



The Body Hotel

MenoMove

Dancing Through Menopause

A Collaborative Arts and Health Approach

Sarah Goodey



Foreword

I work both as an artist, arts in health practitioner, producer and project manager with over 20 years of sector experience. My main role is as Arts Development Manager for Aneurin Bevan NHS UHB and Gwent Arts In Health (Garth); and regularly deliver for Inside Out Cymru. I am a director of the Wales Arts Health & Wellbeing Network (WAHWN), and firmly believe in a person-centred approach to both AIH and community arts practice.

I live and work in South Wales, and make work in response to the natural environment, and our place or intervention with it. I work with a variety of photographic techniques (digital, film, cyanotype) to record and extend found objects and natural twists.

Sally Thelwell



My name is Sally Thelwell, and I am the Arts in Health Coordinator at Velindre. Since joining the Trust in 2023, I have been dedicated to exploring the transformative potential of art within a cancer center.

In my role, I am responsible for developing a comprehensive creative program that includes workshops, talks, and exhibitions aimed at enhancing the well-being of both staff and patients.

I firmly believe in the therapeutic power of creativity. It's not about skill level, but rather the positive impact it has on our feelings and overall well-being.

Dance/movement, in particular, has the ability to rejuvenate and inspire new ways of thinking. The Body Hotel, a remarkable organisation, has made a significant impact on NHS staff throughout Wales.



MenoMove

Moving Through Menopause

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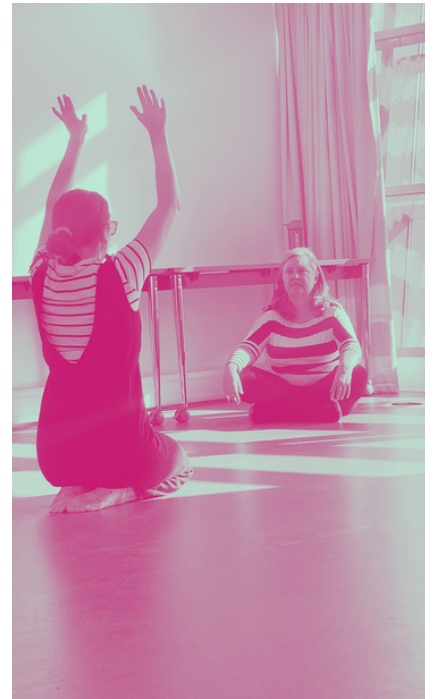
LET'S GET STARTED!

You time. Redefined.

MenoMove is a pilot arts-in-health programme that supports individuals experiencing menopause and perimenopause. Through movement-based sessions, MenoMove explores physical activity to increase vitality, build solidarity and community and cultivate coping skills for symptom management during menopause.

Led by an experienced dance movement therapist with lived experience of perimenopause in consultation with menopause specialists, the programme integrates evidence-based research practice with creative engagement, creating a unique space to dance, play and reflect.

Funded by the Arts Council of Wales in partnership with The Body Hotel, Aneurin Bevan University Health Board, and Velindre NHS Trust.



AIMS



Tailor this programme to what you need and engage with creativity to energise, recharge and unwind.

The aims of MenoMove workshops are to:

1. **Improve Vitality:** To energise, activate and feel alive and healthy through physical activity.
2. **Solidarity/Group Support:** To reduce isolation and build a sense of community through shared movement and creative expression.
3. **Symptom Management:** To explore the potential benefits of dance and movement in coping with menopausal symptoms and enhancing quality of life.



MenoMove is open to women, trans men, and non-binary people experiencing perimenopause or menopause. It is designed for individuals receiving, awaiting, or considering menopause-related treatment.

Menopause Wellbeing Programme

Workshop Descriptions



✓ MenoMove Programme

Join us in a vibrant space where solidarity and connection take centre stage, helping you navigate the ups and downs of menopause. The MenoMove UK programme embraces the frustrations and challenges of this life stage, creating a supportive community that understands what you're going through.

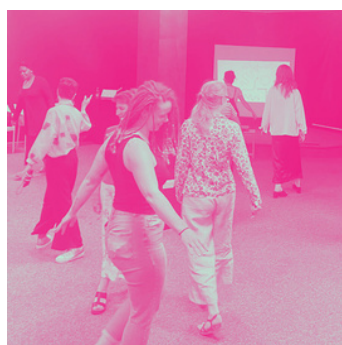
Together, we'll explore dance, play, and shared experiences to combat symptoms and foster well-being. Let's reclaim our stories, uplift one another, and celebrate the strength of our community as we journey through menopause together. All abilities welcome! No prior experience with dance/movement necessary.

