

Not just dance

For some months towards the end of 2018 I was commissioned by an arts organisation in the north-east of England to document some of the groups of 65+ year olds who, new to dance, were creating their own work with help from community dance practitioners. I was able to witness how they blossomed, from perhaps slightly awkward and sometimes physically stiff, into confident dancers who did a final performance they were proud of. The set of photos enclosed follow one of those groups, led by dancer Tracey West, whose love for dance and this group was a joy and a privilege to document. Not only did this group completed this programme to everybody's total satisfaction, they were so uplifted by their accomplishments and their newly formed friendships, that with support from the originating arts organisation (Helix Arts), they endeavoured to keep going after the initial grant money had been spent, working on a sustainable and financially viable solution to achieve their goal.