

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

Company number: 09866120

**FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 AUGUST 2017**

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THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

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THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

**ACCOUNTANTS' REPORT TO THE DIRECTOR ON THE PREPARATION
OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF
THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY
FOR THE YEAR ENDED 31 AUGUST 2017**

These financial statements have been prepared in accordance with our terms of engagement and in order to assist you to fulfil your duties under the Companies Acts that relate to preparing the financial statements of the company for the period ended 31 August 2017.

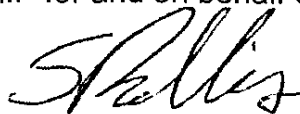
We have prepared these finance statements based on the accounting records, information and explanations provided by you. We do not express any opinion on the financial statements.

On the balance sheet you have acknowledged your duties under the prevailing Companies Acts to ensure that the company keeps adequate accounting records and prepares financial statements that give "a true and fair view".

You have determined that the company is exempt from the statutory requirement for an audit for this accounting 31 August 2017. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the director for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Shelley-Marie Rudling FMAAT MIP for and on behalf of:
Community360
Winsley's House
High Street, Colchester, Essex



Date 30th April 2018

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE PERIOD ENDED 31 AUGUST 2017

Company Number	9866120
Date of Incorporation	10/11/2015
Registered Address	Mercury Theatre, The Dance Network Association CIC, Balkerne Gate Colchester Essex CO1 1PT
Directors	Gemma Wright Adam Wright Paul Convelly
Bankers	HSBC 7b The Waters Garden South Gate Harlow Essex CM20 1AB
Independent Examiner	Community360 Winsley's House Colchester Essex CO1 1UG

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31 AUGUST 2017**

	Note	2017 Unrestricted £	2017 Restricted £	2017 Total £	2016 Total £
Incoming resources					
Incoming resources	2	66,290	48,080	114,370	70,071
Total incoming resources		66,290	48,080	114,370	70,071
Resources expended					
Expenditure	3	59,065	51,993	111,058	70,618
Total resources expended		59,065	51,993	111,058	70,618
Net incoming resources		7,226	(3,913)	3,312	(547)
Net incoming resources before transfers		7,226	(3,913)	3,312	(547)
Transfer between funds		5,254	(5,254)	-	-
Tax Liability		(662)	-	(662)	-
Net income for the period		11,817	(9,167)	2,650	(547)
Funds at 1 September 2016		(5,801)	5,254	(547)	-
Funds at 31 August 2017		6,016	(3,913)	2,103	(547)

Notes on pages 5 to 7 form part of these financial statements

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

BALANCE SHEET AS AT 31 AUGUST 2017

	Note	2017 Total £	2016 Total £
Current Assets			
Debtors	5	5,988	4,856
Cash at bank and in hand		19,004	13,631
		<u>24,992</u>	<u>18,487</u>
Current Liabilities			
Creditors, amounts falling due within one year	6	22,890	19,034
Net current assets		<u>2,103</u>	<u>(547)</u>
Totals assets less current liabilities		<u>2,103</u>	<u>(547)</u>
Net Assets		<u><u>2,103</u></u>	<u><u>(547)</u></u>
Funds			
Unrestricted funds		6,016	(5,801)
Restricted Funds		(3,913)	5,254
		<u>2,103</u>	<u>(547)</u>

For the year ended 31 August 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies regime.

The directors declare that they have approved the accounts above.

Signed G. Wright Date 23 April 2018
Gemma Wright (Director)

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 AUGUST 2017

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of certain fixed assets, and in accordance with the FRS 102 Financial Reporting Standard for Smaller Entities (effective January 2016).

Going Concern

The financial statements have been prepared on a going concern basis. The company's ongoing activities are dependent upon the continued support of the directors who have undertaken to provide such support for the foreseeable future.

Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the organisation must be used in future accounting periods, the income is deferred until those periods.

When donors impose conditions, which have to be fulfilled before the organisation becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions have been met.

When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in the incoming resources of restricted funds when receivable.

Expenditure

Expenditure on projects is treated as direct expenditure. General costs relating to the day to day running of the charity are included under governance costs.

Financial Year

The Dance Network Association CIC was incorporated on the 11th November 2015 and the directors changed the year end to 31 August therefore the 2016 figures are for a shortened period of account.

2. Incoming resources

	2017	2017	2017	2016
	Unrestricted	Restricted	Total	Total
Donations	-	155	155	138
Grants	7,577	47,925	55,502	62,130
Services	52,811	-	52,811	7,803
Dance Club Fees & T-shirts	5,902	-	5,902	-
	<u>66,290</u>	<u>48,080</u>	<u>114,370</u>	<u>70,071</u>

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 AUGUST 2017**

3. Expenditure	2017	2017	2017	2016
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Dance Teachers	25,323	16,512	41,835	30,513
Project Costs	11,720	2,520	14,240	21,714
Mentoring	-	250	250	-
Equipment	786	-	786	125
Directors Remunerations	3,584	17,237	20,821	7,000
Wages	0	13,496	13,496	73
Staff Training	939	200	1,139	186
Printing, Postage & Stationary	1,580	4	1,584	1,605
Marketing & Print	3,539	190	3,729	1,625
Travel & Subsistence	5,285	1,318	6,603	4,910
Insurance	1,266	191	1,457	561
Bank Charges	11	-	11	4
Phone	166	20	186	314
Computer	863	-	863	824
General Expenses	2,217	55	2,272	-
Legal & Professional	1,119	-	1,119	503
Subscriptions	474	-	474	240
Depreciation	-	-	-	-
Sundry	194	-	194	421
	59,065	51,993	111,058	70,618

5. Debtors

	2017	2016
	£	£
Debtors	5,988	3,232
Prepayments	-	1,624
	5,988	4,856

THE DANCE NETWORK ASSOCIATION COMMUNITY INTEREST COMPANY

NOTES TO THE FINANCIAL STATEMENTS
FOR THE PERIOD ENDED 31 AUGUST 2017

6. Creditors; amounts falling due within one year

	2017	2016
	£	£
Deferred Income	20,859	18,602
Taxation	662	-
Other creditors and accruals	1,368	432
	<u>22,890</u>	<u>19,034</u>

7. Directors remuneration

2017	2016
20,821	7,000
<u>20,821</u>	<u>7,000</u>

8. Analysis of projects

	As at 01/09/16	Income	Expenses	Transfers Between Funds	As at 31/08/17
Projects					
General reserve	(5,801)	66,290	59,727	5,254	6,017
Youth Dance Companies	1,177	33,094	34,271	(1,177)	(1,177)
Springblast	610	1,942	1,004	(610)	938
Braintree Dance Network	64	3,240	727	(64)	2,513
Essex Teacher Training	1,421	5,912	3,901	(1,421)	2,011
Keeping Dance Alive Dance Rio	1,235	39,775	41,010	(1,235)	(1,235)
RE:generation	-	3,675	3,675	-	-
Essex Dance Teachers Network	(538)	233	1,538	538	(1,305)
Bespoke Schools Workshops	1,285	10,970	9,325	(1,285)	1,645
Colchester Dance Network	-	1,900	638	-	1,262
Health & Wellbeing	-	6,708	6,708	-	-
Barking & Dagenham	-	1,547	1,605	-	(58)
	<u>(547)</u>	<u>175,286</u>	<u>164,129</u>	<u>-</u>	<u>10,611</u>

12. Restricted funds

The income funds of the organisation include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	As at 01/09/16	Incoming resources	Resources expended	Transfers	As at 31/08/17
	£	£	£	£	£
Restricted funds	<u>5,254</u>	<u>48,080</u>	<u>(51,993)</u>	<u>(5,254)</u>	<u>(3,913)</u>

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CIC 34

Community Interest Company Report

For official use
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Please complete in typescript, or in bold black capitals.

