

PROGRAMME 2021/22



Rich Nolan

dance
network
association

Meet The Team



Gemma Wright

CEO and Founder

gemma@dancenetworkassociation.org.uk



Lyann Kennedy

Operations Director

lyann@dancenetworkassociation.org.uk



Karen Pratt

Dance Development Officer

karen@dancenetworkassociation.org.uk



Steph Townsend

Freelance Communications Assistant

steph@dancenetworkassociation.org.uk

Dance Network Association
c/o Learning and Participation at The Mercury Theatre
Balkerne Gate
Colchester
CO1 1PT

07490 37 47 17

info@dancenetworkassociation.org.uk



The Dance Network Association



[@DanceNetEssex](https://twitter.com/DanceNetEssex)



[@thedancenetworkassociation](https://www.instagram.com/thedancenetworkassociation)



OUR MISSION

The Dance Network Association (dna) is a dance organisation that enables people to live more connected, joyful and aspirational lives through dance.

Dancing with dna provides opportunities for people to improve their confidence and physical wellbeing, nurtures creativity and independent thinking and enhances friendships through social interaction.

We seek to:

Increase the opportunities available for everyone in the community to engage in dance.

Encourage happy and healthy lifestyles through dance activity by promoting self-esteem, confidence, mobility and general fitness.

Widen aspirations by providing both performance opportunities and the opportunity to be part of a community audience.

Enhance the quality of dance provision across the county by offering support in schools and through professional development programmes and qualifications.

Build a coherent and progressive dance future for Essex and its neighbouring counties.

And above all – **have fun dancing!**

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DANCE FOR ADULTS





Dancing With Parkinson's

Research from Parkinson's UK estimates that there are around 145,000 people in the UK living with Parkinson's. By 2025, this is expected to rise to around 168,000. 1 in 37 people alive today will be diagnosed with the disease in their lifetime.

Exercise has shown to be very beneficial for people living with Parkinson's; to manage or potentially slow the progression of physical symptoms and to help other associated symptoms such as mental health.

Through the generous support of the Colchester Welfare Grant, dna is excited to deliver our Dancing with Parkinson's classes 'in person' based in Colchester, Essex from 7 July 2021 supported until spring 2023 (covid permitting).

dna's Dancing with Parkinson's programme offers dance and movement sessions which are appropriate for those living with Parkinson's and anyone living with a neurological condition, heart or circulatory disease. We are proud that this programme not only delivers a high-quality dance experience for the participants but also allows their companions, if they wish, to experience it alongside them.



What To Expect

Classes usually last for 1 hour of dancing and 30 minutes of social time. Classes are mainly seated but we encourage those who would like to, to stand. A support artist is always in sessions to share the seated version as the lead practitioner develops standing material.

Classes begin with a led warm up into various seated and standing exercises that mobilise the body and joints, encourage use of voice and rhythm and support brain function through coordination tasks. Class material is matched with rhythmic music spanning across the decades. Creative choreography is often created in collaboration with the dancers, allowing material to be built on each week. These exercises test recall of memory and muscles. For those that wish to take their dance and movement further performance opportunities are available.

All classes end on a cooldown so dancers are ready to refocus on their day ahead. We invite participants to stay at the end of the dancing session for a social lasting 30 minutes including a cuppa and a biscuit.

Whilst COVID - 19 is still affecting our 'live/in-person' classes until 7 July we are running online classes. So if you are tech-savvy and have access to Zoom you can join us for online sessions each week until the end of June when we return to a live/in-person venue.

[Click here to book our weekly classes.](#)

[Or to book on to our 'in-person classes from 7 July click here](#)

If you are unable to get online we have also produced a number of supportive resources including a DVD that you can order and take part in, in the comfort of your own home. Or you can gain access to our video library of classes on our website which you can take part in, any time of the day again, in the comfort of your own home.

Website details here: [OUR SHOP | Dance Network Assoc](#)
[\(dancenetworkassociation.org.uk\)](#)

Unable to get to a class? Give us a call to chat through these items over the phone and we will post them out to you! 07490 37 47 17





Dancing With Dementia

“If you bring joy to someone living with dementia and you warm their heart, that feeling can live on for them for three whole days”.

Claire Kerrigan, Q&A Grandma Remember Me

Through the generous support of the Colchester Voluntary Welfare Grant, dna is currently running an online project (due to covid restrictions) with 3 local care homes in Colchester, Essex.

