

The Dance Network Association

End of Year Report: 2017-18

In the period September 2017 – August 2018 The Dance Network Association has reached approximately 17,348 people across Essex and Barking and Dagenham broken down as 854 deliverers, 13630 participants or approx. 2864 audience members, online engagement: we have 606 likes/followers on our Facebook page and 377 followers on Twitter and 247 on Instagram.

Our programmes include: Dancing with Parkinson's, RE:Generation (Dance for over 50 years of age), Interactive Family Dance and Active Families (Dance with families and children under 5 years of age), Step into Dance programme (Afterschool provision for 11 – 19 year olds), Youth Dance Company 'Dance Station' (signposted performance company 12 – 19 years of age), Bespoke Workshops, Dance teachers professional practice programme, Annual Dance Conference, En Masse performance programme Keeping Dance Alive, Training a workforce and annual performance platforms.

Participants have had the opportunity to engage with county and borough projects as mentioned above, and regional events including and our own county and borough platforms SpringBlast and Fusion, the Mid Essex and North Essex Dance Festivals, RE: Generation sharing in the Autumn term, Keeping Dance Alive the Great War Centenary Programme at Essex County Cricket Ground, the Jim Peters Stadium and the Sound of Essex Festival.

To deliver these programmes we have been supported by Essex County Councils Strategic Fund, Active Essex, London Borough of Barking and Dagenham Sports Provision and Public Health, MOAT Foundation and CHP Housing and The Royal Academy of Dance Step into Dance Programme. We have received in kind support from Essex Music Education Hub and the University Centre Colchester for studio use and creation of soundtracks for our programmes and the Mercury Theatre who we are forever grateful too to provide us with our home at the Mercury. Additionally, we have provided services to local schools and received donations from participants and local residents.

Yearly highlights

We commemorated 100 years since the end of WW1 with our special Keeping Dance Alive Mass Choreography Programme.

See some of the documentation here from our performance events

Jim Peters Stadium

Essex Cricket Ground

Our Youth Dance Company 'Dance Station' created a moving front commission for our Keeping Dance Alive programme. As well as performing around the county in many other platforms with their repertoire of work.

We also saw over 20 auditionees for 2018-19 YDC intake and hope that next year will be our largest company yet! We already have performances lined up for them in November so we look forward to introducing them to you then.

We saw one of our fifteen Step into Dance groups 'Gilberd School' perform as part of the UDance Regional platform at Dance East.

We brought together our RE: Generation and our Interactive Family dancers for a morning of 'Intergeneration's Dancing'.

This is the first time we have brought the two sessions together and it was such a joyful experience that we hope to be able to do much more of this in 2018-19.

We have supported over 48 young people on work experience in our dance captain and dance ambassador roles.

We celebrated dance with 400 dancers in our newly lengthened two day 'festival' SpringBlast in March 2018.

We were filmed by BBC Essex in our Dancing with Parkinson's Classes.

We created a beautiful documentation film of our Family Dance Programme Active Families alongside written reports sharing how we have proven a reduction in social isolation and bringing families closer together through creative dance.

We saw the debut of our new elder's performance group 'Forever Young' at SpringBlast 2018 and the introduction of new over 50's classes in Tillingham.

34 of our teachers had great fun at our annual conference in April 2018 with some highly renowned artists.

We rounded off our dance teacher's networks with two outstanding festivals seeing 300 young people sharing their moves and 20 teachers who have been attending our professional development programmes to embed dance in schools in North and Mid Essex in July 2018. On the back of this we trialled our first young dancers conference in North Essex where young people took part in a day of workshops and also completed their Bronze Arts Awards.

We welcomed a new member of the team to join us in February 2018 Jasmine Hall. Jasmine has grown considerably since beginning with us and we look forward to continuing to see her grow!

Our Portfolio of work

The Dance Network Association has been committed to develop our work in the following areas and we have reported below further details about our projects:

Dance for health programmes	Pages 2 – 13
Youth Dance Provision	Pages 15 - 16
Dance Teachers Network	Pages 16 - 21
Performance Platforms (SpringBlast)	Pages 22 – 32
Keeping Dance Alive	Pages 32
Commitment to nurture a workforce and facilitate placements for college students and graduates	Pages 32

Dance for health programmes

The following programmes fall under the dance for health bracket

- RE: Generation, a dance and movement programme for the over 50s
- Dancing with Parkinson's
- Family Dance
- Intergeneration
- Staff mentoring and training

These programmes of work have the following aims and objectives

Aims

- To stimulate participants learning and enjoyment of movement and dance
- To improve participant's fitness and health
- To improve mental capacity through placing demands on memory, decision taking and problem solving
- To encourage and strengthen psychological well-being and social interaction amongst participants and combat loneliness and isolation
- To support bonding between families and participants as a whole
- Encouraging participants to actively contribute and collaborate in creative processes, being mindful of connecting and supporting those around them

Objectives: Throughout the programmes participants will:

- Develop their movement skills, fitness, balance and coordination
- Feel confident dancing and expressing themselves through movement
- Extend and strengthen their relationships with others
- Be able to share or document the creative process between themselves and in wider community

RE: Generation

Target audience: 50 + participants located within the local community of the sheltered housing units and the residents of the schemes.

Class venues and times:

Thursdays 11.00 – 12.30 at Coates Lodge, Hollis Lock, Chelmsford

Thursdays 12:45 – 13:45 at the Sports Pavilion, Vicarage Lane, Tillingham CM0 7TW
(started Feb 2018)

Beneficiaries in each of our sessions: Reached between 7 - 29 participants each week.

Total participants seen across the year:

Autumn: 171 Coates Lodge only

Spring: 216 at Coates Lodge and 137 at the Sports Pavilion in Tillingham

Summer: 148 at Coates Lodge and 74 at the Sports Pavilion in Tillingham

TOTAL: 746

Total artists:

3 delivering artists Lucy Blazheva, Emma Meek and Zoe Morey and 3 support artists Zoe Morey, Christine Cartwright and Jasmine Hall (begun March 2018).

Artist mentoring within the team but also with outside organisations Green Candle, Dance East (Aesop) and Matthew Bourne.

Background:

In September – December 2017 sessions run within Coates Lodge

In January – July 2018 sessions run within Coates Lodge and a new venue at Tillingham Sports Pavilion.

The reason for the reduction in sessions in Autumn in comparison to our previous Summer period was as a result of our Dance Development Manager Emma Meek sustaining an injury which required surgery in October 2017 and therefore we needed to buy in a freelance artist (Lucy Blazheva) until January 2018 to cover her sessions while Emma recovered. This was unfortunately an unexpected cost and therefore we could only provide one weekly session within our budget.

