

Bailando with Sally

THANK YOU

LET'S CREATE TOGETHER. CONTACT US TO COLLABORATE ON PROJECTS AND WORKSHOPS.



BAILANDO with SALLY

THE WORLD IS YOUR DANCE FLOOR

NO.1

BAILANDO WITH SALLY

DECEMBER 2025

WELCOME TO OUR

Annual Newsletter

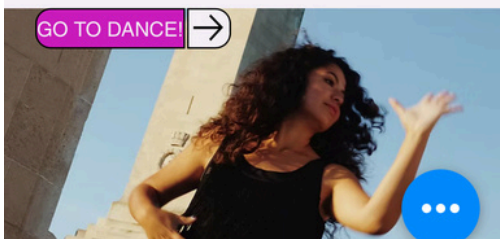


MOVEMENT, MUSIC, AND LOVE

**BAILANDO
WITH SALLY**

DANCE AND ART HEALING SESSIONS

GO TO DANCE! →



In this newsletter:

Latest projects, workshops, community collaborations, wellbeing sessions, dance groups, free resources, and our artistic highlights from 2025.
Keep reading!

Annual Summary 2025

Bailando with Sally is an artistic community project grounded in three pillars — Alchemy of Art, Alchemy of Flavours, and Alchemy of Wellbeing. We use dance, music, painting, and creative expression to support emotional wellbeing in inclusive and accessible spaces.

Our team of eight artists and professionals brings expertise in mental health, teaching, disability support, community work, international relations, and inclusive arts. We also run six adaptable dance groups designed to meet diverse needs and celebrate each person's unique way of expressing through movement.

Growth & Outreach

- Over 300 monthly visits to our website, with visitors from more than 10 countries.
- Growing presence on digital platforms, including our Instagram @bailandowithsally and a new YouTube video that presents our vision and purpose.



Dance, Wellbeing & Community Impact

We shared dance and art as wellbeing tools with several organisations, including: Project W, Urbond, Mind, HSDC, Moriah Family Support Group, and more projects currently in progress, including an upcoming collaboration with Gig Buddies.



Our Commitment

Bailando with Sally is a project built to stay. A space without labels, without exclusion, and without limitations. Here, every emotion is welcome. Every story matters. And art is our universal language—the tool we share with everyone we meet.

We believe in the power of movement, in the beauty of our emotions, and in the importance of art in supporting mental health and wellbeing.



Alchemy of Art

In 2025, we delivered four shows editions of Alchemy of Art, hosted in Southsea Cinema & Arts, Aspex, and Urbond.

We are also proud to announce that in 2026 we will be in London, invited by the Anglo-Bolivian Society.

Support & Recognition

We are deeply grateful to Councillor Chris Attwell for his ongoing support since discovering our project.

We also received visibility through Clare from Hive Portsmouth, who introduced our work at the Mental Health Network Meeting.

Additionally, Dance Live! — a major UK dance platform for young performers — included Bailando with Sally in its official list of student project options.

[More info on website](http://www.bailando-with-sally.com)



Alchemy of Wellbeing

We delivered a three-hour wellbeing workshop supported by Portsmouth City Council and The Green House Community Hub, offering breathing and dance-therapy exercises, drums and flute musicality, group singing, and painting to reconnect with memory and the world around us. We closed with a sharing circle and wellbeing gift bags supported by Moobo, Blossom Café Southsea, and Edith & Blanche. Feedback was outstanding, including: “I left today feeling lighter, more grounded, and deeply seen.”

Alchemy of Flavours

Our artistic snack bar supported community and cultural events throughout the year, including: Refugee Week (invited by Nomads), Landport Community Day, and CineSupper, where we closed 2025 combining flavours, art, and cinema in partnership with Southsea Cinema & Arts Centre. A beautiful project that builds community and invites people to explore new cultures through taste and cinematography.

Thank you for an inspiring 2025

Thank you for a year filled with support, open doors, kind words, and so much encouragement. We continue growing with several new projects already in development—some still to be announced—and with a clear vision of sharing art, movement, and connection with our community throughout 2026.

Instagram: @bailandowithsally

LinkedIn: Bailando with Sally

YouTube: Bailando with Sally

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