USW Newport,
Usk Way,
NP20 2BP

18:30-20h

Weekly sessions
alternate between
In person and
online

6 week course (Free)
3rd September- Series 1
22nd October- Series 2
(Dates on next page)



✓ Self-Care Saturdays: Community Movement Sessions

In this in-depth workshop, we will develop our movement practice and treat ourselves to checking out from daily life and checking into our bodies. You will learn more about dance/movement as a tool for our wellbeing, and reflect on how we can nurture and replenish ourselves, enjoy connecting with others in person, and re-engage with play and creativity.

Whether you're a seasoned mover or new to the experience, everyone is welcome to participate. Let's celebrate our bodies, share in the joy of movement, and create lasting connections together!

USW Cardiff,
86-88 Adam
Street, CF242FN

10:00-13:00h

In-Person

9th August 2025
4th October 2025
29th November 2025

All activities are designed for **all abilities**, are exploratory in nature and you can adjust them as you need to while engaging in a safe, **non-judgmental space**. No prior experience in movement is necessary, just bring your curiosity and openness.

Dates and Details



MenoMove is a free of charge movement and wellbeing programme for anyone experiencing menopause, including trans men and non-binary people. The programme offers a supportive space to explore the benefits of dance and movement in managing menopausal symptoms, improving vitality, solidarity and group support.

The six-week series includes a mix of in-person sessions at the University of South Wales (Newport) and online sessions via Zoom. You don't need to commit to a series- just come along to a session and try it out. You'll be warmly welcomed, whether it's your first time or you decide to return for more. Participants can self-refer by signing up through this [Registration link](#) also found on [The Body Hotel website](#). After registering, you'll receive further details and forms to complete before joining the programme.

Run in partnership with Aneurin Bevan University Health Board and Velindre NHS Trust, and funded by the Arts Council of Wales.

MenoMove Series 1

Supportive movement sessions for menopause wellbeing

Format: 90 min, weekly, alternating between online + in-person

Times: 18:30-20:00

Dates in person: Wednesday 3rd Sept, 17th Sept, 1st Oct

Dates online: Wednesday 10th Sept, 24th Sept, 8th Oct

Platform: Six weekly sessions, alternating between USW Newport (NP20 2BP) in person and Zoom (online).

MenoMove Series 2

Supportive movement sessions for menopause wellbeing

Format: 90 min, weekly, alternating between online + in-person

Times: 18:30-20:00

Dates in person: Wednesday 22nd Oct, 5th Nov, 19th Nov

Dates online: Wednesday 29th Oct, 12th Nov, 26th Nov

Platform: Six weekly sessions, alternating between USW Newport (NP20 2BP) in person and Zoom (online).

Self-Care Saturdays

In-Person Community Movement Sessions

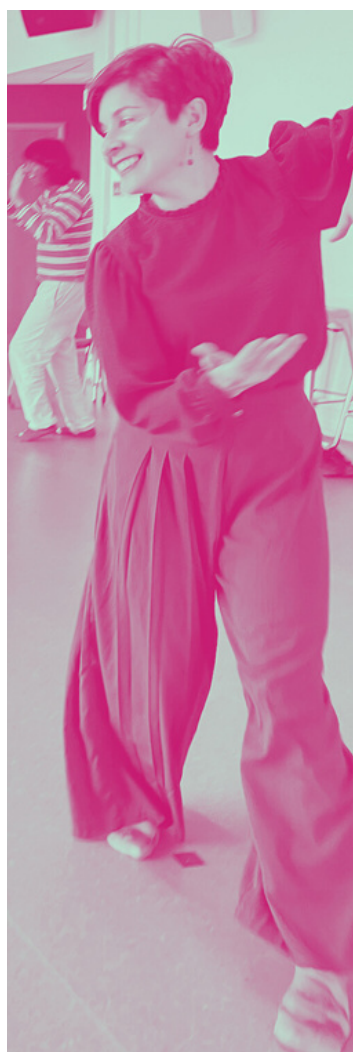
Format: 3 hour in person (bi-monthly Saturdays)

Place: USW Atrium Cardiff, CF24 2FN

Dates: Saturdays, 9 August, 4 October, 29 November

Times: 10:00-13:00h

Booking: [The Body Hotel](#)





WHO WE ARE AT THE BODY HOTEL

Team



Dr Thania Acarón (she/her)

Founder and Workshop Facilitator, The Body Hotel

✉ thebodyhotel@gmail.com

Thania is a lecturer, performer, choreographer and dance movement therapist from Puerto Rico, currently based in Wales. She obtained her PhD at the University of Aberdeen and holds a master's degree in Dance Education from New York University.

