



Harbour House Partners with Local Charity Activities 115 to Give Opportunities to Those Living in the Community with Learning Differences

Moving Together Workshops: Every Thursday from 7 Nov - 12 Dec, 10am-12pm,
Quay Lane Studio, Harbour House

Harbour House is delighted to be collaborating with dance teacher Lauren Pomfret to deliver a series of inclusive workshops for adult members of the community with learning differences and disabilities, as part of Harbour House's art and movement for wellbeing programme, supported by local charity Activities 115.

Harbour House will be working with dance educator and expert in accessible movement for all, Lauren Pomfret again, following the success of the 'Bowland Beth, Sky Dancer Workshops' earlier this year. Lauren has been teaching dance and drama in the South West since she graduated from Plymouth University with a BA (Hons) in Dance and Theatre in 2016. Lauren has worked with many community groups as well as performing as a professional dancer. Lauren believes that dance is for everyone. One of Harbour House's Assistant Producers, Jodie Saunders, will be supporting Lauren for the delivery of the workshops.

These series of workshops have been supported by Activities 115; a Kingsbridge based charity aiming to create a world where disability is overcome by positive activity and aims to ensure adults with learning disabilities feel enabled to live an enriched and enjoyable life.

Harbour House and Activities 115 will be offering 6 movement workshops 'Moving Together' across November and December 2024, with an opportunity to participate in a performance in January 2025. The free workshops will be a space to explore creative dance and movement at your own pace and in your own style. Sessions will be fun, inclusive and co-created together.

The sessions are open to adults with disabilities/learning differences with any or no dance/movement experience. To book onto the free workshops please contact beth@harbourhouse.org.uk.

Harbour House will also be working with Activities 115 and local artists to deliver 6 photography workshops in the new year, keep an eye out on Harbour House on social media ([@harbour.house.art.wellbeing](https://www.instagram.com/harbour.house.art.wellbeing)) and website (harbourhouse.org.uk).

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Contact beth@harbourhouse.org.uk to book.

>>ENDS<<

NOTES TO EDITORS

ADDITIONAL INFORMATION

About Harbour House

Harbour House is a contemporary art, movement and wellbeing centre in Kingsbridge, South Devon. Our mission is simple: to enrich the lives of the people of our town and surrounding communities through art, creativity, movement and wellbeing practices. We achieve this through an inspiring and inclusive programme of exhibitions, performances and educational activities that invite everyone to participate. We also provide flexible spaces dedicated to mindfulness, movement and yoga. Join us as we explore, create, move and thrive together.

Harbour House Assistant Producers

Harbour House has a team of local Assistant Producers to deliver the range of engagement activities.

Activities 115

Website: www.activities115.co.uk

Lauren Pomfret

Website: www.laurenpomfret.co.uk

Links

Harbour House Website: <https://harbourhouse.org.uk/>

Harbour House Instagram: <https://www.instagram.com/harbour.house.art.wellbeing/>