Currently, this is a 12-week programme of work that is being delivered over Zoom with care settings Blackbrook House, St Fillans & Foxburrow Grange.

These sessions will transfer into the community for all based at St Stevens Church in Colchester from 16 September.

[To book your spaces and for more details click here.](#)

What To Expect

‘Dancing with Dementia’ classes offer a chance for participants to experience creative movement and dance with their companions.

Classes focus on stimulation of the brain through movement, repetition, props and musical timelines. These factors offer the opportunity to keep the mind alert whilst also unlocking support for general well-being.

Green Candle Dance Company’s [‘Remember to Dance’ report](#) shows “growing evidence that regular dance activities can improve and prolong good quality of life for people in different stages of dementia”.

Classes run 75 minutes in length which includes a 30 - 45 minute dance class and concludes with a social over tea & coffee.





RE:Generation

Creative dance classes for older adults
Based in Colchester, Chelmsford and Brentwood

Through the generous support of the National Lottery, Brentwood Borough Council and Colchester Voluntary Welfare Grant, dna are excited to introduce our wonderful RE: Generation classes back 'in person' from September 2021 in all three districts.

[Click here for full details of classes](#)

Classes will include a combination of seated and standing work and can be adapted for those living with various health conditions.

Classes will deliver dance content that question, mobilise and above all offer older people a safe environment to practice a shared endeavour. Participants will learn about the importance of movement and dance in older age and its positive effects on the brain and body, as well as being guided in how to adapt the material for varying physical abilities.

Participants will experience and explore a broad range of creative ideas as a stimulus for dance and develop their memory for movement by learning set material, often performed in unison. We use a range of props to enhance experiences and give added creative opportunity and visual interest.

The class is topped off with time for tea, biscuits and a chat to ensure we speak with our neighbours and friends, so no one ever feels alone.

"From what I have seen and experience at first hand, the dna's Re:Generation project is transformative for participants and audiences alike. It addresses the issue of social isolation, allows freedom of self-expression, encourages creativity and boosts physical and mental health."

Rose Moore – Councillor for Chelmer Village & Beaulieu Park



Rachel Cherry



Rachel Cherry

DANCE FOR FAMILIES



Rachel Cherry

Welcome To The World

For you and your baby



"Creative dance has the ability to bring people together to feel emotionally, physically and mentally connected. In engaging with dance, participants' confidence in moving and interacting can grow, one's sense of connectedness may feel more rooted and so overall health and well-being can flourish too".

These classes are designed specifically for newborn baby's and their mum, dad, parent or carer. Classes take place in 5 blocks and you would book yourself in as a family for the duration of the programme.

[See full detail and how to book here](#)

The sessions support new parents and carers to come together, bond with their baby's and meet new friends in a relaxed non-judgmental environment. During class, you will have the opportunity to relax as a parent/carers in your own body whilst having the opportunity to learn things such as baby massage, skin to skin contact, baby's response to touch and sensitivity receiving touch. We will look at developmental milestones and fine-tune our own skills to see how we can respond and encourage our young baby's in this world.

Active Families

Our AWARD WINNING programme 'Family Dance' programme (Essex Prize Challenge winners April 2017) has proven a reduction in social isolation with parents and carers with children between the ages of 0 -5 years of age and an increase in general health and well-being. We are delighted to be continuing this legacy with our 'Active Families' classes in a district near you.

[See our website for details and locations](#)

Our classes welcome you to explore movement and dance as a family with your child/children between the age of 1 - 5 years of age. You will take part in sessions delivered by our team of artists that are designed to encourage creativity and independent thinking, nurture individual expression in the participant's own movement, as well develop a memory for movement. All activity will creatively build the children's strength, balance, coordination and encourage healthy physical development and bonding for both child and parent.

Each week after the sessions we will also allow time to socialise and interact with families providing refreshments, healthy snacks and a place to talk. We are also inviting local providers from health & community settings to attend social times, for families to find out how to access services and engage in their local community.

Previous experience in dance is not required, eagerness to enjoy moving yourself and playing with your child and supporting their inquisitive minds, is a must. Older siblings are also very welcome to attend.



Intergenerational Dancing



These classes bring together people from all generations and walks of life to share their stories and experiences whilst exploring the dance space, connecting with one another and moving creatively.