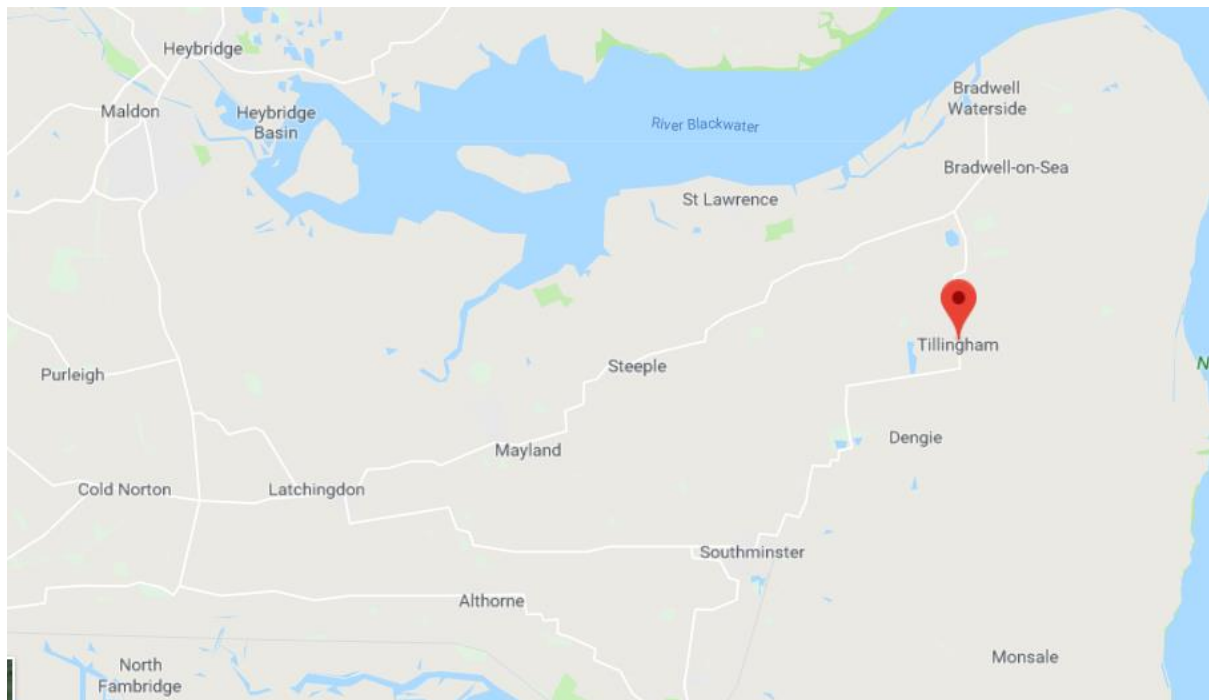
However, this said, the idea of running these sessions in CHP sheltered housing schemes allows easy access for residents of all 24 CHP residential housing schemes and older people in the local communities to attend and engage as CHP continue to provide taxis for all residents throughout their schemes to attend the classes. Therefore, if you look at the statistics even though one class was forfeited it didn't make a difference to our participation levels.

When we applied for the Essex strategic funds it was key for us to upskill and develop Emma Meek and Zoe Morey as young artists and to also upskill and develop the team within the workforce of the organisation. In our business plan for 2018/19 we are aiming to invest more funds into local artists by offering stable, salaried posts. While we continue to use more experienced freelance artists with proven track records of delivering high quality work, this comes at a high cost (as we have seen this year) and we feel we can offer higher value for money by supporting our young artists and training them up. We hope this will result in increased loyalty in the company from our team and also more sustainable programmes for our participants.

The money we have received has allowed us to begin this training and development process with Emma and she has attended numerous training courses and mentoring programmes to support the delivery of not only the elders programme but other aspects of her role. As a result of this, we really have seen Emma flourish as a dance artist.

In Spring we took on Tillingham which was a new class commissioned by MOAT Foundation in February 2018 and the idea was that they would open the classes up to all of their residents of MOAT housing schemes and they would meet weekly in a local village hall. Residents of MOAT come from across Southminster, Tillingham, Maldon, St Lawrence, Bradwell on Sea and Latchingdon.

Which you can see from the map below is an extremely wide reach. They access the classes through transport provided by MOAT Foundation, via public transport or under their own steam.



This new session was naturally offered to Zoe Morey (freelancer dance artist), which we have been mentoring in our Coates sessions supported by Christine Cartwright (Moat Foundation Officer) for 12 Weeks February – May 2018.

Delivery:

The sessions start with introductions and an opportunity for the participants to ‘check in’. This could include how their body is feeling (e.g. if a body part aches) and what has happened to them that week. Our artists provide some instructions and guidance, and encourage participants to take responsibility and self-adapt her instructions such as to reduce the size of movements or imagine their shoulders are both circling smoothly even if they are unable to.

Generally, a seated body warm-up is carried out, followed by travelling around the space for those able (material is adapted for those who prefer to remain seated). Set material is delivered and developed over the weeks and improvisational tasks are structured to allow movement growth. Material is danced sometimes with props such as scarves, rhythm sticks, squishy stress balls, feathers, balloons and beach ball. Artworks have been used as a stimulus for movement and a set task within the improvisational sections.

We test participant's coordination by offering sequences of movements such as moving the upper and lower body at the same time and using opposite sides of the body to support coordination and working both sides of the brain.

Within tasks participants are asked to work in partners and using different spaces around the room to ensure everyone gets the opportunity to work with a neighbour and more importantly for the integration of the group.

Sessions always end with a cool down, checking back in with the body, reducing the heart rate and breathing and grounding the group ready for the rest of the day. Sessions at Coates are topped off with time for tea, biscuits and a chat to ensure we speak with our neighbours and friends so no one ever feels alone.

Performances:

1. Christmas informal sharing delivered by Lucy Blazheva and Zoe Morey, managed by Emma Meek. Unfortunately, we did not get chance to take any photos of this event
2. SpringBlast Performance on 27 March 2018.
Our performance group Forever Young performed for their first year LIVE at SpringBlast.
3. Summer 2018 Essex County Cricket Ground
Front Commission piece choreographed with Emma Meek and The Great War Centenary piece.

We also want to add that our dancers have brought branded t-shirts this year to feel like a company of dancers as inspired by their trips to other venues in 2016.

