

Jo Harmer



Jo Harmer has over thirty years' experience as a teacher in Hampshire. She is an established and respected dancer and

teacher of folk dance, her main interest being in traditional percussive dance, and most recently in local step dancing. She is passionate about the value of using traditional folk music and dance to bring people together.

Cath Watkins



Cath plays and teaches violin, specialising in folk fiddle. She is particularly involved with English traditional music and aims to

encourage people of all ages to learn and play together. She leads Southampton Folk Orchestra, and runs an informal traditional music session. She plays with folk band Jigfoot and works two days a week as an advice worker at a refugee charity.

About the company

FolkActive CIC is a new community interest company which aims to encourage and enable communities to come together in active enjoyment, ownership and development of traditional music, dance and folk arts.

We teach, share and promote the traditional music, dancing and folk arts of the south of England to a range of communities, groups and individuals through workshops, courses and social sessions.

We work with a wide variety of individuals and groups, including children and young people, older people, refugees, asylum seekers and new migrants, people in specific localities and people who simply share a common interest.

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Active Ageing

Live folk music, song, dance and exercise sessions for older people in community and residential settings.

- Discovering, reviving and creating local traditions
- Building communities
- Promoting health and well being

www.folkactive.org.uk



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Music and dance are powerful tonics



Dancing is great exercise for the body and the brain, it's sociable and it's fun! Our traditional folk songs and irresistible dance tunes have stood the test of time and can re-connect us with people, places, and events while toes tap and voices rediscover words and melodies.

Sociable, inclusive and adaptable sessions

Live music ensures adaptability: we use simple stepping and circle dances for the more mobile alongside chair-based foot percussion and exercises. We invite participants to play



along using traditional folk percussion instruments including spoons and jig dolls.

Sessions are led by Jo Harmer, a qualified

Chair Based Exercise leader, dancer and teacher with musician Cath Watkins who specialises in folk fiddle.

Contact us to discuss what we can bring to your group or session. We are very adaptable!

Lack of mobility needn't mean inactivity!



What people say:

"The session was wonderful! Cheerful and active. Everybody felt included even if they couldn't actually get up to dance."

Emma, care assistant, Age Concern group

"... it was a breath of fresh air and I was so surprised that almost everyone got up to dance ... we all had so much fun!"

WI group member, Durley

"My grandmother used to dance like that [step dancing] in her front room. We used to have parties and my grandmother used to start it off. She was Irish, she didn't play the music, she couldn't keep still long enough! My aunt did that, she played the piano..."

Reminiscence, May, Swanmore

FolkActive Dances with live music



For active over 50s we run regular afternoon folk dance sessions in Southampton. Come and meet new people, keep active and learn some simple folk dances to suit all levels of activity. All sessions have live music and a caller to guide you through the dances.

Have fun, get fitter and make new friends!

Second Wednesday of the month (except August and December)
1.30pm to 3.30pm. Entry £4 per session

Freemantle Community Centre
Randolph Street, Southampton SO15 3HE

**You don't stop dancing because you grow old,
you grow old because you stop dancing!**