As well as dancing as a group, the individual dancer will develop their own strength, balance, coordination and encourage healthy physical development and preservation of the muscles and joints through taking part in the activity.

To find out more about these classes, date and locations please visit our [website](#)



Rachel Cherry

DANCE FOR YOUNG PEOPLE





Rachel Cherry

Mercury Young Company: Dancers

Delivered by Dance Network Association (dna)

Mercury Young Company (MYC) Dancers will ground young people aged 10 - 15 years in contemporary dance technique, explore movement and creativity and build on choreographic skills, as well as developing fitness and flexibility, building confidence and offering the chance to make new friends in a safe, fun and supportive environment.

There will also be opportunities to take part in regular workshops and intensive sessions with guest artists and professional companies and to co-create performance pieces. You will have the opportunity to perform locally, regionally and nationally.

The programme provides additional opportunities for young people to gain qualifications and advice on pathways into a dance future.

Mercury Young Company Dancers

will also have access to:

- The Mercury's dance studio and dedicated learning space
- Regular performance opportunities including an end of year performance
 - Open rehearsals for Mercury Productions
- Free tickets for open dress rehearsals or preview performances for Mercury Productions
- Mercury Connects – the theatre's creatives network, which provides opportunities in the arts, information about events, tickets and work in the East of England.
- Mentoring from theatre staff and exclusive backstage access

Classes start in June 2021 click here for more information and to book





DEVELOPING YOUR PRACTICE



Annual Conference

Dance Network Association gets ready for it's 5th annual dance conference in the beautiful redeveloped Mercury Theatre Colchester!

After a year of challenge, cancellations and postponed events for the organisation we are delighted to announce that our annual dance conference will take place on Wednesday 29 September 2021.

We are welcoming people to view, take part and learn from our programme activity including our postnatal and early years projects, an insight into our Dancing with Parkinson's programme and our work with older adults and so much more.



Additionally, included is a wealth of dance workshops with national speakers, artists, and performance companies providing a well-rounded experience for all participants that choose to engage with the day.

The day is open to freelance artists wanting to develop their skills, educational teachers with an interest or specialism in dance also wishing to upskill and network with like-minded peers.

In addition, this year we are extending our invite to local social prescribers, GP's, NHS workers, children's centres, and anyone who wishes to increase their knowledge and delivery skills on how dance positively benefits the community's physical and mental health and wellbeing. This will also support people in the local community to signpost residents to our work.

"I cannot wait for our community to come back together at our conference. We have missed connecting with people in so many ways over the past year and I just wanna see our work continue to bring smiles to peoples faces, as well as learning lots of new skills of course. It is a great one-off day to engage with and gain many new ideas and tools for your kit bag and the year ahead.
Not a day to miss!"

Gemma Wright
CEO of Dance
Network
Association



To allow a safe return to in-person activity, we will ensure covid guidelines at the time and appropriate PPE is in place during the day to keep everyone well.

The conference will take place at the Mercury Theatre, Colchester and will be between the hours of 09:00 - 17:30.

Conference tickets can be purchased through the dna website from
Monday 24 May 2021
for an Early Bird rate of just £75.00
www.dancenetworkassociation.org.uk
to save your space!

General sale and full timetable confirmation release on Monday 5 July
tickets in here
after will cost £125.00 per person.

For more information please contact Steph Townsend
steph@dancenetworkassociation.org.uk

Learn Share MOVE!

Since 2013, up to 30 teachers each year, across Primary and Secondary schools Essex have participated in the Dance Network Association's Learn, Share MOVE! programme to develop, increase, and begin their dance journey as a school.

We estimate that over 8000 children and young people in Essex have participated and engaged in dancing with dna. The programme is designed to support school staff to feel confident in the delivery of dance and increase dance provision in education and community settings, both as part of the formal curriculum and during out of school time. The aim for dna is to increase young people's access to dance, their creative thinking and aspirations and physical development and activity.



2021/22 Programme

- 3 x peer teacher support meetings 16:30 – 18:00. One meeting each term.
- 2 x practical twilight evenings with professional artists. 1 x Spring Term and 1 x Summer Term.
- 1-1 mentoring if required to develop a whole school approach to dance or to develop schools Arts Mark plans.
- A celebratory event for the young people involved to share their skills in the Summer Term.
- An annual conference Wednesday 29 September to inspire teachers with new skills, thoughts, and new peer support networks for the year ahead.