The focus over the year has been very much on performative outcomes as we discovered in 2016 that this offered our participants an individual sense of achievement, belonging and community ownership of works we were creating. Overall last year this created a positive output on emotional and psychological well-being with our participants seen in building on confidence, self-esteem, aspirations and friendships which all support in reducing social isolation and combating loneliness which is one of our key aims of the project.

Moving forward Emma is keen to develop Coates movement memory as this is an area that the participant currently struggle with week to week.

We will also be keen to bring together the groups for them to share their movement together for a small celebration of dance.

Elders own comments on the past term:

I would like to improve...

My balance and coordination

Trips to other groups to show what we have learnt

Keep fit by my self-improvement

More opportunities to show our performances

More trips

Be steadier on my feet and better coordination

Self-improvements

More projects, more opportunities to perform

Trips to see others work

Music

Lively music not classical stuff

Liked your choice, very appropriate

All the best old music

More as before

Very good gets us up too

Very good choices

Good music keeps you moving all the time

I enjoyed the music; 60's especially Elvis

Lovely music, joining friends and having a lovely time

Love dancing to rock n roll

60's music is the best

Keep to the fairly quick music so we can hear Emma's instructions

Emma's choices of music are good

My favourite thing this term was...

Dancing session and visits out

Going out with everyone

Music and varied dance routines

The cricket ground

Chatting and meeting people weekly

The dance aspect and moving side to side in dances

The music the bet and the tempo

Going out with everyone

Cricket ground

The spirit of comradeship

Using flags, pomp oms etc.

Getting fitter

Visiting other groups and at the classes.

Noticed a change
Yes, I feel more mobile and energetic when at classes
Noticed a change in myself, more mobility
More mobile and family noticed this
Am better at getting around
Much more confident in myself, more agile with my joints
Noticed a change in myself
More confident and working as a team
We can practise exercises at home which improves us
Learning to work with a team
Personal change managing to remember what you have taught us. Also helped coordination
Confidence has improved
Balance have improved and ankles swell less frequently
Movement has got better
Have donation tub go around when we are given tea and coffee

Falls Prevention and additional older peoples training for Emma Meek

As part of Emma's training we were approached by Dance East to support their Aesop Dance for Health programme where Emma attended a full days training at the Jerwood Dance House and then was offered from us as a support artist on their programme in order to offer Emma professional development that she could bring back into the organisation.

Emma has used this in the following ways in her own words: *"I have learned the falls prevention framework 'octago' which is a methodology of Aesop and basic exercise booklet. I have then linked this to my movement sessions to support falls prevention in the dance class. Lots of work on how and why we are doing things for example marching seated into standing to continue the blood flow around the body to prevent the feeling of dizziness.*

I learnt a lot of particular tips and skills to promote safe practice such as 'nose over toes when standing' to reaffirm a base stance to avoid falls. I feel the supporting of classes and the training has not only unskilled my delivery of our RE: Generation classes but also my own methodologies as an artist as I have changed my own language to inform participants of safe movement.

I have also learned to use a variety of props to help strengthen parts of the body such as stress balls for the hands which support the hands to grip and keep mobile.

Finally, through the Dance East programme I worked 1-1 with a participant who had suffered from a stroke resulting in paralysis so therefore was adapting movement, supporting mobility and breathing, something I had not encountered before on our own Regeneration programme".

Matthew Bourne Programme

We signed Emma up for a year on the Overture programme with Matthew Bourne to excel her practice, network and meet other likeminded artists who could peer support her delivery. On the programme Emma has experienced sessions with a life coach in order to develop her own practise and ethos and making what she delivers an individual so she does not fit into the mould of syllabus set and structured classes.

It has asked her to research her area informing practise - See who else in the area is doing the same or similar to support/ link up/ funders to support.

In terms of practical Emma has had mix of artists one of which was Lila dance where she has been offered lots of tasks and approaches for all ages. Emma then purchased a resource pack and music from the company to support her classes and she is interested in investigating intergeneration work in 2018.

Green Candle

In the summer term Emma will also begin working alongside Green Candle's Vicki Busfield on project in Brentwood. Here she will be asked to deliver and be given peer support of her work as she will be able to test and try out new methods and be offered feedback.

Jasmine Hall who we have just employed we also put forward for the intern role at Green Candle so we are excited to see what this offers for her as our new artist.

Dancing with Parkinson's

Funds from Essex County Council Strategic grant and the support from Colchester Castle as a hosting venue has allowed us to offer monthly sessions to those with Parkinson's and their partners, friends and carers throughout the year. Our classes take place in unusual locations such as Colchester Castle Museum in order for us to draw upon local history as the stimulus for our classes.

The start of the class begins seated ensuring participants are grounded to avoid falls and also warm before we begin our journey throughout the space. Much of this has been learned through the delivery of our regeneration programme, but this programme specifically targets areas of need for people with Parkinson's. Such as loosening of the muscles, massage to support tremors and mobility of mainly the hands and joints, lengthening of the spine to prevent hunches and use of the chair for additional back support, use of voice to keep the vocal cords and mouth moving but also giving a heightened sense of self confidence.

Sessions will then progress into standing to repeat these needs and often using the back of the chair to use as support for exercises.

Then making use of our locations i.e. the museum we would then move into an area of creative exploration sometimes taught in unison or through improvisation and participants will again be encouraged to move around the space but also make use of voice. We finish with a standing or

seated cool down and then have time for tea and a social space where participants can talk to one another forming peer support but not necessarily discussing their Parkinson's but offering relationship's.

Deliverers:

1 Dance Artist Charlotte Haddon supported by 2 supporting artists Jasmine Hall and Lizzie Hawes

The funds have allowed us to offer monthly classes:

Participation numbers:

16 August 2017: 16 participants

September 2017: 8 participants

October 2017: 7 participants

November 2017: 11 participants

January 2018: 16 participants

February 2018: 14 participants

March 2018: 16 participants

April 2018: 16 participants

May 2018: 16 participants

June 2018: 16 participants

July 2018: 16 participants

August 2018: 16 participants

Total 168

On Tuesday 3 April 2018 we also took 12 of our dancers to the Mercury Theatre to see Izindava by Bawren Tavaziva

"IZINDAVA unearths raw emotions that are unsettling and unforgettable. A very personal piece about traumatic religious childhood fears, it also focuses on the redemptive power of dance, music and Rastafarianism. Tavaziva's unique style that seamlessly synthesises ballet, contemporary and African dance is performed by a cast of stunning dancers"

Charlotte then used as a stimulus for our dancing sessions during Summer Term 2018. We wanted the dancers to be inspired by contemporary dance and have a similar effect to our older adult's classes in that they feel an overwhelming sense of self-worth through dance and self-confidence. We also wanted to create a space outside of the sessions where our dancers could support their friendships which we feel this offered.

