



## **Freelance Dance Facilitator with Experience of Working with People Living with Dementia**

Attic Theatre Company is recruiting for a Dance Facilitator for our Movement and Dance workshops – Feel Good Fridays, aimed at adults living with Dementia (and their carers). This project forms part of Attic's Older People's participatory arts programme, Many Moons, working in partnership with the Merton Memory Hub in Mitcham, South London.

Based in LB Merton, Attic has over 20 years' experience of offering a diverse range of workshops and participatory activities for communities in our local area.

Attic's Older Persons Programme, Many Moons, is aimed at improving the health and wellbeing of the older residents in Merton and encouraging their participation in the arts. We run three weekly projects across the programme including singing workshops for those at risk of isolation, open dance workshops for older people with mild to moderate frailty and this strand of dance activity targeted at older people and adults living with dementia.

Dance-based activities effectively prevent, manage and treat dementia by improving physical and mental health, reducing cognitive decline, and countering feelings of anxiety, isolation, and depression. These inclusive classes introduce participants to various dance styles, promoting health and wellbeing through creative movement. Sessions benefit both those living with dementia and their carers, fostering connections and providing respite.

The Dance Facilitator will have overall responsibility for the delivery of workshops, including the preparation thereof and the administrative support required during the sessions including meeting the requirements set down by the Creative Engagement Producer and the funding bodies.

All classes should be fully mindful of the participants' physical and cognitive condition and be fully accessible (e.g. use of chairs, gentle stretching, simple instructions, familiar moves and repetition), and focus on supporting users in

growing strength, flexibility, balance and stamina as well as nurturing their creativity and stimulating their imaginations.

We are particularly interested in hearing from facilitators with a diverse knowledge and understanding of worldwide dance styles, (including but not limited to Bhangra, Bollywood, Salsa etc.) A large proportion of our participants are of South Asian or Caribbean heritage, and we feel it is important the group demographic is reflected within our facilitation team as well as the music and dance styles explored during these sessions.

### **Session details**

**Dates:** Fridays from January 2025

**Time:** 10:30-12:00

**Location:** Mitcham, south London

**Fee:** £80 per session inclusive of planning time.

### **Project Responsibilities**

The Freelance facilitator will:

- be responsible for the creation and delivery of the dance workshops, in consultation with Attic's Creative Engagement Producer, giving participants a flexible set of workshops that suit their physical and cognitive support needs and which give consideration to their wellbeing, pastoral and emotional support needs where possible
- enable participants to access and engage with a variety of dance and music styles
- provide variations in workshops where possible (and safe) for participants with varying levels of mobility
- work with the Creative Engagement Producer to evolve approaches to creation and content of workshops in light of internal and external feedback, being open to developing and adapting your practice along the way
- have existing knowledge or be open to research into best practice and learn more about the underlying issues that we are helping to address
- build relationships and work with the Merton Memory Hub who hold existing relationships with service users (both those with dementia and their carers)

## **Essential Skills**

- Proficiency in various dance styles, including slow, rhythmic, and expressive forms, to cater to different patient preferences and abilities.
- Knowledge of music selection, considering factors such as tempo, rhythm, and familiarity to evoke positive emotions and memories.
- Ability to adjust dance routines and techniques to accommodate patients with varying levels of cognitive and physical function.
- Ability to assess potential risks and hazards in the dance environment and implement appropriate safety measures.
- A solid understanding of dementia, including its different stages, symptoms, and challenges faced by patients and their carers.
- Empathy and sensitivity towards patients living with dementia and their carers, recognising their unique needs and experiences.
- Effective communication skills to provide clear and simple instructions, using language and gestures that are easily understandable.
- A patient and encouraging demeanour to create a positive and supportive environment.

## **Essential Experience**

- Minimum two years' experience facilitating therapeutic dance or movement-based workshops for people with a range of access needs
- Proven experience designing inclusive workshop series' and creating detailed session plans
- Evidence of a strong understanding of inclusive practice in educational and/or creative settings.
- Proven ability to plan and deliver a scheme of work within a specific timeline to meet and report on tailored project outcomes.
- Understanding of relevant and current Adults at Risk legislation.
- Safeguarding trained.
- Full enhanced DBS certification.

## **Desired Skills & Experience**

- Qualification in Applied Theatre or equivalent
- First Aid Trained
- Experience of working with additional support staff

To apply, please send a CV and short cover letter detailing your relevant experience to Attic's Creative Engagement Producer, Milly, at [milly@attictheatrecompany.com](mailto:milly@attictheatrecompany.com).

We are happy to accept applications via video if preferable but please ensure these are no longer than 2 mins in length.

## **Job Overview**

- Job Title: Freelance Dance Facilitator with Experience of Working with People Living with Dementia
- Salary: £50k+
- Hours: Part time
- Artform: Dance
- Role: Teaching
- Contract: Contract
- Closing date: Fri, 1 Dec 2024