Previous
Learn, Share
MOVE!
participant

"Very accessible for a non-dance teacher. Full of ideas which have given me the tools I needed. I feel that a scaffold has been erected around me, with the support here."

Teacher Meetings

For the time being these will be held virtually and delivered between 16:30 – 18:00 on the following dates

Tendring Network Tuesdays – 12 Oct 2021 / 22 Feb 2022 / 17 May 2022

Colchester Network Wednesdays – 13 Oct 2021 / 23 Feb 2022 / 18 May 2022

Braintree Network Thursdays – 14 Oct 2021 / 24 Feb 2022 / 19 May 2022



Practical Sessions

For 2021/22 will be delivered virtually to all members in one space, reducing time requirements and travel costs. Annual conference will be in-person for maximum benefits for all.

Practical Term One: Annual Conference – Wednesday 29 September 2021
(in person at the Mercury Theatre, Colchester)

Practical Term Two: 16:30 – 18:30 – Wednesday 9 Feb 2022 (virtual)

Practical Term Three: 16:30 – 18:30 – Wednesday 11 May 2022 (virtual)

Summer Sharings

Times for the school performances in the Summer term will be confirmed in the May meetings with the teachers.

These are usually a half day commitment 10:30 – 12:00 or 13:30 – 15:00

Colchester Schools – Wednesday 6 July

Braintree Schools – Thursday 7 July

Tendring Schools – Tuesday 12 July

We aim to group schools by district, building greater support along with existing networks. If your school is not within these districts and you are interested in joining, you would still be very welcome to join in these meetings. By 2025 we aim to facilitate LSM networks in each district, offering as much support as we can provide.

Costs

Option 1 includes:

- Annual Conference
- Termly teacher meetings
- 1-1 support if required
- All practical sessions (up to 2 devices per school)
- Summer performance/sharing.

TOTAL = £350.00

Option 2: Individual activity costs

- Termly teacher meetings: Free to join
- Annual Conference 2021: £75.00 early bird/£125.00 full
- Practical Sessions: £75.00 per each 2-hour evening
- Performance: Not available as an individual purchase.

[Book here: Learn, Share MOVE!](#)
[Full Programme](#)

Booking details will be on our website shortly for individual meetings and practicals. If you would like to book the conference please click here: [Annual Conference Tickets, Wed 29 Sep 2021 at 09:00 | Eventbrite](#)



Rachel Cherry

ARTIST SUPPORT



Artist Tea

Artist Tea is our termly meeting point with artists and teachers of dance.

The meeting provides an opportunity for us to take note of our self, our practice and how we are personally doing each term. You may choose to share in depth... or just come along to learn from other and support them too.

The arts world can be a lonely place if you are a freelance artist and carrying out delivery or running a business solo. Make the most of this time to chat with others, share knowledge and practice and find a circle of dance colleagues that will all root for you and hold you up!

The dates also allow us as an organisation to update you on our planned projects for the future and where you might be able to support us to shape and deliver our work.

The meetings are appropriate for those that deliver dance to school and community dancers. Artists/Freelancers must be over the age of 18 to attend. Meetings are currently running virtually to reach as many artists across the east region as possible, to allow for a wide variety and varied skills share base.

To attend these sessions [please click here to book](#)

It is free to attend, you will just need to provide your own cuppa!





Nigel Sagar

PERFORMANCE PROGRAMMES



Nigel Brown

Mass Dance



Over the past 6 years dna has been hosting our annual mass dance programme built on the legacy of the 2021 London Olympic and Paralympic Games.

Designed to fulfil the dance element of the P.E. curriculum for primary and secondary schools, while fully accessible and enjoyable for dance and community groups of all ages and abilities, our mass dance programme aims for **1 day, 1 dance, 1000 dancers**.

With funding support from Arts Council England, London Borough of Barking & Dagenham (LBBD), Essex County Council and Active Essex to 'Keep Dance Alive', since 2015, we have danced with **15,000** young people, supported **280** teaching staff in over **200** schools and community groups, worked with **100** volunteers and performed to audiences of nearly **30,000** at more than **15** events!

dna's mass dance programme has a proven history of building confidence, increasing health & fitness, instilling a sense of fun whilst developing dance and movement skills.

This project offers **all ages and abilities** a creative dance experience not usually available in school or community settings.