Company Name in full	The Dance Network Association Community Interest Company
Company Number	09866120
Year Ending	31 August 2017

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

A social audit report covering these points is attached

(If applicable, please just state "A social audit report covering these points is attached").

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

A social audit report covering these points is attached

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received, you must state that "no remuneration was received" below.

Please see full accounts

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

No transfer of assets other than for full consideration has been made

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed

C. Wright

Date

09/04/2018

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

16 Turner Close	
Wivenhoe	
Colchester CO7 9RQ	
Tel 07479 197 993	
DX Number	DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)

The Dance Network Association

End of Year Report:

September 2016 – August 2017

In the period September 2016 – August 2017 The Dance Network Association has reached approximately 28,824 people across Essex and Barking and Dagenham (an increase of 1352 participant compared to 2015/16) as 1204 deliverers 15873 participants or approx. 15867 audience members. Our online engagement: we have 451 likes/followers on our Facebook page and 300 followers on Twitter (an increase of 264 additional online members are engaging since August 2016). Participants have had the opportunity to engage with county and borough projects, 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 Summer term, Keeping Dance Alive Bard to Bollywood performances at Weston Homes, Essex County Cricket Ground and the Jim Peters Stadium other performances took place at Chelmsford Community Transport where we took our RE:Generation Dancers and also we had an installation up in the Lowewood Museum which included photography and projection again by our RE:Generation Dancers.

Our Portfolio of work

The Dance Network Association has been committed to develop our work in the following areas:

Dance for health programmes	Pages 2 – 9
Youth Dance Provision	Pages 9 - 11
Dance Teachers Network	Pages 12 - 17
Performance Platforms	Pages 17 – 28
Keeping Dance Alive	Pages 29 - 43
Commitment to nurture a workforce and facilitate placements for college students and graduates	Pages 43 - 45

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
- Falls Prevention and additional older peoples training for Emma Meek
- Dancing with Parkinson's
- Family Dance

For all these projects they have very clear aims and objectives which cover the following:

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
- 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 other participants
- Be able to share documentation and work with family and the wider community
- Have their work shown via a public live art performance platform

RE: Generation

Our older peoples dancing programmes aim to engage and inspire older communities. Making connections to access movement and dance in older age and learn the importance of and its effects on brain and body; to mobilise, stimulate, coordinate and above all keep the body moving.

Over the year sessions have run within three sheltered housing schemes in Chelmsford (Coates Lodge, Hatleys and Carstone Place; all three schemes ran September 2016 to March 2017 and two schemes Coates Lodge and Carstone Place in April – July 2017).

The idea of running these sessions in sheltered housing allows easy access for residents of all 24 CHP residential housing schemes and older people in the local communities to attend and

engage. CHP provides taxis for all residents throughout their schemes to attend the classes, but the bulk of our dancers do attend from the schemes we work within.

Carstone Place was a new scheme taken on during September in replace for Napier Court where we held classes in 2015/16. We decided to set up sessions at Carstone as the need of the participants was much greater in this scheme and there were very many older people above the age of 80 with early onset dementia, sight loss, rheumatoid arthritis, osteoporosis, gout and other debilitating diseases, who we felt with the advice of CHP that would greatly benefit from the sessions being held at their scheme. Those that had been attending Napier Court were offered taxis to come along to the other centres.

Throughout the three schemes each week participants take part in a dance and movement session planned and delivered by Emma Meek mentored by our previous deliverer and specialist Louise Klarnett and supported by assisting artist Zoe Morey.

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. While Emma provides some instructions and guidance, she also encourages 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 was devised, learnt and recapped and new material explored via improvisation both with and without props.

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. All our sessions 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.

Louise Klarnett

Longevity of the project has enabled Louise to deepen her connection to the group members and observe their journey. She has witnessed them become more confident improvisers, open to a range of stimuli. She has pushed them creatively, worked with them group as well as in small groups, pairs and as individuals. She has encouraged appropriate physical contact as part of the sessions and seen the group become friends and supporters of one another. Artistically, since working with the elders, Louise has been delighted to create short pieces of

movement for informal end of term sharing's, as well as produce additional material such as the souvenir books, postcards of hands, and more specially the two films. The ongoing gentle collaboration with photographer Rachel Cherry is a way of documenting the work, but also is the work, most notable in 'Untitled'.

All these ongoing experiences all filter into Louise's wider practice, and dances such as her version of 'Waltz of the Flowers' have been performed by the CHP elders, reception aged school children, parents, carers, babies and toddlers in community settings, families, services users and staff at children's hospices as well as at intergenerational workshops at the Victoria & Albert museum in the beautiful tapestry gallery. Each of her groups inspires the other... Louise is grateful for the ongoing support of her work by Gemma Wright.

Unfortunately, we had to lose Louise at the start of this year due to travel time and family commitments for her, however she has remained an instrumental advisor on the programme. In January 2016 we sought a dance apprentice – Emma Meek who worked with Louise over the 6 months before taking over the programme in September 2016. During this time Emma learned greatly from Louise, her research and methodologies and through observation and dialogue was being informally mentored. Moving into September 2016 where Emma has taken over the sessions we have continued to provide formal mentoring with Louise to support the continuation of the RE: Generation programme, to upskill and develop as an artist and to upskill and develop within the workforce of the organisation.

Funding Overview:

The funding CHP Foundations have invested into RE: Generation has enabled the programme to be delivered the year with lead dance artist Emma Meek delivering, supported by Zoe Morey and being mentored by Louise Klarnett. The programme is managed by Gemma Wright.

Delivery:

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

09.30 – 10.30 at Carstone Place, Chelmsford

11.00 – 12.30 at Coates Lodge, Chelmsford

13.30 – 15.00 at Hatleys, Chelmsford

Performances:

- December Sharing 2016
<https://vimeo.com/197759150> Oliver Twist Food Glorious Food (Hatleys)
<https://vimeo.com/197768641> Say a Little Prayer (All Groups)
<https://vimeo.com/197776660> Hand jive (All Groups)
<https://vimeo.com/197787908> Creative (All Groups)

- SpringBlast film made with Rachel Cherry and Frances Maynard recites her poem
<https://vimeo.com/230293043> **Please view from 18:08 - 22:11**
 The dancers also became audience members at the Civic Theatre not only to watch themselves but to take part and be an audience for the evenings showcases.

- Thursday 25 May 2017: Galleywood parish tea party class and performance for Community Transport event. Everyone from RE: Generation attended and took part in a class with other local community residents approx. 12 other people partook alongside our dancers and observed their performance piece.

- Photographic Installation at the Lowewood Museum 22 June 2017
 EFDC got in touch with us and asked if Forever Young would like to perform at the museum. They didn't feel confident enough to learn something new that term but were happy to share documented work and to attend as VIPs to Engage platform at the Spotlight Theatre and speak with other VIP's about their work and classes.
 With this we shared their photo installation that we had created in 2016 with Louise Klarnett and Rachel Cherry and shared three films:
 - Series of stills from Louise Klarnett and supporting artist Emma Meek
<https://vimeo.com/159212776>
 - Flower dance from Louise Klarnett <https://vimeo.com/159212776>
 - Series of stills with Emma Meek lead artist <https://vimeo.com/253439487>

- Keeping Dance Alive performance at Essex County Cricket Ground
<https://vimeo.com/227737848>
 Performance group broken off and started class 9.30 – 10.30 (Forever Young classes)
 Rehearsed KDA and then learnt the work and then stayed for the class afterwards so would have 2 hours of dancing per week during this term.