Acarón holds advanced certifications in clinical supervision and private practice in the UK (R-DMP) and US (BC-DMT). She is co-editor for the American Journal of Dance Therapy and is author of Body Questions in Practice: Decision Making through Movement and the Arts (Routledge, 2025). Acarón has taught in over 10 DMT training programmes around the world and offers workshops on therapeutic work with the LGBTQ+ community, burnout prevention and professional development. @thebodyhotel - Instagram, Facebook, LinkedIn, Youtube.



Samantha McNamara (she/her)

Programme Manager, The Body Hotel

✉ thebodyhotelteam@gmail.com

Sam is an art psychotherapist with a deep belief in the power of creativity to support wellbeing. At the Body Hotel, she works as Project Manager, coordinating experiences that centre the body, expressive movement, and connection.

With a personal movement practice that includes yoga, dance, aerial silks, and rope, Sam is passionate about embodied expression as a source of emotional resilience and joy.



Hannah Rigley (she/her)

External Evaluator of MenoMove

Hannah Rigley holds degrees in Music and Sustainability from Cardiff University. With extensive experience, including evaluations for Arts Council Wales and Fflamingo CIC (House of Deviant), Hannah will lead evaluation for this project. She'll explore how creative, movement-based interventions support

wellbeing, vitality, and symptom management during menopause—providing valuable insights for the pilot's ongoing and future development.



WHO WE ARE AT THE BODY HOTEL

Team



Dr Michelle Olver (she/her)

Referring Consultant in Sexual and Reproductive Health

Dr Michelle Olver is a Consultant in Community Sexual and Reproductive Health and leads the Specialist NHS menopause clinic in Aneurin Bevan University Health Board. She is a British Menopause Society and Faculty of Sexual and Reproductive Health registered menopause specialist and trainer.

As an honorary lecturer for Cardiff University, she enjoys training the doctors of tomorrow in the field on menopause. Dr Olver believes that everyone's menopausal journey is different, and a holistic individualised approach is needed. She is looking forward to collaborating with the body hotel to offer her patients a non medicinal treatment option.



Sarah Goodey (she/her)

Arts Development Manager, ABUHB / Gwent Arts in Health (GARTH)

To refer into the programme or learn more about other arts-in-health initiatives, please get in touch:

✉ Email: Sarah.Goodey@wales.nhs.uk

🌐 More info: www.garth.org.uk



Sally Thelwell (she/her)

Arts in Health Coordinator at Velindre

Please get in touch to refer into programme or find out about other arts in health initiatives.

✉ Email: sustainability.velindre@wales.nhs.uk

FREQUENTLY

Asked Questions

How do I access the Menomove programme?

You can register online via the link to self-refer. You'll receive an email detailing next steps, session dates and forms. There is no requirement to commit, you can attend a single session to try it out. The programme is free, and you can contact us if you wish to join both series.

Are these workshops therapy?

No. While the workshop content will be focused on wellbeing and the sessions are led by a certified dance movement psychotherapist, each session is focused on personal development and managing the symptoms of menopause. The sessions might have some therapeutic benefits, but it is not therapy in the traditional sense. We can signpost you to dance movement psychotherapy practitioners if you are interested.

What should I wear or bring?

Ideally you should wear clothes that are comfortable to move in, but you can also wear your regular work clothes. You can be barefoot, wear socks or comfortable trainers. Please bring a reusable water bottle with you. We will have coffee/tea & nibbles available.

What if I want to know more?

You can book a free 15-minute chat with Thania to discuss the programme and any questions or concerns you may have. More information is available on our website and in the brochure. Check out our videos on [Hapus Website](#), Youtube, LinkedIn and Instagram @thebodyhotel. If you have questions, email us at: thebodyhotelteam@gmail.com



Testimonials



"I can imagine people might feel a bit apprehensive at first, but with these sessions, you just do what you're able to – at your own pace and level. It's completely non-intrusive and feels like a very safe, welcoming atmosphere.