Working with local dance artists to devise and create the choreography and dance captains from local colleges and universities, to support younger children, and Essex Music Education Hub and University Centre Colchester Essex based composers creating bespoke music compositions, we have created a holistic programme from grassroots training, volunteering and employment opportunities.

With projects taking inspiration from great sporting, creative and cultural events, and performing at local sporting events and locations across Essex and LBBD, including Essex Cricket Ground, Colchester Football Stadium, Jim Peters Stadium, our dancers have entertained crowds at international cricket games, national football games and school games.

‘Over the past five years, pupils at Valence Primary School have taken part in the Mass Dance, and it has been a wonderful activity for them to be involved in. It has helped the children to be fit and active, and it has also enabled them to feel part of a bigger movement across the Local Authority. The collaboration with others has been beneficial and a lot of fun. The wider cultural aspects of the dances have been exciting, and altogether, it has been a memorable learning experience’.

Richard November,
Headteacher, Valence Primary
School, LBBD



Previous projects have included:

2019-2021 - Let's Go, Tokyo! (Tokyo Olympic & Paralympic Games)

2018-2019 - World Cup Fever (Football World Cup)

2017-2018 - The Great War Centenary (World War 1)

2016-2017 - Bard to Bollywood (Year of Culture)

2015-2016 - Dance Rio (Rio Olympics)

In 2022 we will be celebrating the Commonwealth Games, Birmingham and Beijing Winter Olympics 2022 creating unique dance choreography inspired by these two huge cultural events.

Each year the full package of support includes:

- Digital resources including:
 - Choreography & Resource Book – Contains a step-by-step guide to teaching and delivering the dance, curriculum enrichment activities, word banks, references and context to the event.
 - Bespoke music on an MP4
- Online tutorial videos, breaking down the dance, section by section.
 - Teacher Training and Refresher Events
 - Opportunity for bespoke workshop support
- Unique opportunities to perform at events across Essex.

Costs for 2022

£450 (Full Package includes resources, full training day and 2 x in setting workshops)

£350 Learn Share MOVE! (2011/22 Full package member/school)

£250 Training Package (Basic package plus the full training day)

£150 Basic Package (Resources only)

Additional Costs £12.50 T-shirt per student/ teacher / volunteer

Travel & transport to performances

Spectator costs

Interested in joining us in 2022?

For those interested in our 2022 programme, to secure your place, we would be happy to take a deposit before the summer holidays. Next years theme is the Commonwealth Games and Beijing Winter Games.

Autumn 2021 – dna team creation of dance

Feb 2022 – EMPOWER Teacher training Days (1 Essex, 1 LBBD)

May 2022 – ENGAGE LBBD Mass Rehearsal

June 2022 – EXCITE LBBD en Masse Performance (usually at Quad Kids schoolsports event) and release of digital film

July 2022 – EXCITE Essex en masse Performance and release of digital film



"The routine was great!
The children loved
working together. A
great opportunity for
the community to
come together through
dance! Thank you."

Teacher from previous
Mass Dance Programme

SpringBlast 2022

Our annual community and educational performance platform.
To provide dancers with the opportunity to take part in a professional platform to a live community audience.

Taking place at the Mercury Theatre on
Wednesday 24 March 2022.

The showcase as always promises to be an eclectic mix of dance performance from young people and adult community groups within the county of Essex. An invited guests from universities and college performance groups to inspire our dancers.

If you have a school or community group and would love the opportunity to perform on a professional stage please contact us to be added to the mailing list when applications are ready later in the year. Or why not join us as an audience member to support the dancers in the evening's showcase. As an audience member, tickets will go on sale through our website in Spring 2022.

Whatever your interest in dance this is a fantastic opportunity to see different styles in action and speak to the Dance Network Association about how you can become more involved in dance activities across the county.





DANCE FOR SCHOOLS



Active Start

Following a significant research and development period in 2016, our exciting AWARD-WINNING family dance programme proved that creative dance could help to reduce social isolation amongst children aged 0-5 years and contribute to building physical and social confidence in children, preparing them for their first years at primary school.

"Creative dance has the ability to bring people together to feel emotionally, physically and mentally connected. In engaging with dance, participants' confidence in moving and interacting can grow, one's sense of connectedness may feel more rooted and so overall health and well-being can flourish too".

