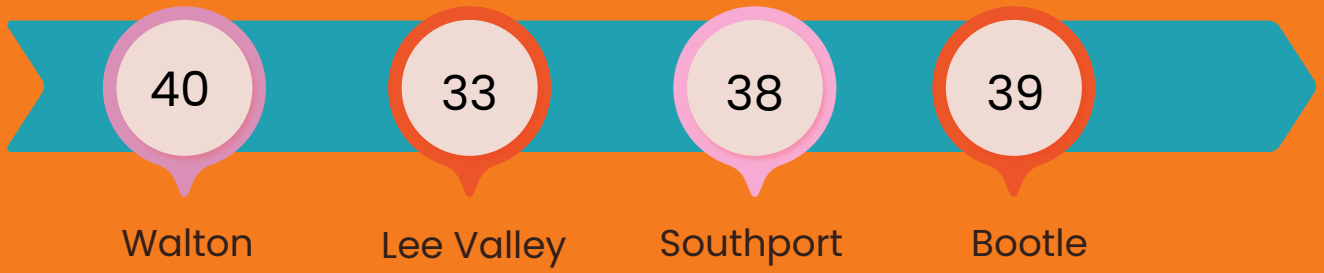


LIFEROOMS

Movema's sessions running from July 2023 - June 2024

Sessions Delivered

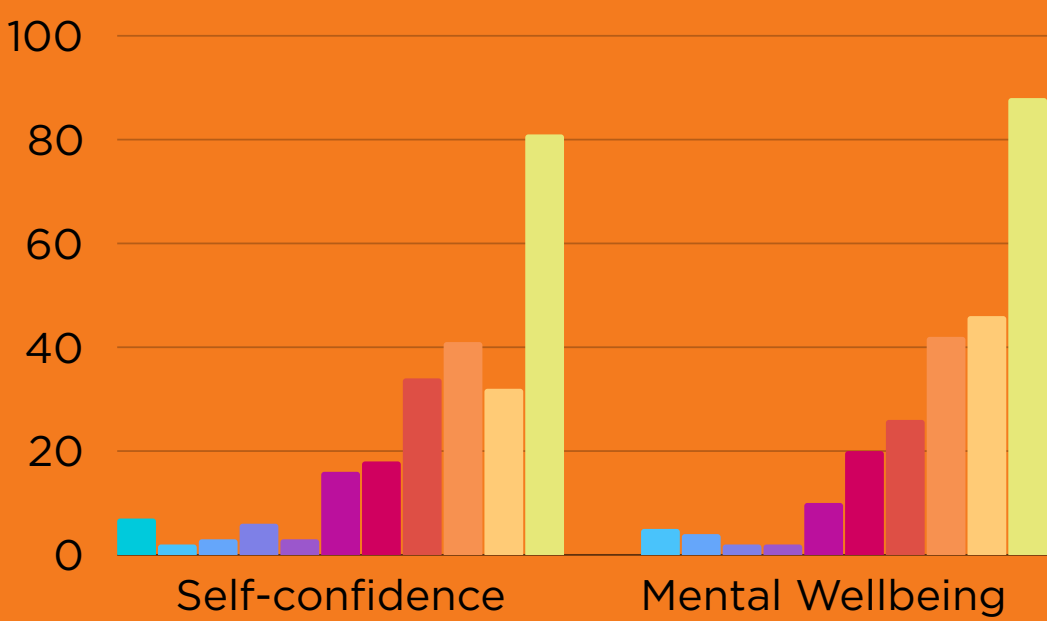
Over the duration of the Liferooms project Movema delivered a total of **150** sessions including celebratory public events and sharing sessions in World Dance, Qi Gong, Breathing & Relation and Latin dances.



Participant voices: How do you feel after the Movema sessions?

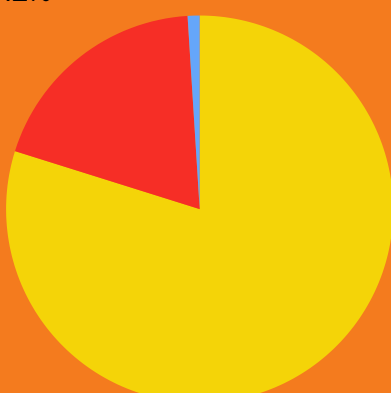


Participant feedback: Did your self-confidence and mental wellbeing increase after taking part in the Movema session?



Increased Levels of activity throughout the whole Liferooms programme *based on 246 evaluation entries

Same level of activity
19.2%



More Active
79.8%

Freelance Artists and Development

Across the Liferooms programme, 6 artists were involved in a total of 225 hours of world dance