



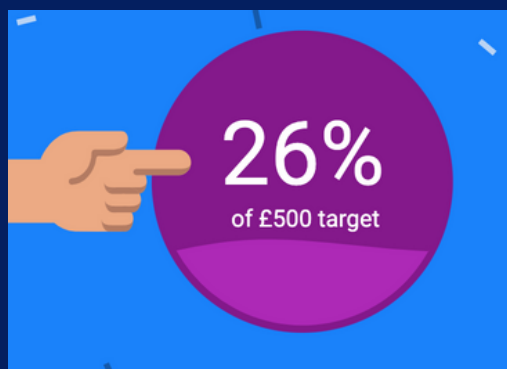
Move Free CIC

Newsletter

June 2023



FUNDRAISING - THANK YOU!



We first launched our fundraising campaign at the Nucleo de Capoeiragem 2023 Summer festival and we are already over a quarter of the way to our target! UPDATE - Now at 41%! (17/07/23)

We currently have a 4 week push up challenge running - visit the link to take part!

<https://movefreecic.org/2023/07/10/push-up-challenge-week-1-2/>

Upcoming News...

In the next few weeks and months we will be:

- Searching for more grants to apply for to help fund the setting up and running of sessions
- Putting in an application for the Bristol Impact Grant
- Run taster sessions for 8-12 and 12-16 year olds in partnership with the Full Circle project

New Director

We are happy to announce that Erin (Corajosa) has joined the director team of Move Free CIC!



Taster Session - Borderlands

Emma (Maritaca) and Erin (Corajosa) delivered our first taster session in collaboration with refugee charity Borderlands. Ten women came to try out Capoeira.

As the pandeiro played, the energy and smiles flowed with women moving to the rhythm and singing with increasing confidence. We started with some squats and lunges which morphed into ginga, moving onto partner work. Finally the pandeiro returned to accompany us in our sequence.

After the session, chatting to the women, capoeira seemed well received. 70% ticked the smiley face side of the feedback sheet so hopefully (please funding fairies!) we can organise further sessions.