Since becoming winners of the Essex Prize Challenge in April 2017, dna has been funded annually by London Borough of Barking and Dagenham to deliver Active Families (in the community 0-5 years) and now Active Start (in education 5-7 years or in SEND settings)



The programme offers teachers CPD, skills and a resource toolkit offering structured workshop plans and pick & mix style activity ideas to enable continued use in their schools.

We can now offer to provide a blended selection of virtual teaching, online resources and in-person workshops to your school and education setting, as well as a PDF resource toolkit pack.

Programme Details

The programme is led by a qualified dance teacher specialising in early years and is aimed at children in reception, year 1 and/or SEND settings. Weekly 45 minute classes of practical movement over 8 weeks duration.

Choice of in-person or virtual teaching with dna dance artist, and/or digital online tutorials for use independently by school teaching staff.

Continued personal development plan created during 30 minutes pre-meet and debrief between the class teacher and dance artist, boosting confidence to deliver the programme independently.

Sessions open for parents/carers to participate alongside their child each session where possible.

Aims

To introduce dance and movement skills to young children

To support healthy living through dance

To develop self-esteem and confidence in the child (extending to parents/carers when present)

To increase knowledge, skills and independence

To explore teamwork and co-operation

To offer a dance curriculum in schools for EYFS, Year 1 and SEND settings



Objectives

- To use a variety of rhymes, props and language to enable children (and parents/carers) to interact with one another through music and movement
 - To become playfully involved and engaged in regular classes
 - To engage socially and enjoy relating to other children and adults.
- To begin to communicate and express their own needs and ideas verbally and/or physically
- To enjoy rhymes, moving to music, making sounds, music, games and story-making by responding visibly
 - To listen, concentrate and respond to instructions
- To increase confidence in their physical abilities and have fun trying new skills
 - To respond imaginatively by imitating, play and exploring new materials
- To increase confidence of teachers in delivering creative dance programme for early years.

Cost

Option 1: 8 weeks in school or on video link with a practitioner £1600.00
 Option 2: Digital programme with access to 8 pre-recorded digital classes
 £400.00

After School Provision

Dance Network Association has a strong passion for supporting the growth of youth dance provision in both education and community settings in Essex.

We provide opportunities for young people to immerse themselves in dance via our after-school clubs, working with a range of dance practitioners across Essex, specialising in popular styles of dance.

Alternatively, young people aged 10–15 years can develop skills in contemporary dance and performance by attending our Mercury Young Company: Dancers in partnership with the Mercury Theatre. Both programmes offer opportunities to perform on stage, in the community and at one-off sharings of skills.
(See page 14 for more details)

Since 2015, our strategy has been to establish after-school clubs across Essex ensuring dance is accessible to all and support young people who wish to develop their dance career further. We have set up many clubs, many of which are now self-sustaining clubs in some of the following schools: Honynwood, Alec Hunter, New Rickstones Academy, Colchester Academy, Stanway, Joyce Franklin Academy, Mark Hall Academy, The Gilberd School, Plume, Sandon, Clacton Coastal Academy and Saffron Walden County High School as well as many others.



Aims

To introduce dance and movement skills

To develop self-esteem, confidence and social skills in young person

To explore teamwork and co-operation

To support healthy living and physical activity through dance

To increase knowledge, skills and independence

To inspire young people in dance and signpost to further opportunities

To have fun!

Objectives

To listen / concentrate and respond to instructions

To be involved and engaged in weekly classes

To gain confidence in their physical abilities and have fun trying new skills

To communicate and express their own creative output through dance and respond to music

To engage socially and enjoy relating to each other in the space, making new friendships

To offer young people the opportunity to perform in front of an audience or on a professional stage

Cost for up to one hour per week

10 weeks = £1000.00

20 weeks = £1900.00

30 weeks = £2700.00

Bespoke Workshops



Whatever your dance needs, we can tailor a package right for your school or cluster of schools.

You decide and we will provide!

Costs start from as little as £75 per hour, depending on your requirements, dance artist and travel expenses.

Example packages delivered to schools in Essex:
Digital Dance: Explore dance through new mediums of modern technology including projections, sound, light and more.

Curriculum dance: Use dance as a fun way of teaching a curriculum topic or theme. e.g moving through space (science), Vikings and Romans (history), time travel through different eras.

