

MUSIC AND CREATIVE ARTS

# DANCE FIT AND FELLOWSHIP INFORMATION BOOKLET

WRITTEN BY STEPHANIE LAMPLOUGH



## IT'S GOOD TO TALK

I'm sure that you've heard the old British Telecom tag line 'It's good to talk' many times, but the sentiment has never been more true than during this pandemic season. For so many people, the chance to talk and form new friendships has been a lifeline.

Dance Fit and Fellowship was originally a real leap of faith. Music and Creative Arts were anxious to provide an outlet where natural conversations could flow and new friendships be made amongst people who found themselves isolated. Knowing the benefit of light physical exercise, especially for people who were less likely to leave the house, we adapted our existing successful resource in Dance Fit FM. By combining fellowship and light exercise, we created a space that supported people with their mental, physical and spiritual health.

**“ANOTHER LOVELY  
SESSION, THEY BRIGHTEN  
THE WEEK AND ARE  
SOMETIMES THE ONLY  
THING THAT WE HAVE IN  
OUR DIARY.**

Doreen Stokes,  
Birmingham Citadel.

# BENEFITS OF DANCE FIT AND FELLOWSHIP

The benefits of Dance Fit and Fellowship have been immediate. It has allowed people to build relationships, boost confidence and self-worth and create a support network that continues throughout the week. It also allows the leader to connect with people in their church.

## HOW TO HOST A VIRTUAL DANCE FIT AND FELLOWSHIP

When hosting a virtual Dance Fit and Fellowship we suggest using a platform such as Zoom. If you feel that your target audience may be unsure on how to use an online platform, please find 'how to Zoom' guidelines attached.

It is important to have a host and a co-host who can admit people into the meeting. We suggest limiting the number of places to twelve. Twelve screens fit well on one page and allows everyone to see all other participants, making sharing and growing together more comfortable. If you are constantly flicking between screens, a sense of intimacy can be lost. If you have more than twelve interested, it may be worth setting up an additional group.

Having only one page of screens also allows the leader to check everyone is exercising safely. Whilst Dance Fit and Fellowship is designed for people who are of good health and are able to stand and move unaided, it is still important to give the disclaimer that people do it at their own risk.

If you do not feel comfortable leading the exercise part of the session, simply play the MACA video provided using the 'screen share' feature.



**“AS IRON SHARPENS IRON,  
SO ONE PERSON  
SHARPENS ANOTHER.”**

Proverbs 27:17





# A TYPICAL DANCE FIT AND FELLOWSHIP SESSION

- To encourage conversation, start by welcoming people and asking how they are. If you are worried about silence (which can happen on screen), have some topics of conversation lined up to prompt sharing. If you share first, others tend to follow.
- Encourage participants to bring a cup of tea and a biscuit so they know the time will be of a relaxed nature.
- Every ten minutes or so, lead through one of the exercise routines. Encourage everyone to take part, emphasising individuals should do 'what they can'. When the routine has finished continue with the conversations for another ten minutes.
- After the second exercise routine, take time for a devotional thought and discussion. This could be led by yourself, a member of the group, or perhaps you could invite a guest. The final routine provided leads into a prayer time before the session comes to a close.

## COMMUNICATION

Whether it is on WhatsApp or Facebook, social media is a great way to keep in contact with your group. You can stay in touch by posting the relevant Zoom information, reminding people of the day and share prayer requests or let people know that you are praying for them.

## FURTHER SUPPORT

You can contact us on [stephanie.lamplough@salvationarmy.org.uk](mailto:stephanie.lamplough@salvationarmy.org.uk) or please feel welcome to join us on the MACA Dance Fit and Fellowship session every Thursday at 2pm.

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**THE PERFECT COMBINATION OF  
CONNECTING WITH PEOPLE, RELAXING  
IN COMPANY AND MOVING TO MUSIC!  
A FUN WAY TO KEEP FIT AND I  
REALLY LOOK FORWARD TO IT.**

(R) Lt. Colonel Marion Drew,  
Dorchester Corps

Follow the link below for the full video tutorial:  
<https://www.youtube.com/watch?v=2pXoX7v7x6Y&t=2s>



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