



# 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.
- The class will involve warm-ups, Contemporary technical training, choreography and performance opportunities
- 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 Reconnect Kent.



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.

## Dates and Times

Classes run on Wednesday evenings in line with the academic calendar.

**Youth Dance Class (16-25 years) 4:30 - 6:30pm** with half an hour to arrive and settle in (4.30-5pm)

## **Term Dates are as follows:**

Summer: 27<sup>th</sup> April - May 25<sup>th</sup>

1<sup>st</sup> June - Half Term

Summer: 8<sup>th</sup> June – 20<sup>th</sup> July

## **Will this class be suitable for me?**

### **Youth Class (16-25 years)**

This class is for young people aged 16-25 who identify as having a learning disability. The class is inclusive of all bodies and abilities offering a space for personal, physical and creative growth. There will be a focus on contemporary dance techniques to develop our posture, performance skills and choreography with opportunities for all creative offers. This youth class is for those looking for an introduction to professional dance training, however no prior experience is necessary.

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

## **What is the Stour Centre space like?**

The Stour Centre is fully accessible with ramp access to the building, a disabled toilet and accessible changing on the ground floor, a lift to the studio on level 1, and disabled parking. The Confidence team will be able to support you when you first arrive.

If you have any questions regarding accessibility, feel free to contact us.

## 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 Reconnect Kent.

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](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](mailto:confidanceinclusive@gmail.com) / @ConfidanceLtd on social media

**We hope to see you there!**

