

Dear VIP,

We at Dance Again Foundation were so sorry to miss MOVE IT 2017 - unfortunately I managed to dislocate my hip en route to the venue and so was unable to be there as I was in hospital!

I was really looking forward to meeting as many VIPS, dancers and Dance teachers as possible at stand 510 not only to redeem the Ice Crystals but to explain to you all what we do for dancers. The reason we chose ice crystals is that ICE stands for In Case of Emergency - and we hope all dancers will remember the name Dance Again Foundation should they need help with any dance injury We had planned to give mini massages, dancers emergency packs and other prizes, but had to rethink given my unexpected change of circumstance.

So as not to disappoint I have put together a range of experience-type prizes which reflect our work. Please just select the prize for which you wish you be entered and email the appropriate code to Enquiries@danceagain.org .

The draw will be held now on **April 14th 2017** and winners will be notified the following week.

The Dance Again Foundation helps injured dancers get back to the stage. We enable dancers to minimise the impact of injury on their career by providing the following: confidential advice for dancers; help to find affordable diagnostics; access to specialist expertise in sports and dance medicine; additional treatment; motivational support. We work sustainably with the NHS helping to improve provision and signpost dancers to the pockets of good practice in the UK. We are also developing dance medicine training for medical professionals with the University of Bath. We are all volunteers and rely on fundraising events to generate income for their activities. (The charity was set up by the friends and family of Jack Widdowson to provide to all other dancers the range of expertise from which he benefited so much in 2012. Following expert surgery and an intensive multidisciplinary rehabilitation programme, he made his miraculous recovery from a life threatening injury to a career as a full time professional dancer. You can see why this is our motivation)

Email which prize you wish to be entered for to enquiries@danceagain.org

- An exclusive body session with Nick Cleverton, ex soloist from Royal ballet, now

specialist dance physio and sports masseur- for an individualized whole body Prehab assessment and Personalized Action program at The Shard, London or Circle Bath. State code - PHYSIO

- A Pair of Tickets for Stomp -and unique chance to meet Stomp performer Hugo Cortes(also star of Street Dance 3D, previously with Ballet Black and Lion King - State code - STOMP

- A rare chance to consult with Specialist sports and dance Medical Consultant Dr Julian Widdowson (Olympics) and for an in-depth personalized Whole Body Screening for Dance at The Shard, London- State code DOCTOR

- Food is Fuel – take this opportunity to completely rethink your diet with Perfectone.com- a partnership between a Michelin starred chef and a fitness and nutrition specialist. The winner will come away with a personalized eating plan to fit their lifestyle and supporting delicious recipes- State code -EATING PLAN

- A Pair of tickets for the smash hit Wicked - State code WICKED

- A Consultation with Jess Macauley from the exciting new Motion House Sports Therapy. Your therapist will discuss the most beneficial treatment which may include massage, injury rehabilitation, electrotherapy, myofascial release or acupuncture and give one free treatment .NB This therapist is mobile and will come to you, but this must be in London.

State code - THERAPY

Good luck

Best wishes

Celia Widdowson

Dance Again Foundation

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