

**Queen Margaret University (QMU) Edinburgh, Centre for Person-centred Practice  
Research**

**Information Sheet on the Eurhythmics Method Project**

This information sheet contains information on the movement to music method known as 'Eurhythmics' and explains an invitation from Jan Dewing to engage with health professional researchers in a QMU project. You can find out more about Jan via

[www.qmu.ac.uk/search/?keyword=jan%20dewing](http://www.qmu.ac.uk/search/?keyword=jan%20dewing)

The movement to music method known as 'Eurhythmics' is based on Dalcroze Therapy and has been widely used in many countries for a number of years. Both the movement and music are controlled and take on specific repetitions. It is also fun to do!

The method is NOT about dancing but about moving around following a pattern called out by the music therapist and by the music played. It can also be done sitting, making it suitable for people with limited mobility. To see more about the method use these links:

[dalcroze.org.uk/about-us/what-is-dalcroze/](http://dalcroze.org.uk/about-us/what-is-dalcroze/)

[www.youtube.com/watch?v=zsROX7pQdZM](http://www.youtube.com/watch?v=zsROX7pQdZM)

The method has been used successfully with many people of all ages including seniors and care-partners to help with maintaining mobility, balance and confidence in movement. The groups or classes, usually have a number of people with different levels of mobility and ability. Those who need it generally have a helper.

**Initial Proposal**

A small group of healthcare researchers at QMU intend setting up a class to run over about 6 weeks and would like to work with people with Parkinson's. Staff or students will act as helpers in the group and with the venue, parking and other amenities. In return for taking part, the health professionals involved would like to carry out some research which will be formulated in conjunction with participants.

**Invitation**

QMU are working with Branch Member, Alison Williams, and as a **first stage** want to invite about three people (plus Alison) to come along to an initial discussion to find out more and for them to **then return to the Branch and share what they learned**. The meeting is at **QMU in Musselburgh on Thursday 5<sup>th</sup> March at 10am** in room 56.

Refreshments will be provided. If anyone needs food to assist in taking medication that will be arranged. If you would like to attend, please let Sharon Middlemass, QMU Administrator know via [smiddlemass@qmu.ac.uk](mailto:smiddlemass@qmu.ac.uk).

Sharon can organise car parking and will send information about getting to QMU and what to do on arrival at reception. Room 56 is accessible for those using wheelchairs and there is a toilet close by.