Whole school themed workshops: Using themed weeks and projects as a stimulus, we can deliver a full day of music dance workshops working with every class, covering many styles and genres such as African and South Asian.

GCSE set works – Use one of our fully qualified dance artists to teach your students a range of set works for AQA GCSE Dance, in-person, virtually or via digital tutorials. Combine with a network of schools for a day of GCSE / A-level dance and discussion in musical theatre, contemporary dance and assessment criteria.

Enrichment workshops: Working with Special Educational Needs schools to create a whole year group performance piece of creative dance themed on specific stimulus.



ConfiDance

ConfiDance is our 6-12-week structured dance programme offered to secondary schools and alternative education school settings such as pupil referral units, hospital schools, special education needs and disability schools.

Working with between 6-15 dancers aged 13 - 19 per session where possible within a school/familiar setting, each session would last between 1.5-2 hours per week.

The first half of the session is packed with fast moving and energetic dance and movement, instantly engaging students, raising heart rates and getting adrenalin flowing to increase the levels of serotonin for a happier outlook. We aim to enhance peer support networks through working with and meeting people outside usual friendship groups.

The second half sees students working with our dedicated team to identify goals and aspirations, building positive and achievable pathways, utilizing the Bronze Arts Award as a foundation, building self-worth, confidence, career aspirations while working towards a recognized certificate of achievement.



In summer 2019 we worked with St John Payne students. Class content was delivered by Vicki Stravrinou from BamBam Boogies in authentic 'Street Dance' styles whilst Gemma, our Artistic Director set tasks for their Arts Awards.

Delivered over a 7-week period, included a performative sharing, students were able to teach other young people, passing on their new knowledge and skills at our Summer Festival 2019.

We recognise each student's needs are individual and different, therefore will prioritise speaking with you to understand the dancers as fully as possible, to ensure the content is bespoke to them.

Please see our findings here: [report written by Elsa Urmston](#)

Costs (up to 15 students):

Option 1: 6-week programme
£2400.00

Option 2: 12-week programme
£4800.00

Arts Award Bronze: £40.00 per student (in addition to programme costs).



Artsmark

ARTSMARK awarded by Arts Council England, designed by schools, the new Artsmark award will help schools to deliver high-quality arts and cultural education and provides an excellent way to demonstrate this.

Artsmark schools gain access to exceptional resources as well as networks of the country's most treasured cultural organisations, helping them develop and strengthen their arts provision. Any school, college or youth justice setting can apply.

dna are proud to be working in partnership with schools on their Artsmark journey. By supporting schools we're helping put the arts at the heart of education, inspiring young people to create, experience and participate in high-quality arts and culture.

Find out more about Artsmark at www.artsmark.org.uk



Artsmark
ARTS COUNCIL ENGLAND



Arts Award

ARTS AWARD unique qualifications support young people to develop as artists and arts leaders.

- The programme develops creativity, leadership and communication skills
 - Arts Award is open to anyone aged up to 25, and embraces all interests and backgrounds
 - Through Arts Award young people learn to work independently, helping them to prepare for further education and employment

dna are proud to be an Arts Award Supporter which means we are a recognised centre and are able to deliver, advise and support your journey young people and schools with their journey.

Many of our programmes for young people meet the requirements of the Arts Award and therefore by taking part it is easy to complete your jBronze, Discover and Explore levels. For more information on how we can deliver and support Silver and Gold Awards please get in touch.

Find out more about Arts Award at www.artsaward.org.uk



Positivi-TEA

Positivi-TEA is our weekly dna disco and social live at 5 on Thursdays via our Instagram channel each week. Come and say hello and take 10 minutes to move your body and dance like no ones watching! We invite everyone and anyone to join us for a chat, going away feeling uplifted and joyful. The session is appropriate for all no need to book just come and join in the fun each week

Thursdays 5pm on Instagram LIVE!
(Sessions will not run throughout August 2021)

If you do not have access to Instagram but would like a copy of our weekly playlist so you can dance anytime please search for the Dance Network Association on Spotify [or click here for a quick link](#)

If you can support dna to continue to thrive please donate.

All your proceeds will go towards supporting people to dance!



Support Us

Thanks to our partners and supporters



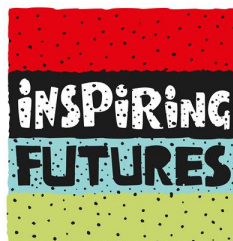
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