

PRESS RELEASE

GENTLE TANGO in SEBASTOPOL will launch, on Saturday, May 11, at an afternoon TEA DANCE at Holy Trinity Anglican Church hall, 227 Albert Street, Sebastopol, and weekly sessions will commence there on Wednesday, May 15, 2 – 30pm.

GENTLE TANGO was developed in Geelong, by Pam Jarvis, and her husband Richard, to offer healthy exercise and social engagement for people with dementia, their partners and family carers, and anybody who would like to have fun learning simple tango, in a relaxed, safe and friendly environment. No-one is categorized by disease or diagnosis. All are welcome; all are valued and respected; all are cared for. The goal is to improve health and well-being, mood, social connectivity, for all. GENTLE TANGO is a happy place for everyone. And the results are amazing.

Dementia, including Alzheimer's disease, is Australia's second leading cause of death, increasing by 68.0% over the past decade. More than 447,000 Australians are living with dementia, and an estimated 250 develop dementia every day. There is no known cure. Dementia has a slow onset, and is a progressive disease.

Aware of international research, teacher, Pam Jarvis, was interested in tango dancing's potential for brain health and physical well-being. In 2016, she initiated the Tango Project working with Nola Wood, Dementia Counsellor at Dementia Australia. The project introduced simple tango to people with a diagnosis of dementia, partners and family carers. Participants came from across the region. GENTLE TANGO grew from the success of the Tango Project. Kay Miller, Dementia Consultant from Dementia Australia in Ballarat came to Geelong to participate in a GENTLE TANGO morning, and invited Pam to establish GENTLE TANGO in the Ballarat region.

Pam now conducts weekly GENTLE TANGO sessions in Geelong, with Richard and a team of volunteer assistants. Recently, Melbourne teacher, Dianne Heywood-Smith has joined the program. *Southern Cross Tango*, *The Tangueria*, and Holy Trinity Sebastopol, are now working together to bring the beauty and health benefits of tango to as many people in the broad Ballarat community as possible.

At the TEA DANCE in Sebastopol launch, Dianne and partner, and Pam and Richard will perform. There will be a mini workshop to show people how easy it is to get started with tango, social dancing, and afternoon tea. Cost is \$10 / \$5 concession /children free.

After the launch, on Wednesday, May 15, 2 – 3.30pm, Dianne will begin conducting regular weekly GENTLE TANGO sessions at Holy Trinity hall. The cost is \$5 (if people have this – if not they simply tick the attendance sheet and join in).

For TEA DANCE bookings and registration for GENTLE TANGO SESSIONS

- Pam Jarvis (*Southern Cross Tango*) at pmjarvis@mac.com Mob: 041 753 1619
- Dianne Heywood-Smith (*The Tangueria*) at D.Heywood-Smith@latrobe.edu.au or call mobile 0418 331 638



Information about Dementia

National Dementia Helpline 1800 100 500

Further Information about GENTLE TANGO: Pam Jarvis:

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PAM & RICHARD JARVIS

Pam and Richard fell in love with Argentine tango over 30 years ago. On moving from Melbourne, they founded Community Tango in Geelong in 2009, as a Southern Cross Tango regional community service program, teaching hundreds to dance tango, creating a dynamic, supportive social group in the process.

Pam and Richard trained with great tango maestros of Buenos Aires; many are personal friends. They performed in shows around Australia, in Arts festivals, in theatres, and at community events. What they love most is dancing and teaching social tango. Pam has

dedicated decades to researching tango, and has, for more than twenty years, been writer and editor of the monthly journal, *'Tango Australis'*, distributed Australia-wide and around the world.

Pam's most recent project, the one she considers the most important, is the establishment and continuing development of the ground-breaking GENTLE TANGO program.

DIANNE HEYWOOD-SMITH

Respected Melbourne teacher and tango organiser, Dianne Heywood-Smith, has recently joined Pam Jarvis, teaching in the GENTLE TANGO program.

Dianne is a passionate and elegant performer embracing the poetry of tango. Classically trained, gaining a Cecchetti Ballet Certificate (Advanced Level 3 and Highly Commended). Dianne has performed and worked with the South Australian Ballet Company. Dianne has undertaken and delivered extensive contemporary and tango dance training including advanced training in Buenos Aires with Graciela Gonzales, Zoraida Fontclara, and Gustavo Naveria. She has performed in theatres and arts festivals across Australia and overseas including 100 year old cabaret venues "Danz Palais" and "The Famous Speigeltent". Wellington and Adelaide Festivals '01, '02. Perth and Melbourne 2013.



Dianne is one of the first Australian tango dancers to be asked to perform professionally in Buenos Aires at the world famous "La Ideal" Primavera Festival '00, '01, '02 '03, as well as many other celebrated milongas, including Sunderland and the delightful Bar Sur. Together with David Backler she has performed in Singapore, Shanghai and Korea.

Information:

- Pam Jarvis on 041 753 1619 or Email richardandpam@mac.com
- Dianne Heywood-Smith at tangodi@icloud.com

HOLY TRINITY SEBASTOPOL

For 150 years this church has been part of the local community and is excited to join in this new venture.

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