

Thank you for booking your place at the ELKIN CLUB! We are looking forward to welcoming you. This document contains the full project details, how to access Wolvecote Mill and the FAQs. If you have any further questions, you can contact us at [danielle@luminelle.co.uk](mailto:danielle@luminelle.co.uk).

**Full Project Details:**

**Dates:**

Wednesdays  
5th, 12th, 19th, 26th June 2024  
3rd, 12th, 17th July 2024

**Times:**

**10-11.15am** - Creative dance workshop  
**11.15am-12.30pm** - Lunch,  
refreshments and arts and craft activities  
**12.30-2pm** - Maternal Journal session

**Location Information: Wolvercote Mill**

**Address:** 2 Baynams Dr, Wolvercote, Oxford OX2 8FF

**Accessibility:**

Wolvercote Mill is a fully accessible building, with wheelchair access into the building and between both floors using the lift. There is an accessible toilet and changing facilities for nappy changing.

**Parking:**

There is 1 accessible parking space on site, which can be requested through Luminelle and no other parking is available. However, lower Wolvecote has a lot of available parking for free on nearby roads, and the Godstow car park is a 7-minute walk away and is free to use.

Godstow car park address: Godstow Rd, Wolvercote, Oxford OX2 8PE

**Transport:**

Wolvercote Mill is easily accessible by bus to and from Oxford city centre. Papermill Square stop is right outside the Mill, where the No.6 City bus stops. Home Close stop is a 4-minute walk from the Mill, where the No.6 bus and the ST2 Connector.

Buses from Oxford city centre to Wolvercote Mill take approximately 30 minutes. You can catch the No.6 City from stop C3 and the ST2 Connector from stop C6, both on Magdalen Street.

The closest train station is Oxford, where you can catch one of the above buses to Wolvecote.

**Refreshments:**

Lunch, tea, coffee and snacks will be provided and we ask that you leave a voluntary donation for refreshments if you can. If you have any allergies we need to be aware of, please let us know by contacting [danielle@luminelle.co.uk](mailto:danielle@luminelle.co.uk) or noting it on your booking via Bookaby. The cafe is a nut-free environment.

**How to book:**

You can book your sessions using Bookaby, where you will find all of the sessions listed and you can book each one separately.

When booking the ELKIN CLUB, you will have access to all of the activities on the day, including the Maternal Journal session. You can attend as much or as little as you would like.

You can find the booking page here:

<https://bookaby.me/luminelle/whats-on/session/759cee49-f5bd-4fb7-8f33-75b5e4bfdd41>

If you would like to only attend the Maternal Journal session, you need to book using the separate booking page, which can be found here:

<https://bookaby.me/luminelle/whats-on/session/5b16740d-a718-481c-981c-45e8518ffca6>

Any issues or questions, please contact us at [danielle@luminelle.co.uk](mailto:danielle@luminelle.co.uk)

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**Research:**

As part of the ELKIN CLUB, we will be undertaking research about the impact the sessions have on the parent/child relationship. We are interested in asking questions about how creativity can enhance the parent/child connection, strengthen bonds and increase happiness, empathy and compassion.

If you are happy to be asked a few questions throughout the project and be a part of the research, please tick yes on your registration form.

If you would like to find out more or have any questions, please contact [danielle@luminelle.co.uk](mailto:danielle@luminelle.co.uk).

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**FAQs:**Who can come to the ELKIN CLUB?

The ELKIN CLUB is for those in the early stages of their parenthood journey - from pregnant women to parents with young children aged 3 and under.

How many people will be in the dance sessions?

We have a maximum of 15 adults in the session.

What should I expect in the dance session?

Our dance sessions are multisensory, playful and interactive for both parents and children. We use music to inspire us and materials, stories, and song to connect us together. We aim to strengthen the bond between you and your child through creativity, unlocking a newfound dialogue through movement. We will facilitate a safe, inclusive and equitable space where the parent is valued as much as a participant as the child, allowing time for your reflection and self-discovery.

Do I need prior experience of dance to take part?

No, you do not need any prior experience of dancing to join our sessions.

What if I have/my child has a medical condition or additional needs?

Everyone is welcome to join the ELKIN CLUB. If you need us to be aware of any medical conditions or additional needs, then please let us know as soon as you can so we can make adjustments to

support your access to the sessions. Please ensure you bring anything that you or your child need to support your medical condition or additional needs.

What if my child wants to feed, sleep or have a nappy change during the dance session?

Please do anything you need throughout the session to support yourself and your child. We are a breastfeeding-friendly space.

Can I bring more than one child?

Yes, you are more than welcome to bring all of your children to the sessions. Please just let us know on the registration form how many of you are coming.

What should I wear?

If you are taking part in the dance session, we suggest you and your child wear something comfortable to move in. Please ensure you are wearing shoes that are not high-heeled. If you are taking part in the arts and crafts, please wear something you don't mind getting messy!

What should I bring?

Please bring anything you and your child might need to take part in a dance session. All refreshments will be provided but you are welcome to bring your own food if you have anything specific you would like to eat, or have an allergy and require certain foods, you are welcome to bring that too. We have the facility to heat milk.

I have/my child has an allergy. what should I do?

Please let us know as soon as you book if you or your child has an allergy. The cafe area in Wolvecote Mill is a nut-free zone, but we are unable to guarantee our foods will not contain any other allergens.

Do I have to attend all of the activities?

You do not have to attend all of the activities, you can do as much or as little of the planned activity as you want or simply come and spend some free time in the comfort of the community space.

Do I have to attend all of the sessions in June and July?

You do not have to attend all of the sessions in June and July, however, we'd love to meet with you every week! We recognise the isolation faced in the early stages of parenthood, so aim to create a strong sense of community at the ELKIN CLUB. We want to provide you with an enriching, supportive community which can unlock confidence, bring ease and play to your parenting, and increase empathy and self-compassion.

How much does it cost?

All sessions are free to attend. We are accepting voluntary donations and are grateful for anything offered. Any donations will go back into the project.

Can I take pictures/videos during class?

We ask you not to take any pictures or videos during the ELKIN CLUB sessions.