

Therapeutic Tea Dances *AND* Music Sessions



We are Bristol based jazz band *The Barrelhouse Vipers*

We provide community centres and care facilities with entertaining and therapeutic tea dances and music sessions.

Our carefully designed tea dances, lessons and workshops can be tailored to your requirements and provide a relaxing, nostalgic way to improve mobility and well-being, encourage social contact, unlock memories, boost confidence and combat loneliness.

To find out more, please contact Rachel: on bhvjazz@gmail.com or 07852356442

Further Information

What's involved?

- A five piece band playing live jazz and swing music (set times vary).
- Options for accessible dance lessons
- A range of dance themes
- Handouts & lyric sheets
- Refreshments provided by venue



Benefits

- Music & movement are known to lift the mood
- Nostalgic music can unlock memories
- A great opportunity to socialise, boost confidence and improve well-being

Testimonial

“The tea dance events give our attendees an inclusive social event which allows them a chance to talk, reminisce and dance. The band create a lovely atmosphere and help the attendees to be involved and share knowledge about the music. They encourage singalong songs and provide lyrics to enable joining in as well as covering themed topics and bringing two dance teachers to teach Swing dancing.

They are an important part of our work to tackle loneliness and poor social cohesion in a very deprived community and have proved increasingly popular. We hope to continue them in the long term working with the band who we would highly recommend for similar events.”

Sam Carrier, Fundraising, PR and Marketing Manager at The Park Centre, Knowle

If you would like to host a tea dance or therapeutic music session, please contact Rachel: on bhvjazz@gmail.com or 07852356442