12 participants attended and performed at the County Cricket Ground.

1 July and Mass Rehearsal 30 June

The focus over the year has been very much on performative outcomes as we discovered in 2015/16 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.

Beneficiaries in each of our sessions:

Reached between 6 - 23 participants each week. Split: Coates Lodge up to 23, Hatleys up to 9 and Carstone Place up to 9

Total participants seen across the year:

Autumn: 246

Spring: 229

Summer: 153

TOTAL: 628 dancers

PLUS, one new dance apprentice, Zoe Morey - who has volunteered her time and we have supported with the additional income from the participants donations to cover her travel costs.

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 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 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 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 like 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.

Dancing with Parkinson's

We began our sessions with 3 taster classes in January 2017 where 3 keen participants attended.

Since then we have been lucky enough to receive strategic development funds from Essex County Council which has allowed us to offer monthly sessions to those with Parkinson's and their partners, friends and carers. Our classes take place in unusual locations such as Colchester Castle Museum 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 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 loosing 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.

Due to the amount of funds we received we were only able to offer monthly classes until receiving some match funds, so far, our classes have reached the following numbers:

13 July 2017 6 participants

16 August 2017 13 participants

Total 19 participants so far

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.

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 dance artist Louise Klarnett and Lucy Blazheva 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 see below for details but with thanks to further support from Essex County Council to keep costs at a minimum.

Spaces are limited to 15 families per venue so please make sure you book in for your sessions as places will be taken on a first come first serve basis. See below for venues and to book your families place.

We have had Elsa Urmston working with us who is producing external reports for Harlow Completed Summer 2017 and report can be seen here:

https://docs.wixstatic.com/ugd/1da808_17edcbffc5084ea99a112836d1d831e0.pdf

Barking and Dagenham and Colchester reports will be ready in next years report.

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 2016/17 we offered: 5 'County Youth Dance Companies' across Essex and B&D in 2016/17 and was a partner with the Step into Dance after school programme in 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 Honywood School aged 7 - 12 (Josie Pavely)
2. Reflex professional development class at University Centre Colchester aged 18 - 26 (Lisa Warnock)

3. Colchester Youth Dance Company – Dance Station at Colchester Sixth Form aged 12 – 19 (Hannah Redfearn)
4. Uttlesford Youth Dance Company at Saffron Walden County High School aged 12 -19 (Becky Edwards and Charlotte Haddon)
5. Primary Performance Youth Dance Company at Lyons Hall aged 7 - 12 (Robert Gentle)
6. The Broadway Theatre Youth Dance Company aged 11 – 19 (Zoe Morey and Leon Hazlewood)

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

1. Saffron Walden County High School (Rebecca Edwards)
2. Harlow College (Robert Gentle)
3. Harlow (Secondary) (Courtney Dunn)
4. Colchester Academy (Lisa Warnock)
5. The Stanway School (Sarah Lloyd)
6. Clacton County High (Lisa Warnock)
7. Dagenham Park (Sharlene Carter)
8. Joyce Frankland Academy (Zoe Morey)
9. Clacton Coastal Academy (Sarah Lloyd)
10. The Gilbert School (Charlotte Haddon)
11. New Rickstones Academy and Maltings Academy (Lisa Warnock)
12. Plume (Lisa Warnock)
13. Sandon (Emily Lewis)
14. Honywood (Josie Pavely)
15. Colne Community School (Sarah Lloyd)
16. Edith Borthwick (Lucy Blazheva)
17. Mark Hall Academy (Emily Lewis, Emily Tomlin and Tomo Chiaba)
18. Dagenham Park School (Sharlene Carter)
19. Sydney Russell (Sharlene Carter)

Young dancers benefit from the high standard of teaching, and can 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 7444 dancers

2330 Autumn Term 2016

3076 Students in the Spring Term 2017

2038 Students in the Summer Term 2017

We have also offered 16 teachers in Essex freelance work for these sessions, 7 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.

Please visit the website for up to date biographies of our freelance team:
<https://www.dancenetworkassociation.org.uk/our-people>

Performances:

Students have performed at

- Harlow College end of term sharing's <https://vimeo.com/197545438>

- SpringBlast

First Half <https://vimeo.com/230293043>

Second Half <https://vimeo.com/230302318>

- Keeping Dance Alive Bard to Bollywood performances at Weston Homes/Colchester Football Ground <https://vimeo.com/227739269>
Essex County Cricket Ground <https://vimeo.com/227737848>

- Mid and North Essex Dance festivals

Braintree Youth Dance Company <https://vimeo.com/230289956>

Dance Station <https://vimeo.com/230212047/aa021156dd>

- Step LIVE at the Royal Festival Hall

Funding Overview:

We received funds from Active Essex through their satellite club fund to get all these sessions up, running and sustained until the end of the Summer Term 2017. This paired with programme management funding from Step into Dance has allowed us to cover the fees for these sessions to be delivered over 30 weeks.

Future:

From September 2017 we will be charging the schools for the Step into Dance Programme and the dancers of the youth dance companies to cover the cost of these sessions. Any that we cannot continue due to financial strain will be signposted to a group we are running or will be deleted from the programme.

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
- 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:

Monday 28 April 2017

09.00 - 17.00

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

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

9.00 - 9.50 Registration and Coffee

10.00 - 10.05 Welcome with Vanessa Gayton

10.05 - 10.45 "Guest Speakers

10.05 – 10.15 Children's Health Project - Ilsa Fullerton

10.15 - 10.25 Roxie Curry – ROH Bridge

10.25 – 10.35 Claire Somerville One Dance UK

10.35 - 10.45 Panel Discussion All delegates

10.45 - 11.00 Refreshment Break - Catering numbers etc Change into practical if needed

11.00 - 12.00 STOMP Workshop

12.00 - 13.30 Practical Workshop with Lisa Warnock Fast paced contemporary session

Practical Workshop with Lucy Blazheva Health and Wellbeing Programme - EYFS dance

13.30 - 14.15 Lunch - Victoria Gooding surgery Arts Mark

14.15 - 15.45 Practical Workshop with CAT Programme - Lucy Blazheva CAT programme
Practical Workshop with Mark Carberry SEN Toolkit Special Needs Toolkit

16.00 - 16.45 Performances Dance East CAT, St Michaels Master Chef piece, Elders film,
Lyons hall performance Braintree Performance Project, Regeneration film/poem.

16.45 - 17.00 Q & A session with all artists/speakers in the performance part of the
programme. 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.

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 3 young dance teachers (= 15 sessions) across 5 sessions in the
following areas.

1. Key Stage 3 Dance 21 October 2016 with Lisa Warnock
2. GCSE Dance 16 December 2016 with Lisa Warnock
3. British Values (Bard to Bollywood) 10 March 2017 with Lisa Warnock
4. A Level Dance 21 April 2017 with Lisa Warnock
5. BTEC Dance 12 May 2017 with Lisa Warnock

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 launched June 2016 a small collective of schools
in and around Colchester to increase curriculum development of dance.**

After being awarded funding from Essex County Council small grants scheme we set up the launch of the North Essex Dance Network on the success for the Braintree Network now named the Mid Essex Dance Teachers Network.

