



for Audiences

There are lots of opportunities to see high quality dance performances without leaving Cumbria:

- at theatre venues - Brewery Arts Centre, Kendal www.breweryarts.co.uk - forum28, Barrow www.forumtwentyeight.co.uk - Theatre by the Lake, Keswick www.theatrebythelake.com
- at village halls and community centres as part of the county's two rural touring programmes - **Highlights Rural Touring** www.highlightsnorth.co.uk and **Arts Out West** artsoutwest@thekirkgate.com
- at festivals and events (ie, Lakes Alive - a four-year programme of world-class arts events in the spectacular landscapes of Cumbria, the Lake District, inspired by the London 2012 Olympic and Paralympic Games - www.lakesalive.org)
- **for free!** – if you're under 26 as part of the Government's free theatre tickets scheme (called A Night Less Ordinary). All the venues and rural touring schemes in Cumbria except The Brewery are part of the free theatre tickets scheme. Just ask about this when you book your tickets.

Case Study – Dance Daze Festival, Penrith, July 2009

Dance Daze was a free one-day street festival of internationally-acclaimed dance acts in Penrith town centre on **26th July 2009** as part of Lakes Alive. The Lakes Alive programme is taking place in every district across Cumbria from 2009-2012 in the run-up to the Olympic and Paralympic Games and is commissioned by the Legacy Trust UK.

Dance Daze offered the very best in contemporary and street dance, from Balletboyz on the high street to bungee-assisted dance in a car park, from a communal tea dance in the Market Place to contemporary dance theatre in a churchyard. It was a rare opportunity to see high energy dance outside a theatre venue which was accessible to everyone.

Lakes Alive commissioned a new piece from Axial Dance for the Festival – a sixties duet that arrived in Penrith Market Place on a 1963 Lambretta. The Festival was also able to showcase performances by Youth Dance Companies from around Cumbria as part of the programme.



Case Study – Dance Leaders Award, Eden, Carlisle, Allerdale and Copeland

Dance Leaders Award is a nationally recognised qualification (Level 1) from Sports Leaders UK which enables successful candidates to lead small groups in simple dance activities in school or community settings whilst under the direct supervision of their tutor. The training is for people aged 14+ and takes 30 hours to complete. It teaches generic leadership skills such as organisation, planning, teamwork and communication through dance. It's a fun and practical course with no entrance requirements or final examinations to sit. Assessment is by tutor observation, questioning and completion of a simple log book.

There are seven aspects to the training:

- **Planning and preparing a simple dance activity**
- **Demonstrating good communication skills**
- **Understanding the principles of health, fitness and safe dance practice**



- **Understanding the relationship of music to dance**
- **Understanding the scope of opportunities in dance**
- **Creating, developing and assisting with the performance of a dance**
- **Practically demonstrating strong leadership skills in dance.**

Thirty eight young people completed their Dance Leaders Award as members of Eden, Carlisle, Allerdale and Copeland Youth Dance Companies in 2009.

One new dance leader says, *"At first leading a dance group all by myself seemed very difficult. I was embarrassed and unsure of what to do with them. But as the award progressed I slowly found I was more confident. I gained lots of ideas, and became comfortable with leading my peers."*

This dance leader now assists weekly at her local dance school with younger children. *"I never imagined I would have had the confidence or skills to lead ... the dance leaders award has opened a new door for me".*

for Emerging Talent

There are increasingly more opportunities locally, regionally and nationally for gifted young dancers and choreographers to develop their talents further.

- Dance Leadership Award www.sportsleaders.org
- Cumbria Youth Dance Company www.cumbria-artefacts.org.uk
- University of Cumbria www.cumbria.ac.uk
- Centre for Advanced Training www.northwestdance.org.uk
- Stride! www.yde.org.uk
- Young Creatives www.yde.org.uk

Inspired?

If you have been inspired by the projects and ideas in this leaflet please contact:

Cultural Policy Unit, Cumbria County Council, Arroyo Block, The Castle, Carlisle CA3 8UR tel: **01228 227306** email: dancecumbria@cumbriacc.gov.uk



great

dance

for

everyone!



Photographs provided by Brian Slater and John Baxter

Dance Cumbria

Cumbria offers a wealth of dance opportunities for everyone. If you love to dance ... or think you'd like to have a go ... or want to see great dance, then check out what's happening across the county.

for Young People and Families

- Dance Cumbria offers:
- mini-movers and baby dance (1-4 year olds)
 - infant dance clubs (YR-Y2)
 - junior dance clubs (Y3-Y6)
 - boyz moves classes
 - youth dance companies (13-18 years)
 - holiday activities
 - special projects and master classes
 - private dance schools (all ages)

To find out about weekly classes in your area visit www.cumbriasport.com/active-cumbria/events Look in the Yellow Pages under Dancing Schools

If you are an organisation working to support young people and their families and would like to set up a dance project please contact us.

Case Study – Mini Movers, Workington

In April 2007 the children's charity Action for Children and Cumbria County Council set up a weekly fun dance class for pre-school children at the Minto Centre in Workington. The sessions were promoted by Action for Children to families already known to them and were also used to attract new families.

The Minto Centre wanted to provide a fun experience for families that would:

- strengthen parent/child relationships
- develop children's motor skills
- promote health and well-being
- provide a progressive and inclusive learning opportunity

The sessions were subsidised by Action for Children and offered free to parents/carers who lived locally. Over twenty families came along regularly and this figure doubled during the year, resulting in an extra session being run. Children and parents were encouraged to be creative, play and experiment with dance using scarves, ribbons, parachutes, hoops, stories, games, pictures and rhymes. Families responded well to the sessions and learned new ways of interacting positively with each other that could be taken back into the home. Many of the younger parents found that the sessions helped to develop their own social skills, and gave them greater general confidence with other parents/carers.