Charlotte Haddon:

The participants that have attended so far have been able to engage in the class at their own pace. Assistants supported the delivery of the session to ensure all participants regardless of their mobility

levels were appropriately challenged and supported to develop their confidence. From the first session to the most recent, we have introduced more standing/travelling exercises, and pair work as the participant's confidence and trust in each other has developed. Participants enjoyed accessing the collections at the museum through creative movement, and seemed to have a greater appreciation for objects once they had explored the human elements through dance. It is interesting to see that partners & carers seem to benefit from the class too, either as respite time to go for a coffee, or seeing their partners succeed in movement they had previously found difficult. One person in particular arrives using a wheelchair, and in one of our recent sessions was able to walk with support across the room with good positive strides to the music, which delighted both him and his partner.

What I feel could be improved next session: With now the greater numbers accessing the class, I believe the collective energy will be higher and participants might feel less exposed. There is a very wide range of abilities within this class from the most able to those with very advanced Parkinson's (and indeed other health conditions) so I should continue to explore ways of supporting both these ends of the ability spectrum.

Coverage from the BBC

We are extremely pleased to be able to offer these sessions and with the support of the BBC covering our classes in November you can see a vast increase in our participant numbers. We have also received support and engagement with Parkinson's UK Colchester who highlight our classes in their monthly meetings and in their e-news.

Video from BBC East News: <https://www.dancenetworkassociation.org.uk/dancing-with-parkinson-s>

Supporting our workforce

In the Summer 2018 we sent our support artist Jasmine Hall to the People Dancing Summer School to support her to develop and lead Dancing with Parkinson's classes. We have also put her in touch with Danielle Teale for one to one mentoring (a very sought after artist in the field of Dance for Parkinson's research) which we hope will further support her as a practitioner but us as an organisation within our work. We are hopeful that Jasmine will continue to deliver our Colchester Castle sessions from Autumn 2018 if she feels ready so we can continue to train more workforce.

Family Dance

Our AWARD WINNING programme 'Interactive Family Dance' (Essex Prize Challenge winners April 2017) has proven a reduction in social isolation with parents and carers with children between the ages of 0 -5 years of age and an increase in general health and well-being.

All our projects welcome you to explore movement and dance as a family with your child/children under the age of 5 years. You will take part in 10 sessions delivered by a dance artist and a support team that are designed to encourage creativity and independent thinking, nurture individual expression in the participant's own movement, as well develop a memory for movement. All

activity will creatively build the children's strength, balance, coordination and encourage healthy physical development and bonding for both child and parent.

Each week after the sessions we will also allow time to socialise and interact with families providing refreshments, healthy snacks and a place to talk.

Previous experience in dance is not required, eagerness to enjoy moving yourself and playing with your child and supporting their inquisitive minds, is a must. Older siblings are also very welcome to attend. Open to any parents and carers with their children under the age of 5.

Classes are currently free of charge in The Broadway Theatre thanks to The London Borough of Barking and Dagenham. Essex programmes require a small termly/weekly charge but with thanks to Essex County Council Strategic Fund to keep costs at a minimum.

Elsa Urmston Dance Science Research who has produced two external reports for Colchester: https://docs.wixstatic.com/ugd/1da808_712c65bd8c094f2f986c37e687377478.pdf
Barking and Dagenham: https://docs.wixstatic.com/ugd/1da808_b43b7d12a9f746b092ad2272e00970bc.pdf

We created a beautiful documentation film of our Family Dance Programme Active Families alongside written reports sharing how we have proven a reduction in social isolation and bringing families closer together through creative dance. <https://www.dancenetworkassociation.org.uk/dance-for-families-with-children-un>

Autumn 2017:

Lucy Blazheva

Thursdays Chelmsford at Coates Lodge 9:30 – 10:30

91 attendees

Lucy Blazheva supported by Hannah Redfearn

Wednesdays Colchester at Banardo's Greensted Childrens Centre 14:00 – 16:00

101 attendees

Louise Klarnett

Thursdays Broadway Theatre, Barking 10:00 – 12:00

131 attendees

Spring 2018:

Zoe Morey supported by Emma Meek

Thursdays Chelmsford at Coates Lodge 9:30 – 10:30

46 Participants

Louisa Klarnett supported by Emily Jenkins
Thursdays Broadway Theatre, Barking 10:00 – 12:00
189 participants

Summer 2018:
Stella Papi supported by Emily Lewis
Thursdays Broadway Theatre, Barking 10:00 – 12:00
139 participants

Emma Meek supported by Jasmine Hall
Thursdays Chelmsford at Coates Lodge 9:30 – 10:30
101 participants

Total = 798

Intergenerational Dancing

On the 7 June 2018 after receiving a small grant from Active Essex to bring together our current Older Peoples group (Over 50s) and our Families groups (families with children under 5) to move together. Both groups take place in a sheltered housing scheme in Chelmsford one after the other but they have not had the opportunity to meet or move together. Putting the families together with our older adults we saw an increase of activity from our elders as they wanted to get up from



chair based dance and move with the little people. The families felt safe and gave the young children a new way to explore movement with not only their parents and carers but with other adults too. The session was so enjoyable and we definitely saw an increase in confidence and smiles. We ended the day by sharing conversations over cups of tea and yummy and healthy snacks.

We would like to create more of these sessions to support reducing social isolation in local communities, getting people more active and offering that safe environment to dance together.

A total of 32 participants attended from the age of 6 months to 90+ years of age.

Youth Dance Provision

Our youth provision aims to engage and inspire those aged 7 – 26 with an interest in dance high quality and affordable contemporary dance sessions.

Throughout 2017/18 we offered: 2 'County Youth Dance Companies' one junior and one senior across Essex alongside our afterschool partnership programme with the Step into Dance; a dance programme for secondary schools and colleges funded by the Jack Petchey Foundation and led by the Royal Academy of Dance. Both programmes provide dancers with a fantastic opportunity to train, create and rehearse new dance works with professional dance artists; whilst meeting other young people with a passion for dance.

Our Youth Dance Company classes took place in the following

1. Braintree Youth Dance Company at Lyons Hall Primary School aged 7 - 12 (Emma Meek)
2. Colchester Youth Dance Company – Dance Station at Colchester Sixth Form aged 12 – 19 (Hannah Redfearn and Charlotte Haddon)

Step into Dance classes took place in the following locations for dancers aged 11 – 26:

1. Saffron Walden County High School
2. Plume
3. Mark Hall Academy
4. Colne Community School
5. Clacton Coastal Academy
6. Sandon
7. Colchester Academy
8. Edith Borthwick
9. Stanway
10. Gilberd
11. New Rickstones
12. Maltings Academy
13. Harlow College

Dance artists: Emily Lewis, Sarah Lloyd, Lucy Blazheva, Hannah Redfearn, Charlotte Haddon, Rosy Cornish, Andrew Borthwick and Jasmine Hall.