In the past we have attempted to run one off workshop days which we have cancelled due to unviable numbers and from feedback realising it is due to location. Essex is a vast county and we have found with the Mid Essex Dance Network we engage with far more schools and teachers if we offer opportunities on location but also support those schools to come together as a collective.

Colchester 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. 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

We launched the network by inviting schools and freelancers to a meet and greet at Colchester Sixth Form on 7 June 16.00 – 18.00

Here we briefly spoke about the programme ahead and announced the first date, also if schools wanted to join it would be a small contribution this year of £50.00 (as the funding was slightly less on this occasion than what we have hoped for) but also as this network would also have to be self-sustaining from 2017/18 it would get schools and teachers used to paying a membership type fee in return of what they receive.

Approximately 20 teachers attended the launch event, and from this so far 8 teachers have signed up from the following schools: Clacton Coastal Academy, Colne Community School and College, Colchester Academy, The Stanway School, Honeywood and Clacton County High.

The Mercury Theatre have offered to host our twilight sessions in kind.

A further 3 schools and 2 artists joined the programme from September Colchester Sixth Form, CoCoCare, Colchester Institute, Helen and Charlotte Haddon.

The following sessions took place over the year

Wednesday 2 November 2016 17.00 – 19.30 Wayne McGregor Random Dance at The Mercury Theatre

Wednesday 8 February 2017 17.00 – 19.30 Tim Casson Contemporary Dance Ideas at The Mercury Theatre

Wednesday 24 May 2017 17.00 – 19.30 Meeting with Emma Meek to discuss the festival

Monday 3 June 2017 10.00 – 12.00 Dance Festival at Colchester Sixth Form

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 fourth 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 5 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 22 teachers joined the programme across the following 12 schools: John Ray Infants, White Court Primary School, John Bunyan Primary School, Lyons Hall Primary School, Notley Green Primary School, St Michaels C of E School, St Andrews CEVC Primary School, Wethersfield CE Primary School, Shalford Primary School, St Peters School, Kings Road Primary School, St Andrews Halstead.

Workshops:

- Monday 18 July 2016 17.00 – 18.00 at Lyons Hall Primary School with Bam Bam Boogies 17 teachers in attendance,
- Monday 3 October 2016 Wayne McGregor/Random 17.00 – 19.30 Dance 21 teachers in attendance

- Monday 6 February 2017 17.00 – 19.30 at John Bunyan Primary School Bollywood with Jordan Thomas and Bobbie Gargrave 22 teachers in attendance
- Wednesday 1 March 2017 half day 9.00 – 11.45 at St Michaels Primary School Early Years dancing with Louise Klarnett. 16 teachers in attendance
- Monday 5 June 2017 at Notley Green Primary School with Emma Meek and the collective discussing the festival performance pieces. 9 teachers in attendance

Festival Wednesday 5 July 2017 09.45 – 11.45 at John Ray Infants School

Total of 315 dancers attended

Programme:

Full festival warm up led the cohort of teachers.

Guest Performance: C2 Mason Dance a small youth company based in Harlow.

Feedback from the sessions:

Bam Bam Boogies

New to the course and not starting school until September so can't really comment
With the dance would have been great to have longer with the dancer
More detailed explanation of expectations and information on level of support available
No - would need a lot more practice and details on expectations
Excellent dance teacher - Great theory / history
Would need some further input. Have taken Vicki's card for her to potentially visit
Glad to be part of this
Really exciting start
Good mix of practical and theory
Very well Organised
Sample lesson plan? DVD very good idea
Good to have hall and classroom
A little! First session so hopefully my confidence will build

Wayne McGregor/Random Dance

great ideas for sessions in school
Would like more technical exercises however I am aware it was a choreography workshop
The workshop was excellent, highly enjoyable and gained a lot from the session, I would have loved it to be even longer
Lost time but got the idea of each area of the 1st session design
Would have liked more time
Really well structured, helpful having discussion time after

Well communicated
Brilliant organisation prior to the even, made it really easy process
Excellent idea putting pack on google drive
Great workshop space
Better that not so many turned up as room would have been limited
Venue was professional and easy to access

Early Years dancing with Louise Klarnett

Excellent
Would like to come on the day course
Fantastic teacher and useable ideas
Excellent ideas, really enjoyed the session
Lots of great ideas I feel happy to try at school
Longer day
Excellent few hours, well worth my time out the classroom
Would like a longer day otherwise very good
Excellent
Great mix of practical and time to apply this to practise
Loved the practical side of getting up and dancing it
Materials and resources very helpful
Resources were prepared and ready
NA We were a little late
Loved the feathers
Tiny bit cold
Lots of space
Yes, Especially the focus on movement in the outdoor environment, will be planning this
So many ideas to try
A fantastic course loads learnt
Simple ideas that will work a class, Pace very good to keep children engaged
I feel I can use many of the activities shared with my reception class
I feel I can support my teacher in delivering what we have learned today
Now very confident, just need to get a few new resources

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 27 March 2017 at The Civic Theatre Chelmsford
247 Dancers Performed to an audience of 747*

First Half					
Order	Name of School/Group	Title of piece	Description	Choreographer	Music
1	RE:Generation older peoples dance group	RE:Generation	A series of photos from our over 50's dance sessions: Regeneration. The photos reflect up to 4 dances the group have learned throughout the past two terms. As a group we decided to share the work through still image whilst accompanied by a poem written by one of our dancers - Frances Maynard	Emma Meek	Hint' Air to Sky
2	Harlow College (Step into Dance)	Harlow College Dance Company	Contemporary performance debut from our new our Youth Dance Company based at Harlow College.	Robert Gentle and Dancers	
3	Dance Fusion - Adults Company	Dance Fusion	A community Commercial and Street Dance adult company based in Harlow.		
4	St Michaels C of E Primary School based in Braintree	Cooking up a storm	This dance is based upon the workshop idea which was shared at the Dance Network Associations annual conference in 2016 delivered by Vanessa Gayton, initiated by	Bobbie Gargrave and Dancers	eine Kleine Nachtmuik, Wolfgang Amadeus' Mozart

			Lyn Paine. The initial stimulus is the programme Master Chef. In the dance we have explored the idea of the contestants who compete in the programme and the moods and feelings they have. We have then used some props to develop different movement ideas connected with cooking and have also use recipes to create motifs based upon the language		
5	Reflex Professional Development Company	Reflex Professional Development Company	Contemporary performance debut from our new over 18 year of age Dance Company based at the University Centre Colchester	Lisa Warnock and Dancers	
6	Honywood School (Step into Dance)	Untitled	Hormonal changes, puberty, social and parental forces, work and school pressures are just some of the daily struggles a teenager has to face. Honywood schools contemporary dance piece focuses on these unprecedented stresses and explores through dance the emotions and reactions that result. Many teens are misunderstood and just need the validation from their peers and loved ones which is	Josie Pavely	Weathered' Jack Garrett

			creatively represented through the partner work within the piece. Will they strive to eliminate their problems or be left with a weathered soul?		
7	Dance East Centre for Advanced Training	Spira	On every level of scale, from celestial galaxies to our DNA, emergent patterns are part of the complex systems that govern our existence and the world around us. By exploring some of these emergent patterns through movement, these curious young dancers are placed in a complex and dynamic system of chaos and orbit, constantly separating and reforming	Cameron McMillan	Crime D'État' Armand Amar
8	Mark Hall Academy (Step into Dance)	Stick it the the man	This piece was created primarily for Mark Hall Academy's, school production of 'School of Rock'. However, we wanted to share the performance further than just in our school	Emily Lewis	Stick it to the Man' Original Cast Production from the School of Rock
9	COMPLETE DANCE LTD	Because We Can	Complete Dance is excited to be performing at Spring Blast with "Because We Can"; an exciting fusion of Modern Jazz, Musical Theatre and Acrobatics with a touch of French flare! Our performers ages range from 7 to 13 years. It's fast tempo and strong	Jo Gillespie	Because We Can' Fatboy Slim

