

Seated Creative Dance



Free Training for Staff and Volunteers

The aim of this programme is to support staff and volunteers to learn to deliver Creative Seated Dance to clients in a range of settings including day centres and carehomes. Participants will range from those who already deliver exercise based classes to those who have never taught a class before. We aim to support staff and volunteers in developing their current practise to include creative dance or to support them in learning to deliver a Creative Dance class as well as to develop their create ideas. The programme offers 4 training days in one of 4 locations and local mentoring support in delivering classes to clients. Clients may range from Older adults to those with learning or physical disabilities. One day will focus purely on creative ideas in a range of art forms.

Tutors: [Tina Cockett](#) M.A. PGDip DMT, Cert Ed trained in dance movement therapy at Roehampton University, London and Drexel University, Philadelphia USA. She has over 25 years experience in Laban based creative dance and arts education. Currently she is working for Surrey and Borders Partnership NHS Trust Mental Health Services for Older Adults with adults with enduring mental health problems and dementia. [Jill Hayes](#) is an active researcher and writer in the field of Arts Therapies. Her PhD research investigates the contribution of dance movement therapy to choreographic and performance education focusing on three cohorts of Chichester students following a Dance Movement Therapy module. Jill is a qualified, experienced dance movement therapist and has published journal articles and conference papers focusing on her research.

Dates and Venues:

Runnymede/Spellthorne 03, 10, 17, 24 March 2014 at Greeno Centre, TW17 9DH
Guildford/Waverley 04, 11, 18, 25 March 2014 at Farncombe Centre, GU7 3EH
Mole Valley/Tandridge 28 Feb, 7, 14, 21 March 2014 Douglas Brunton Centre, CR3 5TA
Woking/Elmbridge 27 February, 06, 13, 20 March 2014 West Hall, KT14 6EY

To book or for further information please contact Sarah Gilmartin
sarah.gilmartin@surreycc.gov.uk with your contact details and preferred location



This programme has been developed following a 3 year Dance for Health project. Reports and evidence of the mental and physical benefits of creative dance are available on request.

www.artspartnershipsurrey.org.uk

