



Dance Away Isolation

Our Tomorrow vs Your Tomorrow

Together with COVID-19, there has been an unspoken mental health crisis sweeping through households across the UK, whose impact is greater on the most vulnerable. While many of us are flexing our muscles getting ready to hop back to normality, many people will remain in isolation for an indefinite period of time. Some people with disabilities in the UK will need to shield themselves against coronavirus for as long as it is required to stay safe, and may be isolated from family and friends, and all the things they hold dear.

Para Dance UK (the National Governing Body for Para Dance Sport in the UK), has created a dance challenge that is aiming to unite, uplift, and inspire people everywhere. We want to send out a loud message that mental matters by dancing away isolation.

To kick start this campaign we've challenged five of our most nimble supporters:



To take part in the Para Dance UK Challenge:

1. How to use TikTok.
<https://paradance.org.uk/wp-content/uploads/2020/05/TicTok-How-to-Infographic-v3-1-scaled.jpg>
2. Copy our TikTok routine –
<https://www.tiktok.com/@paradanceuk/video/6825572549351460102>
3. Post and challenge 5 family, friends or colleagues to do the same!
4. Please tag us @paradanceuk and use the hashtags
#danceawayisolation #everyonecandance #ourtomorrowvsyourtomorrow #mentalhealthmatters
5. Donate to help us keep those home shielding dancing and aid their mental and physical health
<https://www.virginmoneygiving.com/fund/danceawayisolation>