			bass compliments the tricks, tumbles and balances the children perform throughout the routine. Timing, precision and trust is a huge element in the dance with all the performers having to work together as a strong team in order to create the full impact and of course pull off the challenging and often dangerous choreography!		
10	Bam Bam Boogies		A piece of Street Dance choreography combining the styles we represent as the Bam Bam Boogies to the music of Justin Timberlake	Vicki Stavrinou, Tomo Chiba & Emma Nelson	Let the Groove In' Justin Timberlake
Second Half					
1	Uttlesford County Youth Dance Company (Step into Dance)	Introspective	A piece exploring introversion and the personality traits attached when living in an extrovert-ideal society	Becky Edwards and Dancers	Intro (extended)' The XX
2	Joyce Frankland (Step into Dance)	Fear reignited	A journey of paranoia	Zoe Morey	Blood on me' Sampha
3	St Andrew's Primary School based in Great Yeldham	Technology	This piece has been linked with our curriculum topic work. The children have choreographed most of this dance themselves, they were just given the dance ideas and music.	Nic Smith, Jo Young and Oak Class.	Super Mario Theme and iPhone metro gnome' Axel F

4	CoCoCare	Plastic Seas	Plastic Seas is an environmental awareness piece using dance, puppetry and spoken word. It takes the audience on a brief journey exploring how plastic is impacting on our oceans. It also touches on what we can do to prevent and reduce the plastic invasion	Helen Foot and Dancers	Scuba diving Sound Effects' & 'Beyond the Sea' Bobby Darrin
5	Plume Dance Company (Step into Dance)	Arcanum	This piece explores the concept of a deep secret and the feelings associated with being in possession of knowledge that you can't or won't share. The dancers were encouraged to identify movement through duet improvisation that used a central motif to develop a narrative that is personal to them.	Lisa Warnock and Dancers	Light of the Seven' From the series Game of Thrones
6	C2 Mason Dance	United to Re-unite	This piece was originally choreographed for the British Red Cross dance project to raise awareness of a selected area of the work they do across the globe. The inspiration for this piece came from the work of the British Red Cross to reconnect families, whether this be it after natural disasters have hit or	Cassie Mason and Charley Mason	Dance 8' Phillip Glass

			closer to home when situations occur that have forced separation between relatives, by providing support to these families and using the tools required to find individuals in this hopes that they can reunite families both physically and psychologically.		
7	Braintree County Youth Dance Company	Friend Like Me	A fun musical theatre piece, performed to 'Friend Like Me' from Aladdin. The new West End Musical that re-enacts the much-loved Disney film.	Josie Pavely	Friend Like Me' Aladdin The Musical
8	Dance Station County Youth Dance Company (Step into Dance)	Matchsticks	Contemporary performance debut from our new Youth Dance Company based at Colchester Sixth Form	Hannah Redfearn and Dancers	Grains' Bonobo
9	Dance Fusion - Teens	Dance Fusion	A community Commercial and Street Dance teen company based in Harlow.	Dance Fusion	
10	Flux Dance Collective	Flux dance collective	This brand-new piece is being artistically led by Flux founder and member, Dan Deller Thompson. He is using a variety of influences and ideas to create an exciting piece of dance theatre based around the choreographer's personal experiences of travel and isolation.	Dan Deller Thompson	

I Think it was amazing because it was fun, and I didn't mess up. Also, I liked other performances because they were good.

I loved it I will always remember it for the rest of my life

I think that this was amazing. I loved it so much. It was so fun. There were some brilliant dancers there. I loved it.

I really enjoyed the experience of going to the theatre: the staff were helpful and kind, we couldn't have got to our room without them. The dancing itself was fun and I knew I couldn't mess it up. The part I loved the most was just being with my mates and having a laugh.

I really enjoyed it because it was such a great experience and I loved it so much thank you for the opportunity I loved it

I thought it was amazing I loved it a lot

It was Amazing and fun, but it was very long, and I was tired.

I think it was fun and we should go there often!

I thought it was so fun I loved every minute of it dancing in front of all those hundreds of people looks terrifying but is awesome it was a one time in our life experience to perform with my class it was epic.

Our dance was the best nice theatre uncomfortable sofas in the waiting room

I think that it was good, and people got on stage at the correct time due to the rotor

I thought it was fantastic it was so enjoyable this stage was awesome to dance on but also the staff they did all the safety instructions they were so organised also all the dancers were awesome as well.

I really liked all the dances but the gymnastics one I thought it was a good one and I really enjoyed it all.

I thought it was amazing getting to dance in Chelmsford Theatre experience was brilliant and it was fun it's a memory I'll probably never forget.

I think that all the dancers were incredible, and it was fun to dance perform on stage with my classmates thank you so much for letting us perform at the beautiful Civic Theatre.

I enjoyed going to Spring blast this year I love going on stage and performing our dance and watching others perform and enjoy dancing I also liked watching the different types of dance performed on stage.

I think it was fun of the people there were nice the atmosphere was good.

I thought it was good also it was energetic and fun today.

I thought that it was a great opportunity and it was fun, and I found it very energetic and it was nice to see all the other dances.

I think that it was great and a lot of fun and an amazing show.

Thought it was amazing performing and watching different dances. I found it fun even though we were there for a long time it was fantastic. It was an amazing opportunity and an amazing experience one I will never forget. I loved every second.

I think that it was one in a lifetime opportunity and I want to do it again

I love the experience of being backstage at a theatre and performing on the stage although it was a bit of a chicken run to find our room.

I really enjoyed the Spring blast and I didn't want to get off the stage it was a great atmosphere and Harlow College where a real help. I loved watching other dances and I couldn't believe I was part of one of them. I would give anything to go again because I loved every part of it.

Yesterday was fun! I really enjoyed it!

I like it yesterday because it felt like we were professionals.

Our dance went very well, and I loved it I would love together again.

I found it fun and I wish we could do it more often.

I think it was very groovy! I loved watching everyone do their dance. I enjoyed doing our dance. And I like how they got down syndrome people up on the stage.

I really enjoyed yesterday last night, and I thought everyone was good.

I found the atmosphere of the theatre in credible also the balcony gave everyone a great view of the performances. The feeling of being backstage was awesome, knowing that 450 people would be watching you.

Clacton coastal Academy

Awesome! Great dancing! Very inspirational I really had fun and made awesome memories!

I thought Spring blast was amazing. It felt so good to performing in front of an audience showing them all hard work we have been working on.

It was good Nice people.

I was a fun and exciting experience and I enjoyed watching and performing all the dancers thanks for having us

I loved it! It was a great experience and gave me so many ideas for my choreography's in the future

It was great. We weren't rush and they gave clear instructions.

I think that everyone was very polite, and the show was very organised and it was such a thrill to be a part of it

I thought it was very well planned. I really enjoyed it, everyone was helpful. I would of love a free t shirt!

