



PROGRAMME



FANDANGO DISCOTECA MILTON KEYNES PROGRAMME

Disclaimer: the programme is movement based, by participating you are waiving any liability on the event organisers and take part at your own risk. If you are unable to participate due to known medical or health reasons, please do not participate. Otherwise, all workshops are accessible and open to anyone from all backgrounds and abilities.

SATURDAY 5TH AUGUST

11:00 – 14:00 Tunes and Chats with Carly

from The Loss Project and Brinny Does

14:00 - 18:00 Grief Rave; a joyful space to

play tunes to remember loved ones who

have died or share nostalgia for times gone

by. Request your tunes, make dedications,

share your stories and dance in a space full

of joy and hope with Nick Street Sound

System and Carly from The Loss Project



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SUNDAY 6TH AUGUST

12:00 – 15:00 Tunes and Chats with

Carly from The Loss Project and Brinny.

15:00 – 18:00 Live music and freestyle

dancing with Cubano Soul live band

and Camerados Public Living Room – a

place to come and be alongside

each other with some cool tunes in the

background.



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**MONDAY 7TH AUGUST [MARKET
CLOSED]**

**Tunes and chats with Brinny Does 2-
5pm**

**Come and share your nostalgic
tunes, have a chat, shared a story of
a loved one in memory, come and
contribute to our collective public
playlist**



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TUESDAY 8TH AUGUST

11:00 – 14:00 Tunes and Chats with Brinny Does

12:00 – 14:00 Yoga with Madlyn Maya -

A gentle yoga session, open to all ages and abilities.

No previous yoga experience necessary, bring a mat if you have one! 20 minute sessions across the two hours.

14:00 – 15:00 Bollywood Vibes - Fun Bollywood Style dance workshop

15:00 – 16:00 Carnival style dance workshop with Zaiah Arts Zaiah Arts will be bringing the vibes with a carnival style workshop, get ready to wine your waist!

All ages and abilities welcome, no previous experience necessary.



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WEDNESDAY 9TH AUGUST

Tunes and chats with Brinny Does 12-3pm

Come and share your nostalgic tunes, have a chat, shared a story of a loved one in memory, come and contribute to our collective public playlist.

THURSDAY 10TH AUGUST

12:00 – 16:00 Tunes and Chats with Carly from

The Loss Project and Brinny Does

16:00 – 19:00 The Music Room Takeover –

presenting local Milton Keynes artists bringing

their flavour to supporting mental health and

grief



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FRIDAY 11TH AUGUST

The Shoopery – Join The Shoopery

for dancing, movement based

games, cat walking and more to

help you beat your anxiety and let

yourself go! 20 min slots at 30 min

intervals throughout the whole

day. 13:00 – 17:00