



CONFIDANCE

Community Inclusive Dance Classes Information Pack

Who are Confidance?

We deliver dance classes and performances for and with people with learning disabilities. Our dance classes are person-centered, which means that we embrace all bodies and all creative offers. We work in East Kent, in schools, communities and with our professional company, ConfiCo.

What will these classes be like?

- Welcoming and joyful!
- We like to use music that makes people feel great.
- You will have a chance to meet new people and get to know them.
- We will learn dance technique, which will work for everybody, and develop our posture, fitness levels and performance skills.
- You will get to be creative, offer movements and ideas for our dances, and make choreography with other people in the class.
- If someone supports you to come along, then they will have the chance to join in, have fun and develop their skills with you.

This class is supported by Kent Sport, Sport England & the National Lottery.



The classes will be delivered by Grace and Ruby - here is what we look like:



Grace Wranosky



Ruby Gadsby

The Confidance team have over 15 years experience delivering dance classes for people with learning disabilities. We will make you feel welcomed, supported and challenged throughout the class. We are qualified practitioners who are trained in dance and performance.



**Rob Stevens,
Artist Welfare Lead**

Rob is Confidance's Artist Welfare Lead, and a qualified support worker who will attend our sessions to make sure everyone is getting on ok, and able to engage fully.

Confico Artists

Our Confico artists, who are part of our professional company of dancers, will be joining our sessions to assist the Confidance team.



Brooke Hilton



Thomas Eastwell

Dates and Times

Classes run on Thursday mornings in line with the academic calendar.

Adult Dance Class (18 years +) - 10.00 - 12.00pm

Term Dates are as follows:

Autumn 2: November 4th - December 9th.

Spring: January 6th - March 31st

Summer: 21st April - July 24th

Will this class be suitable for me?

Adult Class (18 years +)

This class is for adults with learning disabilities. You do not need to have done a dance class before, and all bodies and abilities are welcome, whether you need to be seated or standing during class.

Our team has Enhanced DBS checks for working with children and vulnerable adults, as well as Public Liability Insurance and safeguarding policy for working online.

What is the Glassworks space like?

Unfortunately, the Glassworks space is not currently fully accessible for those requiring a Changing Places toilet with hoist. We are working to remedy this as soon as possible, and please let us know if this is a reason for you not attending.

There is a disabled toilet located across from the studio in the Quarterhouse. The studio is on the Ground Floor and is accessible at the side of the building on this level. The Confidance team will be there to support you when you first arrive.

How much does this class cost?

We want everyone to be able to join in with this class, so we have made it free of charge. This class is supported by Sport England and Kent Sport.

However, if you can afford to, we are asking for a £5 donation per week to contribute to our work. You could make this donation each week, or pay for the six weeks (total £30) in one payment.

You can donate £5 in two ways:

1) PayPal

You can donate via our PayPal account. This is a secure way for you to pay online. To donate, follow the link below:

https://www.paypal.com/donate?hosted_button_id=ZRLGFEV7Y3BYS

2) Bank Transfer

Alternatively, you could donate directly to our organisation bank account. Here are our details:

Payee Name: Confidance Limited

Sort Code: 52-10-19

Account Number: 14523868

If you have any more questions, please do not hesitate to contact us at:
confidanceinclusive@gmail.com / @ConfidanceLtd on social media

We hope to see you there!