The Harlow dance college were very helpful backstage, and the show was very well organised. I would have loved a t shirt

It was great and fun and a great experience

It was good, and I enjoyed the experience

St Michaels C of E

I loved all the dances they were brilliant. Thank you for all your hard work and loved the dances you chose for us.

I loved all dances they were fabulous. I thank you for all the work that you have taught us.

Well organized. Good clean changing rooms, fun show.

I really liked all the dances and I also really appreciate all the effort that everyone puts into it.

I think that all the dances were amazing, and all teachers were clear as they spoke, so we could understand.

A very well-organized event, I like the performances, just a little crowded in the dressing room.

I think it was a great experience and I liked it when the curtains closed at the end of the performance, but the changing rooms were a bit crowded.

I thought that the lighting was very good, but it needs to be a bit darker for when the children come on.

I thought it was good, and good seating. Also, you organised it very well.

Very well organised, just a little crowded in the changing rooms. I liked everybody's effort, thanks for the seating.

I liked all the dances and the lighting was cool. The way that you set out the changing places and being in the bar or balcony made it easy to move.

Maybe you could play music in the interval.

I loved it, it was great, and I thought the teachers were clear, so we knew what to do.

I thought it was great and maybe even better!

I think it was very good, but finale was a bit cramped.

I thought overall it was outstanding, it was spacious, the only thing that could have been improved was that you could have introduced each group.

It was good, but I would have liked a private dressing room for boys and girls.

I thought it was very good and I want to go again.

I liked the dances, but at the end it would be better if the whole dancers go on the stage but little ones at the front – for the finale. But I really enjoyed the rest.

I thought the organization was good.

Well organized, very big stage, loved performances, lights beamed in your eyes on stage but crowded in the dressing rooms.

It was fun to take part and it was a great experience

I enjoyed meeting people

It was good performing to other groups

It was a good experience

It was fun, and I liked watching other groups

It was very fun and interesting to see other groups.

It was enjoyable, and the people were very friendly

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 mark the 2017 UK-India Year of Culture that was announced by former Prime Minister David Cameron to celebrate the UK's cultural ties with India. The work will also commemorate the 400th anniversary of the death of William Shakespeare, and whose First Folio of work will be touring India during 2017.

September 2016 – July 2017

Summary

In the period September 2016 to July 2017 **The Dance Network Association** have worked supported by Active Essex (Essex County Council) and The London Borough of Barking and Dagenham to deliver Bard to Bollywood. We also saw a new partnership formed with the university centre Colchester and Essex music education hub and Epping forest district council (EFDC) which supported the event leadership and music. The project has reached approximately 3440 dancers which we have directly worked with we would expect schools have worked with an additional 1,408 (44 school's x 32 dancers in each class) totalling to 4848 participants on the project. We have also reached an audience number of approximately 11,000 in Essex and Barking and Dagenham. Essex Schools and young people had the opportunity to engage with county projects including Colchester Football Ground and Essex Cricket Ground. 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 43 schools and community groups across Essex and Barking & Dagenham and saw over 3440 children take part in the programme.

Keeping Dance Alive (2012 - 2014) 'The brand'

Keeping Dance Alive was created in 2012 initiated by Active Essex.

Since 2012 I, Gemma Wright the Artistic Director of the Dance Network Association has worked in close relations with county partners Active Essex to initially support the programme in showcases in 2013 and 2014.

In 2014 Gemma Wright was commissioned to deliver the mass choreography and performance programme and we saw our first titled project in 2015 – 2016 'The Haka'. We also welcomed our neighbouring borough 'London Borough of Barking and Dagenham' School Sports Partnership to join us as the Keeping Dance Alive brand began to grow across greater Essex including this London Borough.

In 2015/2016 the project was themed around the lead up to the Rio Olympic and Paralympic Games 2016 - Dance Rio Choreographed by Jennifer Irons supported by two lead dance artists Lisa Warnock and Lucy Blazheva and initially 20 dance captains who were involved in the creation phase, from Harlow College.

Jennifer Irons also sourced music and worked alongside Dan Beats to blend our final track.

It was key for us as an organisation to create a mass-movement routine that was fully accessible for all groups who wished to take part i.e. reaching different age ranges and abilities and this continues in our aims of the programme.

This year 2016 – 2017 the project was named ‘Bard to Bollywood’. This year’s programme is designed to mark the 2017 UK-India Year of Culture that was announced by former Prime Minister David Cameron to celebrate the UK’s cultural ties with India. The work will also commemorate the 400th anniversary of the death of William Shakespeare, and whose First Folio of work will be touring India during 2017.

Bard to Bollywood has been Choreographed in collaboration by Lisa Warnock and Lucy Blazheva and initially 7 dance captains who were involved in the creation phase, from University Centre Colchester and 20 dance captains from the Borough of Barking and Dagenham from Sydney Russell and Jo Richardson Community School.

The music was specially created by Essex Music Education Hub and composer Phil Toms from University Centre Colchester.

Essex Launch: December 2016

In December we launched Bard to Bollywood in Essex where approx. 800 of schools were contacted to join the programme, we needed to ensure that at least 20 schools signed up to the programme to make it financially viable. Essex schools paid in £250.00 each to take part. The following schools joined us for Bard to Bollywood (schools and community groups)

Number	School / Group name	Type
1	Coco Care	Community
2	Lyons Hall Primary School	Primary
3	New Rickstone's Academy	Secondary
4	Colchester Academy	Secondary
5	Epping Forest District Council – Arts Team	Community
5	Harlow College	College
6	Ivy Chimney's	Community
7	JADA Theatre School	Community
8	Ravens Academy	Primary
9	St Andrews Great Yeldham School	Primary
10	St Michael's C of E Primary School	Primary
11	The Colne Community School	Secondary
12	White Court Primary School	Primary

13	Woodham Walter Primary School	Primary
14	John Bunyan Primary School	Primary
15	Holyport College	Secondary
16	Plume Academy	Secondary
17	St Andrews Halstead	Primary
18	West Horndon Primary School	Primary
19	Dance Station	Community
20	The James Hornby School	Secondary
21	Clacton Coastal Academy	Secondary
22	Honywood Community Science School	Secondary
23	The Gilbert School	Secondary
24	RE: Generation	Community
25	Flux Dance Collective	Community
26	Reflex	Community
27	Clacton County High	Secondary
28	Down Hall	Primary

21 groups took part from Essex in 2015/16 for Dance Rio so we increased our number of groups engaged in Bard to Bollywood by 7 which is approx. 192 additional dancers.

Barking and Dagenham Launch: December 2016

In December we launched Bard to Bollywood in Barking and Dagenham where 24 teachers came together to find out about the programme from 16 schools. We also had 3 dance artists from the Borough attend:

B&D's programme is fully funded by the School Sports Partnership and therefore schools do not need to buy into the programme. The following schools then signed up to join us for the project:

Number	School	Type of school
1	Becontree	Primary
2	Northbury	Primary
3	Eastbury	Primary
4	George Carey	Primary
5	Highlands	Primary Redbridge
6	Jo Richardson	Secondary
7	John Perry	Primary
8	St Margaret's C of E	Primary
9	Sydney Russell	Secondary

10	Richard Alibon	Primary
11	St Joseph's Barking	Primary
12	Riverside Bridge	SEND School
13	St Vincents	Primary
14	Manor Infants School Sandringham Road Site	Primary
15	Valance St Georges Road	Primary
16	Valance Bonham Road	Primary
17	Dance Captains from Jo Richardson and Sydney Russell	Secondary

21 Schools took part in 2015/16 so a slight decrease in overall engagement from B&D groups but we believe this was due to Dance Rio being such an iconic year in 2016 and now the programme is part of Inspire (Local Education Partnership) and the schools have many other programmes they can also be part of and therefore are spread across all projects engaging with more in the Borough as a whole. .

