

BRING ME SUNSHINE: MOVING WELL WITH PARKINSON'S

Spring and Autumn sessions, where people dance and move as a creative response to life with Parkinson's and/or Lewy Body Dementia



Dalton Community Church, Market St, Dalton, Barrow
Mondays, 2-3.45pm, £5

SPRING - 28 April to 16 June
AUTUMN - 8 September to 13 October 2025

✓ Physical

✓ Cognitive

✓ Social

✓ Emotional

BOOKING INFO

Speak to Daphne Cushnie on:
07580 243127
or email: daphnjecushnie@gmail.com

Bring Me Sunshine dance and movement sessions are carefully designed for people living with Parkinson's and Lewy Body Dementia. They are an innovative integration of the study, science and art of movement. Each class will offer you the skills to work creatively with motor, cognitive, perceptual and speech challenges within a warm and supportive community atmosphere. We hope you will find our sessions to be a source of social connection, flow, joy and laughter as well as a means of improving mobility and expression.



A Warm Welcome Awaits You. Come & Join Us!

Programme facilitators:

Daphne Cushnie – Parkinson's Neurological Physiotherapist and Parkinson's Specialist Dance and Movement Artist.

Dr Melanie Brierley – Parkinson's Specialist, Dance & Health Artist.

Penny Collinson – Somatic Movement Teacher & Therapist.

Lucy Nicholson - Dance Artist, Somatic Communication and Wellbeing Coach.

Contact
Daphne

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or

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in Cumbria
revolution!