Young dancers benefit from the high standard of teaching, and are able to develop their Contemporary dance technique as well as learning how to be creative and choreograph for performance and be choreographed on also.

Across this year we have reached a total of:

2061 students in the Autumn Term 2017

2457 Students in the Spring Term 2018

1390 Students in the Summer Term 2018

We have also offered 8 teachers in Essex freelance work for these sessions, 2 of which are completely new artists to the organisation and offering them the opportunity of freelance work and building on our cohort of artists in the county.

Funding Overview:

We received funds from Step into Dance, Royal Academy of Dance to programme manage the after school provision and deferred income from our Youth Dance Company funds which includes some grant income from Active Essex.

Dance Teachers Network

- Annual Conference
- Teacher training for EES for Schools.
- North Essex Dance Network launched June 2016 a small collective of schools in and around Colchester to increase curriculum development of dance.
- Mid Essex Dance Network a small collective of schools in and around Braintree increase curriculum development of dance launch originally in 2012 (taken over by DNA in 2015)
- Barking and Dagenham Primary and Secondary Dance Networks a small collective of schools in Barking and Dagenham to increase curriculum and after school dance activity.

Summary:

The focus of the Dance Teachers Network (DTN) is to offer high quality teacher training programme for our teachers to upskill and develop their dance skills across the county in a variety of dance styles, but also to network with other likeminded teachers. We would hope that our network programme will help to support teachers to feel like they are part of a bigger network and not working alone but also raise the standard of dance in the county. Part of the DTN we also work with EES for schools to deliver training for new teacher trainees in dance.

Dance Teachers Network Annual Conference:

Friday 27 April 9:00 arrival, to begin at 09:30 until 17:00

Venue: Clacton Coastal Academy, Pathfields Road, Clacton on Sea, Essex

23 teachers attended from across community and education settings and 14 deliverers lead the sessions.

09.00 Arrival and Registration

09.30 - 10.00 Welcome Talk

10.00 - 11.00 Workshop one - EVERYBODY WARM UP/The Great War Centenary - Keeping Dance Alive with Leon Hazlewood

11.00 - 11.15 Break

11.15 - 12.45 Workshop Two Pick and Mix One:

1. Dance and Technology for Primary age dancer 5 -11 with Diccon Hogger

2. Boy Blue Entertainment for Secondary age dancers 12 - 19.

12.45 - 13.30 Performances

13.30 - 14.15 Lunch

14.15 - 15.00 Talks and discussions split into three choice sessions

- AQA Dance

- CAT Dance East / One Dance UK

- Arts Award/Arts Mark

15.00 - 16.45 Workshop Three Pick and Mix Two:

1. Dance and Technology for Secondary age dancer 12 -19 with Diccon Hogger

2. SEND Dance Workshop with Vicki Busfield

16.45 - 17.00 Closing and Evaluation

The conference involved talks from our national and county organisations, a series of practical workshops and a performance programme, it also included lunch and refreshments. At a cost of £50.00 extremely early bird rate /£75.00 Early Bird/ £95.00 General Bookings. The conference is self-funded by attendee's fees and covered by the fees from the North and Mid Essex teacher network programmes.

What did you find most useful about today's conference?

Content. Lots to think about - *Dance Tech

Networking PLUS Keeping Dance Alive refresher

New ideas/networking/dancing

Dance & Technology for Primary Schools. Simple ideas not too costly - something for everyone!

Warm up was so helpful due to teaching Keeping Dance Alive in school. The information given from different people and networking with other members

Workshops

Networking, refreshing on KDA, being kept up to date on current Essex wide projects

Workshops - Dance & Technology

Ways to use technology in the classroom/performance work. Ideas for inclusion (that could be easily translated into other settings & abilities/age ranges)

Technology session & SEND

Workshops very informative

Practical sessions - lots of ideas to use in dance sessions

Skills, learning new ideas to make into extra-curricular activities

Dance Technology was really informative & helpful to take forwards

Content was great. New Ideas & fantastic delivery

What did you find the least useful about today's conference and why?

No AQA A level (I had to say something)

CAT Info (only because I know about it)

All very good - no time wasting etc.

Talks not relevant

Arts Mark - not sure if we are already doing it

All good thank you!

Nothing really, although it was a shame that the Arts mark seminar was cut short due to timings of the day (it happens though!)

Everything were really useful

Talk - some of the content specific to secondary

Content specific to secondary age children

Can't think! - could have been some focus also on extra-curricular

The CAT talk - only as I already know the info

All useful

We would like your help to shape the future work of the Dance Teachers Network. Please tell us about any further support/training/networking you would like

More about partnership working. What works well and how to get funding?

Some Bhangra if possible for twilight

Playlists from each session would be fantastic

Intergenerational work/practices

Could it be appropriate to offer a presentation/short intro re. the Sixth Form P. Arts courses (Dance)?

Sort if that's a bit pushy ;)

Project for KS1

KS1 Project - dance artist!!!

Extracurricular ideas

Any other comments?

Thank you

It's been great to see such dedication from teachers of the area. Food was fantastic & presented brilliantly :)

What helpful students and staff at Coastal Academy - Food was amazing! Thank you

Really enjoyed the day, very useful!

Really good to get out of the office and do practical 'hands on' stuff again.

Fab day again - thank you!

Really useful! Great sessions and meeting others to network.

Fab day, thank you for organising such a great day for us.

Enjoyed the day

Thank you for a great day

Great - gets better every year

Can I thank you on behalf of the team at St. Michaels for a fab conference? It was interesting, enjoyable and offered much food for thought. Really well organised and of course all refreshments were excellent. We did go and thank Charlotte personally and she asked if we could mail her some specific feedback via email which she could share with the BtEC student's tutors. We are very happy to do that if you would be so kind as to send us Charlottes email work address please?

Please pass on all thanks to tutors/ speakers for an inspiring day.

AS discussed at the end of the day - we are suggesting that a September / early October conference may be a good way forward as that gives us time to try - set up some of new ideas from conference - as this time of year - although very inspired little dancers taught as our man units tend to be during Autumn and Spring - and I assume with secondary mic course work is also now completed - so may possibly pull more delegates??? Who knows? If it was possible you could also tie into that the WW1 Package in some way as this is the time many schools will be delivering thematic units of which some will be the centenary? Just a thought.

