All-inclusive, fully accessible dancing at Pop Brixton!

Thursday 5 July, 2018

With Brixton full to bursting with entertainment and music venues, it was surprising not to be able to find anywhere that offered somewhere to dance freely during the day. So, we set up free monthly events at Pop Brixton to offer a space for anyone wanting to dance in the afternoon.

Let's Dance is fully accessible, including for people who use wheelchairs. The space created is a fun, friendly 75 minute event where anyone can join in and dance together. The Pop Box in Pop Brixton has a great sound system to blast out banging dance mixes to get people moving.

Disability Advice Service Lambeth (DASL) and People First Lambeth worked with Pop Brixton to use the Pop Box in Pop Brixton, and amongst other people invited young students from colleges in the area to come along. They have been loving it.

We started in May and now with two events under our belt, it is proven very popular and we want more people to come.

The event is very simple. Banging dance mixes for a mixed crowd of mixed abilities, to be free and dance for free. Leave your ego at the door and get on the dance floor! It's a great exercise and mood enhancer event. We hope that people will feel free enough to enjoy themselves without the need for alcohol.

It is every second Monday of the Month, slap bang in the middle of Pop Brixton from 1.45pm to 3pm. The next one is on the 9th July. No need to book, just turn up.

We want Disabled people to feel welcome in Brixton and we are aiming for a space that creates an all-inclusive event and helps break down those barriers that keep people apart. Pop Brixton is a great central location. We want people to mix and have a great time, in the afternoon. It's all free to be free.

One person who just dropped by Let's dance said "This is absolutely fantastic." A person with learning difficulties said the following: "It's all real, in the community".

No need to book for this event, just turn up. If you want further information, contact the DASL office via enquiry.line@disabilitylambeth.org.uk or People First Lambeth peoplefirstmembers@googlemail.com

Editors notes:

Disability Advice Service Lambeth is a Deaf & Disabled People's Organisation offering information, support and advice to promote independent living in Lambeth. DASL are proud to be part of the Independent Living & Carers Partnership, a Lambeth consortium comprising of Age UK Lambeth, DASL, Royal Association for Deaf People and Help for Carers, which provides services to Disabled Adults, Carers of any age and Older People 55+.

www.disabilitylambeth.org.uk

People First lambeth is a self advocacy organisation. We are run by and for people with learning difficulties.

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