



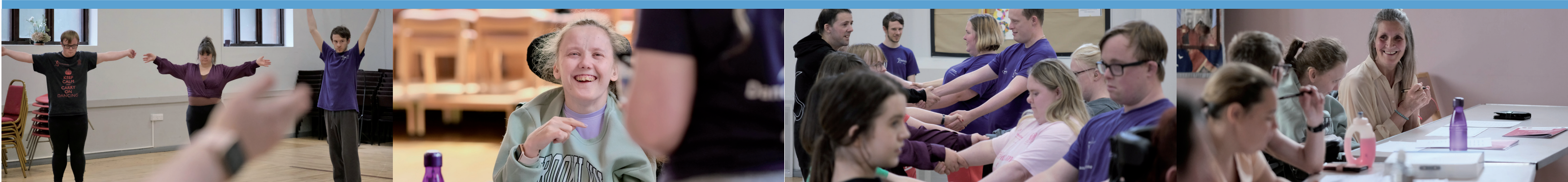
DanceSyndrome
Dancer Led, Disability Inspired

Registered Charity No:1152664



Breaking Down Barriers Training

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What is the Breaking Down Barriers training?

Breaking Down Barriers explores DanceSyndrome’s approach to inclusivity. We will look at barriers people with learning disabilities may face and explore how we can break down some of these barriers in the dance studio.

We believe that everybody can dance and that there is no right or wrong way to move & there is beauty and significance in everyone’s movement.

Who is the workshop for?

- Dancers in training/education
- Community Dance Artists
- Dance Teachers in traditional dance settings

What does the workshop explore?

- What is a learning disability and the different models of disability
- The types of barriers people with learning disabilities may face on an everyday basis including; attitudinal barriers; physical/environmental barriers; and information/communication barriers
- How DanceSyndrome removes some of these barriers in their settings exploring: verbal/non-verbal communication; use of language; adaptation; the importance of the individual; access; time; equity; psychological safety & creating a safe space
- How we can all break down barriers in our own settings

How is the workshop delivered?

The course is delivered through a combination of discussion, videos and practical activities.

What will workshop participants take away?

- Greater awareness of the barriers that people with additional needs may face
- An increased knowledge and understanding of how people with additional needs may feel in settings that are not inclusive and where to start thinking about how to break down some of these barriers
- An action plan for how to break down barriers that might exist in their own settings
- A list of useful resources for further reading or exploration of the topics covered

Our Costs:

The workshop can be delivered as a full day (6 hour) workshop or as a bespoke workshop carefully tailored to your business needs.

Full Day Workshop: £800 (plus travel expenses) - a workshop delivered in your own venue for up to 20 people. Price includes all planning, preparation time for Dance Artist & Dance Leader, co-delivery of workshops and management costs.

Bespoke - please contact us with your specific requirements and we can create a custom price.

For further information about this workshop or to make a booking, please contact Sophie Tickle, Artistic Director on sophie@dancesyndrome.co.uk

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I would 100% recommend this course to anyone wanting to teach inclusive dance or just increase their knowledge of this important area of dance.



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The training was fantastic! The practical examples & movement games that we played were the most helpful part to help us think about developing our own inclusive practice. We all took something really useful away from it.



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I have really learned a lot about inclusive approaches and more about myself which I can certainly take forward into my own practice.



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DanceSyndrome’s work on tackling inclusion through dance is truly world leading!



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I thought this was an amazing, powerful session! I took away a very strong learning message relating to the power of connecting with others in alternative ways in order to enable this kind of inclusivity.



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My knowledge of inclusive dance practice has increased 100%. All the Dance Artists were very knowledgeable & made the course interesting and fun to do.





DanceSyndrome & Our Work:

DanceSyndrome transforms lives, creating change and opportunities for people with and without learning disabilities, their families and the wider community using inclusive dance as a vehicle in a unique, ground-breaking way.

We have three key strands of our work:



Community



Performance



Inclusion

We provide weekly co-produced community dance workshops across Lancashire and online, Dance Leadership training for people with disabilities in line with our unique co-delivery model, inclusion training for businesses, dance artists and educational settings, and provide a professional development programme for dancers with learning disabilities.

We strive to provide opportunities for people with disabilities to not only be included, but to become more visible citizens, have their voices heard on important issues, to follow their dreams and to succeed in their ambitions.



Follow us:
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Key Contacts

Julie Nicholson - Managing Director:
julie@dancesyndrome.co.uk

Sophie Tickle, Artistic Director:
sophie@dancesyndrome.co.uk

General contact:
info@dancesyndrome.co.uk
Tel: 07597 942494



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www.dancesyndrome.co.uk