Essex Teacher Training Day: Friday 22 January 2017

Our Essex teacher training day took place at Harlow College

Time: 10.00am arrival starting at 10.30am – 15.30pm

14 teachers attended (21 school teachers and 7 dance artists)

From the following schools and community groups:

Number	School/ Group	Name
1	Epping Forest District Council	Vanessa Gayton
2	Epping Forest District Council	Sam Roberts
3	Epping Forest District Council	Elysia Tebb
4	Coco Care	Helen Foot
5	Coco Care	Naomi Johannsen
6	Lyons Hall	Gerry Smyth
7	Lyons Hall	Rachel Few
8	St Michaels C of E	Ruth Mattin
9	St Michaels C of E	Jordan Thomas
10	Consultant	Bobbie Gargrave
11	St Andrews Halstead	Lisa Press
12	St Andrews Gt Yeldham	Nic Smith
13	St Andrews Gt Yeldham	Sam Hodges
14	Holyport College	Kerry Treacy
15	Holyport College	Frankie Gallop

16	Woodham Walter	Jo Keeble
17	John Bunyan	Cat Stiff
18	JADA Theatre School	Lauren Ball
19	Ravens Academy	Charley Minter
20	Ravens Academy	Ricky Spriggs
21	Colne Community School and College	Sophie Gregory
22	White Court Primary	Ailish Parish
23	White Court Primary	Abby Wood
24	James Hornby	Ami Radford
25	Dance Network Team	Emily Lewis
26	Dance Network Team	Hannah Redfearn
27	Dance Network Team	Sarah Lloyd
28	Dance Network Team	Zoe Morey
29	Dance Network Team	Becky Edwards
30	Dance Network Team	Josie Pavely
31	Dance Network Team	Charlotte Haddon

During the training dates all schools received the following support material and funding to deliver the programme:

- DVD tutorial and CD of music
- Full written resource pack
- Access to a google drive to access repeat copies of all the paperwork and resources

Barking and Dagenham Teacher Training Day:

Friday 5 February 2017

Our B&D teacher training day took place at Dagenham Park School

Time: 9.30am arrival starting at 10am – 15.30pm

Total of 36 teachers attended (15 school and 3 dance artists)

From the following schools

Number	School	Name
1	Becontree	
2	St Vincents	
3	Eastbury	
4	Valance	
5	George Carey Primary School	
6	Highlands	

7	Riverside Bridge	
8	Jo Richardson	
9	John Perry	
10	Northbury	
11	Ripple	
12	Manor Infants	
13	Richard Albion	
14	St Joseph's Barking	
15	St Margaret's C of E	
16	Dance Network Team Member	Sharlene Carter
17	Dance Network Team Member	Leon Hazlewood
18	Dance Network Team Member	Helen Foot

During the training dates all schools received the following support material and funding to deliver the programme:

- DVD tutorial and CD of music
- Full written resource pack
- Access to a google drive to access repeat copies of all the paperwork and resources

Essex Workshops: January – April 2017

Essex schools could make an additional payment to have either 3 x 2-hour workshops in their schools. OR could pay for single hours depending on need.

Classes were be-spoke to the schools that paid into them and communication between the teacher and lead artists supported how these sessions were to be delivered.

Workshops took place in the following schools:

West Horndon (Sam Roberts) Paid for 10 hours total

Down Hall Primary School (Lucy Blazheva, Ali Graves, Hannah Redfearn and Emily Tomlin) paid for 30 hours total

Seeing approx. 230 dancers

Barking and Dagenham Workshops: February – June 2017
 B&D were offered 2 x 1-hour workshops in their schools.

Classes were be-spoke to the schools that paid into them and communication between the school teacher and artists supported how these sessions were to be delivered.

18 of our schools opted for additional workshops out of the 21 schools involved these took place in the following school seeing approx. 1220 dancers

School	Number of Children	Dates of workshops	Time	Deliverer
Becontree	26	29 March	15.15 – 16.15	Sam Blaney
Valance	24	9 March	11.00 - 12.00	Sharlene Carter
	24	9 March	09.30 - 10.30	
	24	4 May	11.00 - 12.00	
	24	4 May	09.30 - 10.30	
Eastbury	17	24 February	12.45 - 13.45	Sam Hodges
	28	03 March	12.45 - 13.45	Sharlene Carter
	28	08 June	11.00-12.00	Sharlene Carter
Northbury Primary School	14	21 March	15.10 - 16.10	Sam Hodges
	10	23 March	15.10 - 16.10	
George Carey Primary School	23	13 March	13.30 - 14.30	
	18	15 May	13.30 - 14.30	
Ripple School	18	7 March	13.30 - 14.30	Sharlene Carter
	20	6 June	13.30 - 14.30	
John Perry	20	6 March	13.15 – 14.15	Sharlene Carter
	28	27 April	13.15 - 14.15	
Jo Richardson	17	4 April	15.00 - 16.00	Sharlene Carter
	15	25 April	15.00 - 16.00	
Manor Infants	22	28 February	09.15 - 10.15	Zoe Morey
	22	2 May	09.15 - 10.15	
St Vincents	29	5 May	13.40-14.40	Sam Hodges
	28	9 June	13.40-14.40	
Richard Alibon	14	21 March	07.45 - 8.45	Sharlene Carter
	20	2 May	07.45 - 8.45	

St Joseph's Barking	20	12 May	13.30 - 14.30	Sharlene Carter
Riverside Bridge	6	05 June	9.30 - 11.00	Helen Foot
St Margaret's C of E	18	6 March	15.00-16.00	Sam Hodges
	23	5 May	15.00 - 16.00	
	32	8 June	13.00-14.00	Sharlene Carter
Sydney Russell	26	21 March	14.00 - 15.00	Sharlene Carter
	29	25 May	14.00 - 15.00	
TOTALS	667 Children reached		32.5 Hours taught	

Mass Rehearsals

Before our mass rehearsal took place, we had three team days on:

Monday 16 May at Jo Richardson Community School with Dance Captains from Jo Richardson and Sydney Russell Leon Hazlewood, Sharlene Carter, Lisa Warnock and Lucy Blazheva.

Date: at University Centre Colchester with Dance Captains from Reflex, and the front commission artists from Flux Dance Collective, Lisa Warnock and Lucy Blazheva and Emma Meek.

Date: at Harlow College with Dance Captains from Harlow College, Emma Meek and Vanessa Gayton

for each event team.

On these dates Lucy and Lisa spoke to the team about their roles and responsibilities, and the front commission was rehearsed with each team. Details were also given on the entrance and exits at the performances and that we needed to go through this as a priority at the mass rehearsals and offered support and advice on how to handle any queries when we came to the performances and what to expect.

