



## Community inclusive dance classes Information pack

### Who are Confidance?

We deliver contemporary dance education for and with learning disabled and neurodivergent people in East Kent.

Our dance classes are person-centred, which means that we embrace all bodies and all creative offers. We believe it is everyone's right to access high-quality dance training.

We work in schools, communities and with our professional training company, ConfiCo.

### When does the class run?

- Thursday mornings, 10am - 12 noon.
- The dance class will start promptly at 10.30am. We allow 30 minutes for arriving and social time, such as catching up with other participants.
- Classes run for three 10 week terms (in line with term time)

### Where do they take place?

- Block 67, the dance studio at the Glassworks, Folkestone

## 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, improving your posture, fitness levels and performance skills.
- You will get to be creative, offer movements for our dances and make choreography with other people in the class.

## Is this class right for me?

- this class is for learning disabled and neurodivergent adults.
- you do not need to have done a dance class before, but you do need to be interested in learning dance.
- all bodies and abilities are welcome, whether you need to be seated or standing during class.
- we have small class sizes (10-12 people) to make sure we can offer person-centred dance training

## The team

The classes will be delivered by the Confidance team, which includes:



Jo Frater



Grace Wranosky



Ruby Gadsby



Grace Hann

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

## What does support look like in our classes?

In our community classes, our team is there to support participants with their dance education. We have one teacher and one assistant per class, who deliver the dance class. We have small class sizes, to allow us to plan and support classes with individuals in mind.

We create a space where participants can be independent, learn new skills and express their creativity.

We communicate in lots of different ways in class, including makaton signing and using lots of visual aids.

## Pastoral support and safeguarding:

We have an Artist Welfare Lead, called Rob Stevens (pictured below).



Rob is a qualified support worker, who attends our sessions to make sure everyone is happy, safe and able to engage fully.

## What we cannot support:

Due to safeguarding and our focus on dance education, we cannot offer the following 1-2-1 support in our sessions:

- Medical support (such as administering medications, personal care)
- Positive behavioural support, where there might be a risk to yourself or others
- Individualised communication support (such as support to use a VOCA)

If you require this support, please bring someone with you to class.

We welcome support workers in our classes, and we will have a conversation about how they can best support you in dance to make sure you are as independent as possible.

## How much does this class cost?

- Class costs £10 per week, which is £100 per term. This covers a small amount of our running costs.
- This should be paid at the start of each 10 week term.

Payments should be made directly to our bank account, at the following details:

### **Bank Transfer**

Payee Name: Confidance Limited

Sort Code: 52-10-19

Account Number: 14523868

Reference: \*Your name

If you are unable to pay for classes, please contact Rob Stevens (Artist Welfare Lead) and we can discuss options (such as instalments).

We are committed to making access to our classes fair and inclusive for all, so please let us know if this cost is a barrier to you.

**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

This class is funded by:



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