

Let's Dance! Dance for Parkinson's Open Day with English National Ballet

English National Ballet invites its local community to join a **Dance for Parkinson's open day** on **Sunday 2 March** as part of **Angela Rippon's [Let's Dance](#)** campaign.

Let's Dance, spearheaded by Angela Rippon CBE, aims to raise awareness of the benefits of dance for both physical and mental health, bring people together through dance and encourage those that don't usually dance to give it a go.

As part of the Let's Dance campaign, English National Ballet will be hosting a Dance for Parkinson's taster class at its east London home, the Mulryan Centre for Dance, as well as at hub partner venues across the UK (West London, Ipswich, Cardiff, Liverpool). Existing Dance for Parkinson's programme attendees will be encouraged to bring friends and family along to take part and there is an open call for those new to dance to come along and try out the class too.

In celebration of the Let's Dance campaign, all English National Ballet Dance for Parkinson's venues will come together in an online mass participatory moment at the end of the session, joining together as one company of dancers.

English National Ballet's Engagement Director, Fleur Derbyshire Fox, said: *"Let's Dance is about encouraging everybody to embrace the joy and benefits of dancing. English National Ballet is delighted to be taking part and welcoming more people here in east London into our home to join in our Dance for Parkinson's session, have fun and meet new people."*

For more information and to book a place head to: www.ballet.org.uk/dance-for-parkinsons-open-day-lets-dance

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For further information, interview requests, and images, please contact Inês Carvalho, Senior Press Officer, on ines.carvalho@ballet.org.uk

Let's Dance! English National Ballet's Dance for Parkinson's Open Class
Mulryan Centre for Dance, London E14 0SY

Sunday 2 March 2025

10.30am – 2pm

www.ballet.org.uk/dance-for-parkinsons-open-day-lets-dance

Notes to Editors

English National Ballet is a National Portfolio Organisation supported by Arts Council England. Ballymore is Principal Building Partner of English National Ballet.

About English National Ballet's Dance for Parkinsons

English National Ballet's pioneering Dance for Parkinson's programme started in 2010, and has grown to become a recognised, evidence-based creative dance health programme of national reach and significance. Considered by many Parkinson's dancers as a 'lifeline', the programme powerfully demonstrates the transformational impact that quality creative dance provision has on the lives of people living with Parkinson's. In addition to regular Dance for Parkinson's activities, ENB developed a Dance for Parkinson's Performance Company, giving agency to people with lived experience of Parkinson's, to develop their creative skills and build their artistic voices for co-creating work for performance, which challenges the public perceptions of Parkinson's.

English National Ballet is at the forefront of world-leading Dance for Parkinson's research, 'PD-Ballet®', with King's College, London, as part of SHAPER: Scaling-up Health Arts Programmes - Implementation and Effectiveness. PD-Ballet® is a world first randomised trial to assess the effectiveness of ballet as an intervention, primarily on the non-motor symptoms of Parkinson's. Emerging data suggests that PD-Ballet® as an arts intervention has significant positive impacts on non-motor symptoms across all stages of Parkinson's disease and across all demographics.

About Let's Dance

Let's Dance is a nation-wide movement of dance organisations, charities, health professionals, community groups, celebrities getting together on the 2nd of March 2025.

Let's Dance aims to:

- Raise awareness for the benefits of dance, for your mental and physical health
- Make it easier than ever for people to join in and find a suitable dance activity, whatever their fitness level, age or experience
- Bring people together across divides to connect through dance Dancing brings a unique combination of benefits to individuals, communities, and society.

Dance gets people moving – together – to tackle chronic health challenges, combat loneliness, and spend time with people we wouldn't usually meet. In 2023, Sport and Recreation Alliance research showed that despite saving the nation billions in supporting physical and mental health and despite its unique power at getting some of our most inactive populations moving, dance is highly underused in this country.

About English National Ballet

English National Ballet has a long and distinguished history. Founded in 1950 as London Festival Ballet by the great English dancers Alicia Markova and Anton Dolin, it has been at the forefront of ballet's growth and evolution ever since.

English National Ballet brings world class ballet to the widest possible audience through performances across the UK and on eminent international stages; its distinguished orchestra, English National Ballet Philharmonic; its digital platforms Ballet on Demand and BalletActive; being a UK leader in creative learning and engagement practice, building innovative partnerships to deliver flagship programmes such as Dance for Parkinson's; and through talent development initiatives including Ballet Futures which looks to create a more diverse and inclusive future for the artform.

English National Ballet continues to add ground-breaking new works to its repertoire whilst celebrating the tradition of great classical ballet, gaining acclaim for artistic excellence and creativity. 2019 saw the Company enter a new chapter in its history with a move to a purpose-built state-of-the-art home in east London, allowing a renewed commitment to creativity, ambition, and connection to more people, near and far, than ever before.