There's also a lovely bit of playfulness, which is so important – something like this could easily feel too serious. You never feel judged; it's not about 'doing it right or wrong'. Thania gets the balance just right. That little bit of joy and silliness really helps – and honestly, I feel fab."

-JULIA

"This is the second session I've been to now, and I really looked forward to it after the last one. I went in without any expectations, but every time I come out feeling elated, uplifted, and more connected to others.

There's a real sense of freedom to just be yourself, and it's such a trusted environment – you never feel judged. Thania really leads the way with that; she makes everyone feel so welcome. I honestly look forward to it every month."

-EUGENIA



"I'm Hannah, and I've just finished the workshop. It was completely outside my comfort zone – really! But I think sometimes you've just got to be brave and give things a go.

I'm so glad I came. I feel confident, inspired, and connected to others."

-HANNAH



The Body Hotel

Web links: linktr.ee/thebodyhotel

Websites. Links and Contact Info

The Body Hotel is a Wales-based social enterprise focusing on movement as a tool for employee wellbeing.

Website: www.thebodyhotel.com

Email: thebodyhotel@gmail.com

Instagram / Facebook / Linked In / Twitter: [@thebodyhotel](https://www.instagram.com/thebodyhotel)

Links and Resources: linktr.ee/thebodyhotel

Moving Self-Compassion Film Short documentary on The Body Hotel's most recent employee wellbeing programme working with Health and Education Improvement Wales. Project funded by Arts Council Wales and evaluated by Royal College of Surgeons Ireland and University of South Wales
[LINK](#) / BSL Version: [LINK](#)

Body Concierge (Wellbeing Short Video Series) Tips, ideas and strategies to keep up our movement wellbeing practice- [LINK](#)

The Body Hotel Dance Break Playlist (collaborative list on Spotify): [LINK](#)

Hapus - online platform for arts, health and wellbeing from Public Health Wales, featuring new videos by The Body Hotel to Energise, Recharge and Unwind. [LINK](#)

Moving Respite - short documentary on The Body Hotel's most recent employee wellbeing programme working with Health and Education Improvement Wales. Project funded by Arts Council Wales and evaluated by Wales School for Social Prescribing Research (WSSPR).
BSL Version: [LINK](#) / BSL Version with Welsh captions: [LINK](#)
BSL Translator: Helen Foulkes
Film by: Sam Irving





The Body Hotel

MenoMove UK

Menopause Wellbeing Programme

You time. Redefined.

Open and free of charge to anyone in Wales experiencing menopause, including trans and non-binary people.

We warmly welcome all bodies at any stage of their menopause journey who are seeking to support their vitality through group connection and coping with symptoms.



MenoMove Series 1 & 2

Supportive movement sessions for menopause wellbeing

MenoMove offers an online and in-person programme, where you be guided through gentle, creative dance/movement in a supportive space to help ease symptoms, boost wellbeing, and build connection.

No dance experience needed – all abilities and all bodies are welcome.

Duration: 90 min

Time: 18:30-20:00

Course of six weekly sessions, alternating between **USW Newport (in person)** and **Zoom (online)**.

Series 1 Dates: Wednesday 3rd Sept, 10th Sept, 17th Sept, 24th Sept, 1st Oct, 8th Oct.

Series 2 Dates: Wednesday 22nd Oct, 29th Oct, 5th Nov, 12th Nov, 19th Nov, 26th Nov,



MenoMove Series 3 & 4

Supportive movement sessions for menopause wellbeing

In addition to the main programme, we are planning two optional series tailored to specific experiences of menopause:

- One for those going through menopause **as a result of cancer treatment**
- One for **trans men** and **non-binary people** experiencing menopause

These groups will provide a **safe and inclusive space** to explore shared experiences in a way that best suits your needs.

If you would prefer to attend MenoMove in one of these specific groups, please **register your interest** using the link below.



Self-Care Saturdays

In-Person Community Movement Sessions

In this workshop intensive, we will deepen our movement practice and treat ourselves to checking out from daily life and checking into our bodies.

You will learn more about dance/movement as a tool for our wellbeing, and reflect on how we can nurture and replenish ourselves, enjoy connecting with others in person, and re-engage with play and creativity.

Saturdays, bi-monthly

Duration: 3 hours, In person

Place: USW Atrium, Cardiff

Time: 10:00-13:00

Dates: 25 October, 29 November

