

# Volunteer Opportunity

## Role Description

<b>Position Title:</b>	Community Workshop Volunteer
<b>Location:</b>	Preston, Chorley, Accrington, Clitheroe & Blackburn
<b>Hours:</b>	Weekly but on a rotation basis
<b>Salary:</b>	N/A This is a voluntary role
<b>Time:</b>	Various (Mon-Sat)
<b>Commitment:</b>	Minimum one year from September 2024

### The Role:

We are looking for 2 or 3 x volunteers to work on a rotation basis at our weekly Everybody Dance sessions in various locations across Lancashire - Preston, Chorley, Accrington, Clitheroe & Blackburn. Please see overleaf for an explanation of our "Everybody Dance Model"

The Community Workshop Volunteer will support the Dance Artist & Dance Leader who co-lead the session by providing the following support:

- Managing money/payments & receipts
- Helping to set up the room
- Welcoming & inducting/on-boarding new participants/ensuring new participants have necessary paperwork
- Answering questions
- Offering encouragement & support to all participants so they can join in as much as they want to

### The Practicalities:

- All volunteers would sign a DanceSyndrome volunteer agreement
- Volunteers would be contracted to a community session – 2 or 3 volunteers per community who would support on a rotation basis and so there would be holiday/sick cover
- Volunteers would be supported by the Artistic Director
- All volunteers can claim travel expenses (in line with our travel policy)

### Volunteer Person Specification:

#### Essential

- Enhanced DBS check (DanceSyndrome can arrange this)
- Empathetic, patient & kind
- Intuitive & personable
- Excellent communication skills

#### Desirable

- Working with people with learning disabilities
- Previous experience of working/volunteering in a small charity/social enterprise

If you would like to apply for this position, please email Julie Nicholson, Managing Director on [julie@dancesyndrome.co.uk](mailto:julie@dancesyndrome.co.uk) or call 07887 931510



## The DanceSyndrome Story

DanceSyndrome is an award-winning inclusive dance charity based in the North-West, which is led by dancers with learning disabilities. DanceSyndrome believes that everybody belongs and that people with learning disabilities have skills and assets which can contribute to and inspire an equitable civil society.

DanceSyndrome was created in response to the determination of Jen Blackwell, a dancer with Down’s Syndrome who wanted to share her passion for dance and get the world dancing. She wanted to engage with other dancers, to lead workshops, to choreograph and deliver performances and inspire others to believe in themselves. Supported by her parents Jen spent 10 years searching for opportunities to train to become the community dance worker she sought to be.

Established in 2009 as a limited company, DanceSyndrome became a charity in 2013. Using dance as a vehicle for positive change, our vision is to empower learning-disabled individuals through inclusive dance. All activity is led by a Dance Leader with learning disabilities supported by a professionally trained Dance Artist. Using a co-production model, DanceSyndrome delivers weekly community workshops.

## Supporting people with learning disabilities

We support people with learning disabilities and their families, improving **mental and physical health**, addressing **social inclusion** and **challenging perceptions of disability**. We do this by providing inclusive weekly dance workshops, dance leadership training with accreditation, dance choreography and performance opportunities (including prestigious events such as the Edinburgh Fringe Festival) and community dance outreach.

## We are truly inclusive

As well as a **unique** understanding as **‘experts by experience’** of how to design and deliver truly inclusive dance workshops, our dance leaders are **role models** who demonstrate that ‘people like us’ can progress to leadership roles. Our dance leaders start their journey with us as workshop participants and progress on to ‘give-back’ through **volunteering** their services. Some develop their skills even further and train to deliver our Dance Leader training programme.

There is significant demand for our services and we are **creative** with our offering, achieving a lot on a small budget, thanks to support from volunteers and donors.

[Visit our website for more information or checkout our YouTube channel!](#)



## Everybody Dance Workshops

Everybody Dance sessions are for **everybody!** Our Everybody Dance workshops are co-produced and co-delivered by a professional Dance Artist and a Dance Leader with a disability and explore taught dance, travel, connection exercises, and creative tasks which allow each participant’s voice to be heard and all ideas to be shared.

Although each workshop follows the same model, they are truly unique and inspired by the interests and passions of the session’s co-leaders and the participants in the group as well as designed specifically for their target audience.

This volunteer role will support the delivery of sessions by handling logistical actions and allowing the dance team to focus on delivering the content of the workshops.

## Our Approach

“... there is no right or wrong way to move and there is beauty and significance in everyone’s movement ...”

At the heart of DanceSyndrome’s ethos is the belief that there is no right or wrong way to move and there is beauty and significance in everyone’s movement.

We encourage dancers to listen to their own bodies and explore; how we want to and are able to move; respond to natural movement impulses; push and challenge our habitual movement styles; and find moments of connection with others through dance.

We place emphasis on the importance of the individual.

We facilitate exercises which allow everyone’s voices to be heard and always include everyone – even if they are sat on the side-lines.

We accept and value even the smallest movement response – as we know it will be HUGE to the participant.

We create opportunities for our participants and offer structured creative tasks to allow participants the space to grow and unlock their creativity and potential.

Everybody Dance is a tried and tested model which DanceSyndrome has delivered for over eight years. We can evidence that this model gives people confidence, respect, value, and self-belief through our philosophy of ‘anything is possible even if you have a learning disability’.



# Our Impact 2022-23

## Let's Listen!



Registered Charity No:1152664



*"I had the opportunity to see you in person several times and every single time you put a smile on my face and made me feel so welcome and happy to be there... I'm not great at dancing but DanceSyndrome have taught me that anyone can do it if they have a little confidence!"*

Neil Darby, former Mayor of Preston

*"I have been on hundreds of stages & honestly, we need DanceSyndrome to help every audience to find their joy and break out of their comfort zone!"*

Suzy Levy, Inclusion Specialist

*"I love coming to dancing it's one of the best things that I do in my week. It gets me out!"*

Participant feedback

*"I really like that disabled and abled can co-deliver with each other."*

Participant feedback



*"I like mixing with other people and helping others. It helps me to understand a lot more. I like getting to know people, sharing feelings with each other, and building bonds with people"*

Participant feedback



*"Since starting DanceSyndrome she has a whole new routine and as a direct result has seen improvement in her college work (foundation skills) which means she has shown enough improvement to continue her classes, something which may not have happened without this."*

Participant feedback

*"This is a new activity for me. I haven't been coming for long but am very glad I found it. Thank you for making me feel welcome."*

Participant feedback

*"I love that I can access it on Zoom, I feel as though I am part of the DanceSyndrome Community and thoroughly enjoy the dance classes. I work from home and these classes are high quality and easily accessible at home."*

Participant feedback

*"It is brilliant. I am making loads of new friends and get to be more flexible"*

Participant feedback

