Campaign overview

What is Let's Dance?

Let's Dance is a national campaign to inspire everyone in the UK to embrace dance as a way to improve their health, connect with others, and have fun. Founded by Angela Rippon CBE, the campaign is supported by leading organisations including the Sport and Recreation Alliance, NHS, and Parkinson's UK.

The mission is to get more people dancing together, regardless of age, fitness level, or experience. Promoting Dance for People Living with Parkinson's.

Promoting Dance for People Living with Parkinsons Campaign Toolkit – Lets Dance UK

Launch: 8 March 2026



Let’s Dance UK – National Day of Dance, Sunday 8th March 2026

Let's Dance! – Join the UK's National Campaign to Embrace Dance

How can the NHS and local Government support the campaign?

As part of the NHS support for Let’s Dance UK National Day of Dance, we are asking partners to support a call to action to raise awareness of dance **specifically for people living with Parkinson’s.**

Dance is an evidence based effective intervention to support better outcomes for people living with Parkinson’s.

NHS and Local Authority public health communication leads are asked to support this call to action through:

- Amplify branded messaging on social media platforms encouraging dance for health, specifically messaging for people living with Parkinson’s.

- Promote awareness of dance as a positive intervention to support Parkinson's patients to healthcare professionals.

- Share patient focussed NHS resources with local health partners – posters, NHS clinical briefings.

Key messages

The NHS in the South West is backing the "Let's Dance" campaign, encouraging people living with Parkinson's (who feel able) to take part in dancing on Sunday 8 March to support their physical and mental wellbeing.

Dance is a powerful, enjoyable form of movement that can:

- Improve balance, mobility, coordination, and confidence
- Support brain health and reduce symptoms like freezing
- Boost mood, social connection and overall wellbeing

Dance is an accessible, adaptable option, suitable for different stages of Parkinson's, and part of a wider inclusive physical activity approach across the South West.

Dance as part of Parkinson's management, brings together strength, balance, rhythm, social connection, and supports both physical and cognitive health.

(If unsure if Dance is for you, please consult with your specialist care team who will be able to advise you).

Key messages for NHS health Professionals

(Parkinson's specialist nurses, neurologists, geriatricians, movement disorder clinics Physiotherapists, occupational therapists, speech & language therapists (MDT) GPs + Social Prescribing Link Workers (PCNs)

This March, could you consider discussing dance with Parkinson's patients and signposting to a local or online Parkinson's-appropriate dance option.

- **Dance** is not just 'nice to have': evidence shows improvements in motor severity, balance, gait and quality of life for people with Parkinson's.
- **Recommend a weekly Parkinson's-appropriate dance** class (in-person or online), alongside usual care and exercise advice.
- **Dance combines rhythmical cueing**, balance challenge, cognition and social connection—often improving adherence compared with standard exercise.

- **Classes can be adapted seated/standing;** suitable across many stages with appropriate screening and instructor training.

Risk management and governance

Clear statement: “Adjunct to usual care; not a replacement for physiotherapy/medication.”

Safety screening guidance (falls risk, orthostatic hypotension, freezing, cognition) + adaptations (seated options) and utilization of physiotherapy advice and support.

Data privacy: referrals can be handled via existing NHS/social prescribing processes or self-referred.

Contents of toolkit and resources

This toolkit includes campaign messages, social media assets, posters and a clinical briefing on Dance and Parkinsons.

Clinical briefing on Dance and Parkinsons

This briefing supports health care practitioners to understand the role of dance as an element of therapeutic intervention for people living with Parkinson's. It aligns with the national Let's Dance campaign and the Every Move Matters regional campaign.

Download here:

Let's Dance - Parkinsons - South West Comms and Engagement Network - Futures

Parkinsons and Dance leaflet for people living with Parkinsons

A leaflet outlining the benefits of Dance for people living with Parkinsons with information on how to find a local dance class.

Download here:

Let's Dance - Parkinsons - South West Comms and Engagement Network - Futures

Press release promoting Dance for people living with Parkinsons

A press release focussed around the benefits of Dance for people living with Parkinsons and offering up a number of media opportunities across the South West.

Download here:

Let's Dance - Parkinsons - South West Comms and Engagement Network - Futures

Wording for a clinical newsletter

Subject: Let’s Dance Week (8 March 2026): Evidence-Based Support for Parkinson’s Patients

As part of Let’s Dance!, NHS teams across the region are encouraged to talk about dance with patients with Parkinson’s and to signpost them to Parkinson’s-appropriate dance classes during March.

Evidence shows dance interventions improve motor severity, gait speed, balance and quality of life. Classes are adaptable (seated/standing), can be in person or virtual and can be accessed via social prescribing or direct self-referral.

You can find local dance for Parkinson’s patients classes at People Dancing - UK or online dance classes for people living with Parkinson's.
www.communitydance.org.uk/what-we-do/live-well-and-dance-with-parkinsons

Waiting room posters

Posters for patients which outline that being active for 2.5 hours a week can help manage Parkinson's symptoms and has a positive impact, both physically and mentally, with a link to find your local Parkinson's Dance Class online www.communitydance.org.uk/what-we-do/live-well-and-dance-with-parkinsons

Download here: **Let's Dance - Parkinsons - South West Comms and Engagement Network - Futures**

Slidedeck for use in staff huddles

A slide deck outlining the benefits of Dance for people living with Parkinsons to use with NHS health professionals as a guide to the evidence.

Download here: **Let's Dance - Parkinsons - South West Comms and Engagement Network - Futures**

Social media assets

Four social media assets with people pictured dancing outlining the physical activity benefits of being active and promoting dancing as an option.

Let's Dance - Parkinsons - South West Comms and Engagement Network - Futures

Directory of Dance classes for people living with Parkinsons

People Dancing UK Directory of Dance Classes for People living with Parkinson’s