Thanks again for all of your hard work

Bobbie and Ruth

Essex Teacher Training:

“Essex Teacher Training is a large provider of Initial Teacher Training in the Eastern Region. As part of EES for Schools, we offer high quality school-based training routes for both Primary and Secondary. Working with our SCITT and School Direct partners we are able to offer training places in schools across Essex and its surrounding borders”.

<http://www.essexteachertraining.co.uk/>

Over the year we have trained 2 young dance teachers (Francesca Gard and Demi Milton) across 9 sessions within our North and Mid Essex Programmes. They were also invited to attend the annual conference in April 2018. See details under Mid and North Essex for course structure.

Teachers from our training programme will go on to lead in schools as a secondary dance teacher.

This programme is fully funded by Essex County Council – EES for Schools.

North Essex Dance Network a small collective of schools in and around Colchester to increase curriculum development of dance.

After a successful initial year in North Essex (2016/17) we decided to continue the programme with schools paying a small membership fee for us to cover the cost of professional practitioners.

The programme was this year self-sustained by the schools themselves each paying in £300.00 (or £150.00 for schools that had less than 70 students) approx. cost £3000.00.

In total 18 teachers joined the programme across the following schools (or groups/professional artists: The Gilberd School, Maltings Academy, Clacton Coastal Academy, Clacton County High, Colchester Sixth Form, Colchester Academy, Colne Community School and CoCoCare.

North Essex is an area where quite a vast amount of dance is offered but teachers said that they felt very rural and alone and asked if we could offer what Braintree have, and therefore became the launch of the North Essex Dance Network 2016. If schools or freelancers become part of the network, they will receive

A network meeting once a term

Support for school to implement or continue to run after school dance clubs or opportunity to run a club

Training programme days (twilights/mini workshop series)

Opportunity to attend dance performances

Opportunity to take pupils/dancers to take part in an annual festival

Place to attend the annual conference

Wednesday 15 November 2017 17:00 – 19:00

Venue: Clacton County High School, Walton Road, Clacton-on-Sea CO15 6DZ

Delivery: Contemporary toolkit with Tom Hobden.

Wednesday 7 February 2018 17:00-19:00

Venue: At Clacton Coastal Academy - Pathfields Rd, Clacton-on-Sea CO15 3JL

Using a stimulus to create dance work with James Cousins

Wednesday 23 May 2018 17:00-19:00

Improving technique - The Healthy Dancer with guest artist Elsa Urmston and discussion of festival ideas with the full cohort.

Wednesday 4 July 2018 North Essex Dance Festival and a total of 52 dancers attended.

Mid Essex Dance Network a small collective of schools in and around Braintree increase curriculum development of dance

The Mid Essex Dance Network saw its fifth year of existence and this year we covered the following areas:

Meeting once a term to discuss aims and objectives of the programme for the year ahead and what schools want to achieve as a collective.

Supporting school to implement or continue to run after school dance clubs.

Training programme days will be provided during twilights and after school as mini workshop series. Teachers will also have the opportunity to attend dance performances and understand how to develop the work for the classroom.

The Dance Teachers Festival took place on Wednesday 6 July to offer pupils and teachers the opportunity to share their dance works with one another and celebrate in an end of year performance.

The programme was this year self-sustained by the schools themselves each paying in £300.00 (or £150.00 for schools that had less than 70 students) approx. cost £3000.00.

In total 19 teachers joined the programme across the following 8 schools: John Ray Infants, John Bunyan Primary School, Lyons Hall Primary School, Notley Green Primary School, St Michaels C of E School, St Andrews CEVC Primary School, Weathersfield CE Primary School, St Andrews Halstead.

Workshops:

Monday 13 November 2017

Time: 17:00 – 17:30pm Meeting, 17.30 - 19.00pm Practical

Venue: Notley Green Primary School

Delivery: Creative primary toolkit with Tom Hobden. Tom delivered a practical teacher training workshop based on Primary based ideas and will facilitate throughout on how to use the ideas in your own schools and environments.

Date: Monday 5 February 17:00-19:00

Venue: John Bunyan Primary School

Delivery: Using a stimulus to create dance work: Matthew Bourne's New Adventures guest artist Paul Smethurst.

Date: Monday 21 May 17:00-19:00

Venue: St Michaels, Maple Ave, Braintree CM7 2NS

Delivery: Improving performance skills with guest artist Bobbie Gargrave and discussion of festival ideas with the full cohort.

Monday 2 July 2018 Mid Essex Dance Festival – at John Ray Infants School

Total of 143 dancers attended

Performance Platforms – SpringBlast

The focus of the performance platforms is to offer our young people and community groups a professional theatre to share with audiences their high-quality dance pieces. The annual showcase is a variety of dance styles, from all ages where we will also invite our regional partners to join us in the sharing. We are keen for our dancers to also attend other platforms regionally to inspire and motivate them but also offer access opportunities to perform on professional stages with other likeminded dancers.

SpringBlast Monday 26 and Tuesday 27 March 2018 at The Civic Theatre Chelmsford

410 Dancers Performed to an audience of 720

School/Group	Title	Description	Choreographer	Music
CoCoCare	A picture paints a thousand words	'A picture paints a thousand words' explores the idea of communication. We look at the ways we communicate focusing on body language, facial expression, behaviour and different interpretations of these. As a group of disabled and non-disabled performers we look at the issues surrounding communication, how it shapes us and impacts our relationships with those around us.	Helen Foot and Dancers	'More' by Nils Frahm - Frantic Assembly
c2 Mason Dance	Alone in the Crowd	This year's C2 Dance piece is based on the symptoms and effects on people who are suffering with PTSD (post-traumatic stress disorder). We look intricately in to those who returned from war having seen unimaginable events who then struggled to fit back into the community.	Cassie & Charley Mason	Moonlight by the Piano guys

