



Research Centre
Dance



Economic
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Research Council

Movement Snacks at the Festival of Social Science

About the Festival of Social Science

The Festival of Social Science is an annual celebration of research and knowledge about humans and society. It's an opportunity for anyone to explore topics relating to social science – from health and wellbeing to crime, equality, education and identity – through events run by researchers from UK universities.

What's a Movement Snack?

A movement snack is a short session of movement, designed to be easily accessible and encourage even small amounts of gentle movement during the day. These snacks are based on 'somatic practices' or activities that bring awareness to your body and mind. They are designed especially for those living with chronic pain, or working with them. It may also be suitable for those with reduced mobility, lack of access to in person activities, or working online. All are welcome, with camera on or off. *The idea of snacking on movement is inspired by <https://drchatterjee.com>

Booking Links:

Thursdays, 1.30-2.30pm

23rd Oct: hybrid, for people living with chronic pain <https://forms.office.com/e/hhKK57vegM>

30th Oct: hybrid, for clinical and non-clinical staff <https://forms.office.com/e/ctMK1p80cw>

6 Nov: online only, public and open to all <https://festivalofsocialscience.com/events/lunchtime-movement-snacks-for-chronic-pain-3/>

Venue for in person: Pain Management Centre, Fitzrovia, London

In-person places are limited to 20 people.

Full info on session content is available on the next page.

Session content

23 October, 1.30-2.30pm, Eline Kieft: Mindfulness in Motion

Qi Gong movement meditation followed by sharing and community time. The routine will focus on clearing your mind from worries and overthinking, help you be present in the moment, and reconnect with effortless flow. No previous experience needed. Suitable for challenged bodies.

30th October, 1.30-2.30pm, Maria Kapsali: Multi-sensory Movement

In this session will explore the kinesphere and the way our senses can extend our sensory perception across different directions and orientations. We will spend some time exploring each sense independently and then play with aligning and mis aligning different sensory registers with motor motion. All bodies are welcome.

6th November, 1.30.2.30pm, Ian Tennant: Move & Mingle

This session offers a short, accessible movement snack, designed to lift your spirits, proving that even on sluggish days, a little movement can go a long way! For all abilities, you can leave your device camera 'switched off' if you want to move in private. Includes an optional mini 'sharing circle' at the end of the session, to vocalise what you've felt in your body.

Sessions hosted by Emma Meehan and Rosa Cisneros

Who's involved?

The Movement Snacks are brought to you by the Somatic Practice and Chronic Pain Network, supported by the Centre for Dance Research at Coventry University and in collaboration with the Physiotherapy Team at the Pain Management Centre, UCLH NHS Foundation Trust. Funded by the ESRC Festival of Social Science.

Sessions are led by Dr. Ian Tennant (Angela Ruskin University/ Thrive&Enjoy UK), Dr. Eline Kieft (Wild Soul Centre) and Dr. Maria Kapsali (University of Leeds), supported by Dr. Emma Meehan and Dr. Rosa Cisneros (Coventry University), board members of the Somatic Practice and Chronic Pain Network. With British Sign Language interpreter Rachel Tipping. With thanks to the Physiotherapy team at UCLH NHS Trust Foundation including Dr. Jackie Walumbe, Andrea Wright and Alice Morgan.

<https://somaticandpain.coventry.domains>

To join our mailing list, please contact: Emma Meehan ab4488@coventry.ac.uk