable impact: improving health and wellbeing, reducing social isolation, increasing confidence, and supporting symptom management for hundreds of participants both in person and online. The depth of participant feedback—rich, consistent, and often deeply moving—shows how essential this provision has become in their lives.

This project has also enabled us to build a high-quality, evidence-informed programme delivered by a skilled team of practitioners trained in specialist dance practice.

Our partnerships have strengthened, our reach has expanded, and our international recognition has grown. Through our involvement in the Empowering Voices research project, our collaboration with multiple community and health partners, and the launch of new classes across Wyre and East Lancashire, Neuro-Moves has become a model of best practice in our region. In addition, outreach taster sessions have evidenced that

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community group leaders recognise the value of creative movement practice and keen to embed more supportive movement provision into their groups. This is something we intend to pursue in the development of our Neuro-Moves programme, so we can further disseminate the knowledge and best practice across communities.

Importantly, the funding we received has allowed LPM Dance to evolve into a more resilient and strategically focused organisation. Establishing Let People Move as a registered charity, recruiting new trustees, developing new programmes, and investing in organisational growth have all contributed to a clearer long-term vision. We are now better equipped to sustain and expand specialist provision that meets the real and urgent needs of our community.

Yet the need for this work continues to grow. With increased pressures on statutory services, long waiting times for clinical support, and rising numbers of people diagnosed with Parkinson's and other neurological conditions, programmes like Neuro-Moves are becoming ever more essential. Participants consistently tell us that this support is life-changing—and, for many, life-sustaining.

As we look ahead, we are committed to building on this strong foundation: sustaining the existing programme, growing our online provision, deepening partnerships, developing training for practitioners and community group leaders and continuing to place people living with neurological conditions at the heart of everything we do.

Neuro-Moves has proven its value. With continued investment, it will continue to ensure that people across Lancashire have access to the creative, specialist, and life-enhancing support they deserve.



Image: Empowering Voices 2025