		Feelings of detachment from the world and people around them. We aim to express these isolated feelings to the audience and encourage the building of connections between human beings.		
Mark Hall (Step into Dance Programme)	Never enough	The students have been working on partner work and creativity this term, so this dance incorporates both these elements. The students were able to create their own sections in small groups and learn how to work as a creative team.	Emily Lewis	Never enough -The greatest showman
Sandon (Step into Dance Programme)	Crazy in Love	The girls have been really focusing on their technique this term, so the piece they have been working on has really challenged this and has given them a chance to push their technique as much as they can while using their performance skills.	Emily Lewis	Crazy in love - Sofia Karlberg
Plume (Step into Dance Programme)	Waves	This piece the students have been working on for the past term, represents the ocean using dynamics and movement. The story behind the dance is a girl lost at sea, trying to escape to the ocean.	Emily Lewis	Waves - Dean Lewis
Clacton County High School	We Rise	The dance explores the individual and the collective. The dancers wanted to create a piece	Amy Gough and students	Torn by Nathan Lanier

		that examined both peoples need to be recognised as an individual and a desire to belong. The quote “We rise by lifting others” resonated with the dancers and is at the heart of the work, communicated through moments of individuality and coming together.		
Bam Bam Boogies	Bam Bam Boogies Showcase	Showcasing some back in the day Hip-Hop and how it has influenced modern day Street Dance.	Tomo Chiba & Vicki Stavrinou	LL Cool J - Mama Said Knock You Out & Bruno Mars - Perm
Dance Station the Dance Network Associations Youth Dance Company	Obscurantism	The practice of deliberately preventing the facts or full details of something from becoming known.	choreographed by the dancers in collaboration with Charlotte Haddon	Hungry Face, by Mogwai
School/Group	Title	Description	Choreographer	Music
Harlow College	Where they from?		Laura Cleary, Bailey Summerfield & Millie Ball	
Colne Juniors (Step into Dance Programme)	I'll Be Right Here	Relationships can take many forms throughout your life, which can inspire, encourage and influence you. To the dancers at Colne Community School, relationships mean supporting and caring for each other, encouraging	Jasmine Hall	Aquarium by Nosaj Thing

		and being there, as they grow through life. The message they want to tell you is... I'll be right here.		
Saffron Walden Group 1 (Step into Dance Programme)	-	The piece is about 'loss' and the journey of emotions that you experience.	Emily Lewis	In-his shirt by Irrepressible
Clacton Coastal Academy (Step into Dance Programme) Jazz	Riot	This is a jazz piece initially inspired by the 'St. Trinians' film based on rebellious young private school children who cause mischief and mayhem. The dancers were encouraged to act throughout this piece by using facial expressions and different emotions to help create their mischievous characters.	Sarah Lloyd	I Predict a Riot' By Kaiser Chiefs
St Andrews Primary School - Great Yeldham	Evolution of Man	This is a curriculum dance piece based on the dancer's class topic. The piece is created using the 'Evolution of Man' as the stimulus.	Nic Smith, Jo Young and Oak Class	Four direction groove by The Gordon Brothers drum masters/ Right here right now by Fat Boy Slim
Colne Seniors (Step into Dance Programme)	A million dreams	With the music and inspiration from the new hit film musical 'The Greatest Showman' this is a lyrical contemporary piece that explores the dreams and aspirations of youthful minds – the dancers were encouraged to be creative by choreographing their own duets/trios which can be seen near the end of the	Sarah Lloyd	A Million Dreams' by Zif Zaifman, Hugh Jackman, Michelle Williams (The Greatest Showman)

		piece. The meaning behind this dance is that anything is possible if you set your mind to it!		
Saffron Walden Group 2 (Step into Dance Programme)	-	This piece is about nature, how it grows, dies and therefore, it is forever changing.	Emily Lewis	Windows by Vitamin String Quartet
Clacton Coastal Academy (Step into Dance Programme) Contemporary	Mercy	This is a contemporary piece based on the repercussions between friendships and loved ones and how sometimes it is important to forgive and forget – this is demonstrated by the dancers through the exploration of floor work, varying dynamics as well as motif development.	Sarah Lloyd	'Mercy' By Shawn Mendes
Keeping Dance Alive CoCoCare, Mark Hall and Harlow College	The Great War Centenary	This piece is this year's Keeping Dance Alive programme of which will be performed upon mass at high profile sports and arts events. The theme marks 100 years since the end of WW1 and takes you're through a journey of experiences and emotions that were once lived.	Leon Hazlewood and Bobbie Gargrave	Music specially created by the Essex Music Education Hub - Peter Lovell and Phil Toms

School/Group	Title	Description	Choreographer	Music
Harlow College	Machine Men		Isabelle Herrick & Phoebe Goodey	
Dance 21	Shackles	A piece combining laidback funk and contemporary styles to a great piece of gospel music.	Steven Turner	Shackles by Mary Mary

Gilberd (Step into Dance Programme)	Entropy	We are the seed that sparks the descent into disorder	choreographed by the dancers in collaboration with Charlotte Haddon	The 2nd Law: Isolated System, by Muse
St Michaels C of E Primary School - Year 5	GLADIATORS	The inspiration for this dance came from the Strictly Come Dancing Professionals. We have taken this 'Gladiator' theme and re-created it with our Year 5 dance club.	Sam Blayney	'Run Boy Run' by Woodkid
Definition Dance	DD FUSION	A compilation of different commercial styles.	Jade Amy	A remix of various artists
Karen Louise Dance	Rise Up	Clumsy, Funny, Creative, Short-Tempered. All of the personality traits that make these individuals unique. Exploring the idea of standing out from the crowd and the struggles that teenagers can face to fit in, this work is about rising up, resisting that and sticking to who you are!	Karen Pratt and dancers	And I Will Kiss - Underworld and Champion – Barns Courtney
Dance 21	Sunshine in my pocket	An easy-going piece combining pop and disco feel. The dancers love this track and have worked really hard to achieve results.	Jean Hunter	Can't stop the feeling by Justin Timberlake
Keeping Dance Alive, The Great War Centenary - St Michaels and Harlow College	The Great War Centenary	This piece is this year's Keeping Dance Alive programme of which will be performed upon mass at high profile sports and arts events. The theme marks 100 years since the end of WW1 and takes you're through a journey of experiences and emotions that were once lived.	Leon Hazlewood and Bobbie Gargrave	Music specially created by the Essex Music Education Hub - Peter Lovell and Phil Toms
Interval				

School/Group	Title	Description	Choreographer	Music
Dance Fusion	RELOAD	This piece was created from the inspiration of the dynamics and tempos of the music. It was made collaboratively with dance fusion dancers and film makers Carl Monzon and Jan-Michael Abuton.	Kerri Ann Trowsdale and dancers	Reload by JJ - Leone
RE: Generation The Dance Network Associations Older Peoples Programme	Explore	This piece has been created collaboratively between Emma Meek and the RE: Generation dancers and supported by Zoe Morey, through creative tasks and exploration of the poem 'Square Dance' by Roger McGough.	Emma Meek, Zoe Morey and the RE: Generation dancers	The swimmer by Phil France and The departure by Max Ritcher
New Rickstones (Step into Dance Programme)	I remember when.	Life is filled with a million memories that could fill a book. If given the chance, would you want to read back at entire life?	Jasmine Hall	Babe by Evenings
Complete Dance	Stray Cat Strut	Our pre-company (children). This is a lively modern routine with some acro skills.	RACHEL SQUIER	Stray cat strut by Stray Cats
Harlow College			Cintia Olah	

