

HAZEL ROY'S BIO



Hazel Roy was trained as a professional dancer at a London Ballet School and as an actor at The Actors Workshop. She latterly took a specialist OCN course in Dance for Older People run by Diane Amons who specialises in this field. She has been running dance courses for older people for over 25 years, initially funded by Primary Care Trusts in Manchester and Salford for people with weight issues and latterly for older people as Dance for Everyone courses at Union Chapel Fallowfield, Inspire Centre Levenshulme and for groups in Burnage, Wigan, Salford and for people with dementia at Prestbury Care Home in Macclesfield.

She has also run dance sessions for Didsbury Festival and the Street Choirs Festival and given talks and demos at Health conferences and for community groups. She is a member of Equity and the Foundation for Community Dance (now known as People Dancing).

Hazel Roy is also a theatre director and has directed in the UK, Nepal, Thailand and India, and is the published author of two books and working on a third. She has been working in the Arts and in Education for most of her life.

"I am not interested in just performing mechanical exercises to keep us fit but having an hour of freedom and creative fun." Hazel Roy.