

Movement Medicine Sponsorship Fund (MMSF)

Information for Applicants

The Fund's overall vision is to:

Preserve and protect the good mental and physical health of persons living in underprivileged areas and areas of conflict, in particular but not exclusively, by the provision of therapeutic dance workshops. (As registered with the UK Charity Commission)



The Fund's objectives are:

To provide financial support to create access to Movement Medicine for people worldwide who would otherwise not be able to afford it. It will prioritise access for economically and socially excluded people, such as those living in poverty, post-disaster or conflict zones.

To achieve these objectives, the MMSF will fund:

- Participation by individuals in Movement Medicine workshops, training, events, classes, or projects.
- Support for teachers and facilitators to develop and sustain Movement Medicine classes, events or projects with economically and socially excluded people.
- Relevant research aimed at further investigating the benefits of Movement Medicine

Definitions and Examples

Here we explain what is meant by certain phrases in the Fund's vision and objectives, and provide examples to show what this might look like in practice. The examples are to give a flavour, rather than to limit exactly what can be funded.

'Economically and socially excluded people'

People who belong to a vulnerable group in society or who face challenging long term situations which impact substantially on their economic opportunities.

Such as:

- People who belong to a group which is discriminated against, such as an ethnic minority, or transgendered people

- People affected economically or socially by trauma eg: sexual violence, torture, childhood abuse, or other major trauma.
- People suffering from a chronic health condition, such as a mental illness
- People recovering from substance addiction
- Ex-offenders

This would not include, for example, a person from a western middle class community who was temporarily unemployed, choosing not to work, or struggling financially due to going through a particular life event such as parenting, adult education, bereavement or a divorce.

‘Poverty, post disaster or conflict zones’

People living in areas, worldwide, which are economically deprived, or who are exposed to natural or man-made disaster, civil conflict, war or political suppression.

Such as:

- People living in areas of chronic disadvantage and poverty, such as townships, refugee camps, favelas.
- People living in areas in western countries such as rural areas, or inner city/suburb areas where there is a high level of unemployment and economic and social deprivation.
- People from the Palestinian Occupied Territories



‘Participation in Movement Medicine workshops, training, events, classes, or projects’

Financial support may be given to enable a person to participate in:

Workshops: a specific Movement Medicine workshop of their own choice.

Training: Movement Medicine Apprenticeship and Professional Training

Events: Movement Medicine parties, long dances, talks, webinars.

Classes: to attend a series of Movement Medicine classes

Projects: a Movement Medicine project

There is a requirement that an individual applying for significant and ongoing funding for training at the School of Movement Medicine to become a Movement Medicine Professional is: 1) from a priority group 2) active in his/her community and 3) intending to bring the benefits of Movement Medicine back to his/her community.

‘Support for teachers and facilitators to develop and sustain Movement Medicine classes, events or projects with economically and socially excluded people’

Financial support can only be given to Movement Medicine Teachers or Facilitators who demonstrate that they have the skill, aptitude, connections or background experiences to undertake the task, and that they can access appropriate sources of support and supervision. The Fund can help with the cost of the teacher or facilitator’s supervision and expenses. From time to time the Fund may publicise ‘Awards’ which MM professionals can apply for, to work with targeted priority groups.

Such as:

- A Movement Medicine teacher with proven experience in conflict resolution or supporting peace keeping efforts, wishes to provide an event for people living in a conflict zone, and needs help with travel expenses.
- A Movement Medicine Teacher with personal experience of addiction wishes to provide a series of MM classes for recovering addicts, supported by experienced addiction worker(s), which would be free to participants.
- A Movement Medicine Teacher with a background in social care wishes to provide a workshop to support staff working at the front line such as: staff from prisons, orphanages, NGOs, health institutions, care institutions, and the participants are unable to fully fund this.
- A Movement Medicine Facilitator with experience in providing a platform for community development, needs financial support to develop a project in a specific

area, such as women's rights, capacity building, environmental action, which will utilise Movement Medicine tools and principles.

- A Movement Medicine Teacher who has roots in a deprived area wishes to run MM classes in that area, and the intended participants would not be able to pay for the classes.
- A Movement Medicine Teacher has been approached by a disadvantaged group to work with them, and the group cannot afford to pay all the costs.
- The Fund offers an 'Award' for teachers who can present a project to work with, for example, Refugees.



'Relevant research aiming at further investigating the benefits of Movement Medicine'

The aim is to contribute to the creation of an evidence base which demonstrates the beneficial effects of Movement Medicine. Research results may open up new opportunities for fundraising in particular from donors who are interested in supporting larger projects with large populations. Partnerships with other bodies such as universities, community groups, or other funders are encouraged as the MMSF will not be able to provide full support for a research project.

Such as:

- A Movement Medicine Professional involved in community work with marginalized women explores questions on the benefits of Movement Medicine for her target population.
- An academic wishes to explore the impact of Movement Medicine on the recovery from trauma.
- A Movement Medicine Facilitator involved in a project aimed at creating a healthier lifestyle/environment in a community through Movement Medicine practice, follows up systematically on impacts.

We hope this information is useful and helps you to work out whether you met the Fund's criteria for support.

You can find out more by visiting our website at: www.mm-sf.org or by emailing us at welcome@mm-sf.org We also have a Facebook page 'Movement Medicine Sponsorship' at www.facebook.com/MMSponsorship/

To ask for an application form please email sponsorship@mm-sf.org

With Gratitude,

The Movement Medicine Sponsorship Fund Trustees, June 2016