St Michaels C of E Primary School Year 6	Streets of London	London - our capital city is full of intrigue and wonder, rich in history and wonderfully diverse. Every day, millions of people walk these streets and use the public transport system yet each person's experience may be different. Our children wish to show you some of the less visible sights of this city in their emotional, powerful dance, that could 'make you change your mind' about some social issues.	A mix of The Jam's - Going Underground, Kaiser Chiefs' - I predict a riot and Ralph McTell's - Streets of London	
The Stanway School (Step into Dance Programme)	All of The Stars	This is a contemporary piece based on the strength and support needed when a person or loved one is hurting. The dancers represent this through the development of movements throughout the piece as well as physical contact and varying dynamics. This dance was inspired by the novel, 'The Fault in Our Stars' as well as the film adaptation in which this song was wrote for.	Sarah Lloyd	All of The Stars' – Ed Sheeran
Complete Dance	Sing Sing Sing	A modern routine from our junior company students.	RACHEL SQUIER	Sing sing sing by Benny Goodman

Feedback:

Participant feedback

I just wanted to say a massive thank you for having us at Spring Blast yesterday. The children had an amazing experience and enjoyed every minute of the day. Our parents were really impressed with all the dances. I know how much work goes into these things and your whole team were fantastic.

Thank you and hope tonight goes well too. I will be watching tonight so I can relax!

Well done for last night's show. Really enjoyed the fusion of dance styles and abilities. My daughter attends the Stanway School step into dance programme with Sarah Lloyd she really enjoys the club and to perform the dance in front of an audience at a theatre was an exciting experience for her. Thank you and your team for all putting on a fab show.

Participant feedback

The staging and lighting was very professional and transitions into each dance were smooth and at ease.

Another stunning evening. The enthusiasm of performances & all of the teacher's patience in helping others and time given up over the months to create an enjoyable evening.

First of all, thank you so much for organising this and it really was a great event - as you can see by all of the student replies it was a wonderful experience for us all.

Just few points if it helps towards planning next year:

Great admin and communication beforehand and all organised efficiently and easily - tech reveals were great and on time programme superb and changing rooms as best as they can be - brilliant having two nights!

It is great that half and half and have the opportunity to see others perform and we totally understand that we have to be collected before the interval but the collection was really early which meant we were having to hang around a long time before the interval with nowhere to go - so maybe 10 minutes later would be more effective and possibly briefing staff as to the time of collection would enable us all to make this process more efficient and less disruptive?

The finale did need working through a little more as there was little time to get on and take their bow - maybe again this could be rehearsed again and it was a little frenetic and need not have been - idea was great but to also needed to be layered if kissable so the little ones were last on and at the front. Picky - but worth feeding back I think. For many children this is a very important moment

Releasing children at the end - always a difficult one and never a better way unless we could use a different exit or get parents to collect from upstairs for the students who are sitting in second half - or waiting outside so second half students' parents wait and get released last and first half who are then all backstage anyway get released first - it was a crush and difficult to see parents always find it stressful as students could not get across to their parents. In Barking we release from the stage door which is so much safer and controlled ...may not have one here just a thought as you always speak to the audience at the end anyway.

Certificates - lovely to have but maybe we could write on them if you just gave them to us in an envelope signed? WE are unable to display ours as the handwriting is in pink felt tip and it needs to be in black if it is to look good enough to display - again picky - but after such a lot of hard work

on your part and everything being meticulous this is icing on the cake for schools to take back and pop on their displays.

Thank you all again - and we loved it - these are small but possibly useful pieces of feedback

Audience Feedback

A truly enjoyable dance showcase. Love the contemporary concepts - some very unique and touching. A great fulfilled, entertaining evening. Thank you.

A great show. Nice to see a variety of dances performed with enthusiasm and smiles. Thank you. It was amazing! I loved the elderly peoples dance and Dance 21.

An excellent all-inclusive evening. Re-Generation was very warming. Thank you.

Fantastic - I loved every minute. I rarely go to dance shows but I will now. Mix and variety - young and old made it really special. Will buy Blue-Ray if available.

It been a pleasure to come and watch a great performance. Well done!!!

A very good show, lots of diverse dancing.

Amazing night! Perfect length and perfect performances! Keep doing what you are doing!

Amazing first time I've attended. Lovely Job. Just carry on lots of dances would be great.

Great show!! It would be great to have introduction for each group to describe the dance as can't read programme in the dark. + more variation too much contemporary.

Fab! Fab! Fab!

What a brilliant show. Well done to all participated.

Absolutely fantastic again. Equally as good as 2017! Well done to everyone involved, you are all stars!

Excellent show! Same again next year please. (Monday)

What a talented group of dancers. Well done!

Another stunning evening. The enthusiasm of performances & all of the teacher's patience in helping others and time given up over the months to create an enjoyable evening.

Keeping Dance Alive, a mass choreography programme in legacy of the 2012 London Olympic and Paralympic Games performed at high profile sporting events.

This year's programme is designed to commemorate 100 years since the end of World War One 'The Great War Centenary'.

Summary

In the period September 2017 to July 2018 The Dance Network Association have worked supported by Active Essex (Essex County Council) and The London Borough of Barking and Dagenham, University Centre Colchester and Essex Music Education Hub to deliver The Great War Centenary.

The Great War Centenary has been co-created and choreographed by Leon Hazlewood and Bobbie Gargrave and a team of Essex and Barking and Dagenham dance captains who also helped to manage the school's delivery

The project has reached approximately 2019 dancers which we have directly worked with we would expect schools have worked with an additional 1024 (32 schools/groups x 32 dancers in each class) totalling to 3043 participants on the project. We have also reached an audience number of approximately 5200 in Essex and Barking and Dagenham. Essex Schools and young people had the opportunity to engage with county projects including Essex Cricket Ground and the Sound of Essex Festival. Whilst Barking and Dagenham dancers took part in a performance at the Jim Peters Stadium as part of the boroughs Quad Kids Schools Games.

In total we have worked with 32 schools and community groups across Essex and Barking & Dagenham.

Commitment to nurture a workforce and facilitate placements for college students and graduates

We have worked with approx. 48 young professionals this year who have worked through three different routes of interest:

1. Teaching and Creation
2. Events
3. Administration/Business