During the Mass rehearsal dates schools received their T-shirts (T-shirts charged at £8.00 per dancer)

Colchester Football Ground

Took place at The Weston Homes Community Stadium, United Way, Colchester, Essex. CO4 5UP

Date: 26 April 2017

Time: 10.00am arrival starting at 10.30am – 14.00pm

364 Dancers and 37 teachers attended

From the following schools and community groups:

School/ Group	Number of Staff	Number of Children
St Michael's C of E Primary	2	34
Woodham Walter Primary School	2	27
St Andrews Great Yeldham School	2	23
Coco Care	4	17
Ravens Academy	3	36
JADA Theatre School	3	13
New Rickstone's Academy	3	18
Colchester Academy	2	15
The Colne Community School	2	21
Holyport College	2	19
John Bunyan	2	25
Plume	2	24
St Andrews Halstead	2	13
White Court Primary	2	21
The James Hornby School	2	32
Clacton Coastal Academy	2	22
Reflex and Flux	0	4
TOTAL	37	364

Essex Cricket Ground

Took place at Essex County Cricket Club, The Essex County Ground, New Writtle Street, Chelmsford, Essex CM2 0PG 10.00 – 13.30

Date: 30 June 2017

Time: 10.00am arrival starting at 10.30am – 13.30pm

230 Dancers and 24 teachers attended

From the following schools and community groups:

School/ Group	Number of Staff	Number of Children
Colchester Academy	2	15
Coco Care	4	7
Harlow College	1	14
JADA Theatre School	2	13
Lyons Hall	2	23

New Rickstone's Academy	2	18
Holyport College	1	19
Clacton Coastal Academy	3	22
Woodham Walter Primary School	3	27
James Hornby	2	32
RE: Generation	0	8
West Horndon Primary School	2	32

Jim Peters Stadium

Took place at Barking Sports house and Gym, Mayesbrook Park Lodge Avenue RM8 2JR 10.00 – 12.00 and Jim Peters Stadium 13.00 – 14.30

Date: 18 May 2017

Time: 10.00am arrival starting at 10.30am – 14.00pm

340 Dancers and 29 teachers attended

From the following schools:

School/ Group	Number of Staff	Number of Children
Manor Infants	2	29
Becontree	2	28
Northbury Primary School	3	28
George Carey Primary School	2	26
Highlands	3	20
Jo Richardson Community School	2	12
John Perry	2	30
St Vincents	2	31
Valance	2	50
Ripple	3	24
Richard Alibon Primary School	2	22
St Joseph's Catholic Primary School, Barking	2	22
Dance Captains (Sydney Russell 2/ Jo Richardson 16)	2	18

Performances

Colchester Football Ground 6 May 2017 15.50pm

Took place at The Weston Homes Community Stadium, United Way, Colchester, Essex. CO4 5UP

Date: Saturday 6 May 2017

Time: 13.00 arrival performing at 15.50pm

464 Dancers and 45 teachers attended

Approximate audience 4500

Full Video: <https://vimeo.com/227739269>

From the following schools and community groups:

School/ Group	Number of Staff	Number of Children
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St Michael's C of E Primary	2	34
Dance Station	0	12
Woodham Walter Primary School	2	27
St Andrews Great Yeldham School	2	23
Coco Care	4	17
Ravens Academy	3	36
JADA Theatre School	3	13
New Rickstone's Academy	3	18
Colchester Academy	2	15
Ivy Chimneys	2	20
Clacton County High	2	20
Gilberd School	2	20
The Colne Community School	2	21
Honywood	2	18
Holyport College	2	19
John Bunyan	2	25
Plume	2	24
St Andrews Halstead	2	13

White Court Primary	2	21
The James Hornby School	2	32
Clacton Coastal Academy	2	22
Reflex and Flux	0	14
TOTAL	45	464

Essex Cricket Ground 1 July 2017 20:00

Took place at Essex County Cricket Club, The Essex County Ground, New Writtle Street, Chelmsford, Essex CM2 0PG

Date: 1 July 2017

Time: 17.00 arrival performing at 20.10pm

278 Dancers and 28 teachers attended

Approximate audience

Full Video: <https://vimeo.com/227737848>

From the following schools and community groups:

School/ Group	Number of Staff	Number of Children
Colchester Academy	2	15
Coco Care	4	7
Ivy Chimneys	2	21
Harlow College	1	16
JADA Theatre School	2	13
Lyons Hall	2	23
John Bunyan	2	25

New Rickstone's Academy	2	18
Holyport College	1	19
Clacton Coastal Academy	3	22
Woodham Walter Primary School	3	27
James Hornby	2	32
RE: Generation	0	8
West Horndon Primary School	2	32
Total	28	278

Jim Peters Stadium 15 June 2017 9:30

Took place at Jim Peters Stadium

Date: Thursday 15 June 2017

Time: 8.00am arrival performing 9.30am

382 Dancers and 33 teachers attended

Approximate audience 500

Full Video: <https://vimeo.com/227741659>

From the following schools:

School/ Group	Number of Staff	Number of Children
Manor Infants	2	29
Becontree	2	28
Eastbury Primary School	2	24
Northbury Primary School	3	28

George Carey Primary School	2	26
Highlands	3	20
Jo Richardson Community School	2	12
John Perry	2	30
St Vincents	2	31
Valance	2	50
Ripple	3	24
Richard Alibon Primary School	2	22
St Joseph's Catholic Primary School, Barking	2	22
St Margaret's C of E School	2	18
Dance Captains (Sydney Russell 2/ Jo Richardson 16)	2	18
Total	33	382

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

We have worked with 51 students in 2016/17 which equates to around 3166 professional hours on 'work placement' to support their progression in the dance industry. Young professionals have worked through three different routes of interest:

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

Teaching and Creation:

Students have required a DBS Check to deliver this work.

Youth Dance Provision/School delivery and elders programme.

We have two areas that can cover this a student can either go out with our lead dance artists and support youth dance provision or in school delivery dependent on what we have running at the time the work placement is offered. Much of activity is offered to schools during out of curriculum time and therefore the student will be required to observe, watch and deliver between the hours of 3 – 9pm to cover these spaces.

Activity is also spread across the county, so students will need to be able to easily travel and would be more beneficial to a student that can drive.

One of our main work placements was with Emma Meek who supported our elders programme, please see RE: Generation for more details of Emma's post. Our other was the team of Dance Captains we worked with from Harlow College and DNA Studios on our *Keeping Dance Alive Programme*.

Students who have commit to Keeping Dance Alive have been on a long-term work placement between September 2016 – July 2017 offering them the role of 'Dance Captain'.

Each student has been required for approximately 96 hours, but this has offered them a wide range of activity for their CV's and generally to work with a renowned choreographer and the county organisation for dance.

- Students have spent approx. two days (8 hours) to create a piece of mass choreography with choreographer (Sep – Dec)
- They have then been required for approx. 2 days (8 hours) filming the tutorial DVD (Oct -Dec)
- Students in January attending a training day with the team on 'how to deliver the mass rehearsals and performances and in school workshops'.
- In school delivery – various locations and workshops with the lead artist one dance captain per school (example this year there are 24 schools asking for workshops 24 x 3-hour workshops = 72 hours of delivery split between the captains)
- Mass rehearsals: Dance Captains in April – May were required to support and lead school groups during mass rehearsals (x 3 days).
- Performances: Dance Captains were required to support and lead school groups during the real performances (at major sporting venues and events) x 3 days in April – July that may require evening and weekend work.

Events

Throughout the year the Dance Network Association offers a range of performance platforms and events within the theatre.

For this we have provided work placements as front of house support, stage managers, sound and lighting engineers and so on, those that have an interest in production.

Our main event this year was SpringBlast where we had 17 students from Harlow College supporting as front of house team members.

Administration/Business

We also offer support by observing the work of the Artistic Director, could involve helping to design projects, attending and minute important meetings, working with budgets, face to face with clients, telephone calls, general database work, updating websites and social media etc.

Students could also offer support for the above projects in terms of marketing, taking photography's, filming and editing events and so on.