Case Study – U.Dance Cumbria Festival

U.Dance Cumbria is an annual countywide school's and youth dance festival organised by Cumbria County Council. It celebrates the achievements of local school children and their teachers in dance.

The Festival attracts around 70 schools and youth dance groups, totalling over 1,500 young people who perform at different theatre venues across Cumbria during one week each Spring, to audiences of over 3,300.

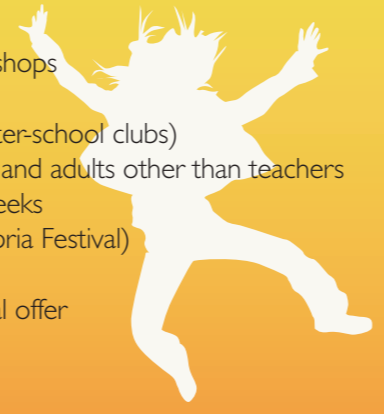
Every school in Cumbria is invited to take part in the Festival and is offered the opportunity of working with a dance artist to help them choreograph a three minute dance. The Festival has its own INSET days, which give classroom teachers new ideas and greater confidence in leading dance.

The children get a tremendous 'buzz' out of performing live on a real stage at a professional theatre venue. It's also a chance for them to see other school's work and gives them and their parents the idea that there are other dance opportunities in the community that can be accessed.

for Schools and Teachers

Dance Cumbria offers:

- half and full day curriculum-based dance workshops
- dance residencies
- extended services (breakfast, lunchtime and after-school clubs)
- INSET training for teachers, teaching assistants and adults other than teachers
- workshops as part of arts and healthy living weeks
- performance opportunities (ie, U.Dance Cumbria Festival)
- cross-curricular projects
- support with providing the new 5 hour cultural offer
- GCSE and A Level Dance teaching
- BTEC National Diploma teaching



for Adults, Older People and Carers

To find out about regular adult classes in your area visit: www.cumbriasport.com/active-cumbria/events or www.cumbria.gov.uk/childrensservices/adulteducation/Adult_Course_Finder.asp

Dance Cumbria works with healthcare and special needs settings to offer tailor-made dance projects and taster workshops and can train care staff in leading dance activities. Dance Cumbria can also support falls prevention programmes and exercise on referral schemes through dance.

Case Study – We're Still Dancing, Ulverston

This ten week project was set up to assess how a dance-based approach to movement could impact on the mobility and quality of life of people with Parkinson's Disease (a progressive neurological condition that disrupts activities that we usually take for granted such as balance, walking, speech, etc, producing feelings of anxiety, apathy and depression).

The participants joined the project through GP referral, contact with the local Parkinson's Disease Society and the local Parkinson's Disease nurse, posters and local radio coverage. The group comprised 5 men and 7 women aged 60-82 years.

Each session lasted one-and-a-half hours and was led by Daphne Cushnie, a local neurological physiotherapist working with the NHS and independent dance artist. A range of information was captured at the outset of the project using standard clinical assessment tools and again at the end of the project. All participants were asked to keep a personal diary of their experience within and between sessions.

A typical diary entry reads: *"Every session makes me feel energised and hopeful. I am aware that without this I would be far more despondent and unmotivated as I wouldn't know as much about how to move with as much control and safe feelings"*.

The findings demonstrated an increase in participant's ease of movement and improved mood after each session, with a carryover between sessions. Participants reported being able to use the strategies and skills learned in the sessions to help themselves in other situations. Their experiences of being marginalised and isolated were also alleviated by the project. Participants emerged with a more positive and optimistic relationship with their own bodies.



for Dance Professionals

There is a network of local and regional support for dance artists and practitioners based in Cumbria:

- Cumbria Dance Artist's Network: for more information contact **Amanda J Mortlock** on **01228 833228**
- countywide e-group mailing: to receive regular dance info by email contact **karen.s.wood@cumbriacc.gov.uk**
- Dance Links training: for more information visit www.ndta.org.uk/dance-links/training/
- Mentored professional development programme and Creative Development Grants: provided by Creative Futures Cumbria www.creativefuturescumbria.org
- Bursaries and courses for cultural businesses: provided by Cumbria Cultural Skills Partnership www.cumbriaccsp.co.uk
- Grants for the Arts: provided by Arts Council England www.artscouncil.org.uk

Case Study – FACE Programme, 2006-07



The **FACE Programme** was a unique eighteen month skills development programme funded by the European Union to support creative people in Cumbria who were excluded from the labour market because of their geographical isolation. The programme offered regular dance masterclasses led by leading UK choreographers and dance companies, mentoring, business skills training, online marketing and promotion, European exchange, showcasing opportunities and industry awareness seminars.

The training was targeted at anyone over 16 years with an aspiration to work within the dance sector, either as a small dance company or as a sole trader, and existing practitioners already working on or thinking about projects who needed to further develop their knowledge and skills.

The programme awarded beneficiaries NVQ Level 2 and 3 qualifications depending on their contact hours and portfolio of evidence. Six beneficiaries worked with Motionhouse Dance Theatre on a 'live' project to produce a dance film called Seed. A total of 38 dance artists and students benefited from taking part in this programme; many have gone on to develop their careers successfully within the dance sector or have undertaken further training.