



Every Move Counts

In an exciting new commission in collaboration with the Essex Education Taskforce and Adult Social Care, DNA has been asked to create a new intergenerational dance project for the Essex Year of Numbers. Essex Year of Numbers is a countywide campaign that aims to inspire a love of learning, with a focus on numeracy. Read more at www.essex.gov.uk

Project Summary

2 x 12 week long intergenerational programmes based in Tendring that culminate in a celebratory event; working with older adults specifically living with dementia and young people in primary school settings from KS1.

The programme focuses on combining mathematical language with creative dance and movement.

The project aims are to:

- Bring together care homes & schools for a shared endeavour; reducing ageism and exposure to people with lived conditions
- Celebrate mathematics through movement using creative teaching styles and strategies
- Build and develop skills for the participants and staff in creative movement and mathematical language
- Support and develop cognitive function of both older adults and young people
- Provide a creative approach to teaching maths for young people that are more reluctant to engage in more traditional approaches
- Provide a fun and creative approach to physical activity for those that are less active or shy away from physical activity

- Support schools to attain the key elements for maths outlined in the National Curriculum for KS1
- Provide professional development for primary school teachers to be able to deliver maths through dance

We will achieve this by:

- Arranging a Dementia friends session for each school
- Ensuring that the work is dementia friendly, by working partners to hear their feedback, and reflecting and developing our content throughout the delivery of the project
- Teaching maths kinaesthetically to encourage a love of learning and numeracy
- Including terminology and creative dance choreography to increase mathematical language inc. fractions – whole/half/quarter beats; body angles, feet parallel, diagonals, different counts, distance, number, patterns, space (multiple patterns and concepts in choreography).
- Slowing down symptoms, (case studies) specifically for people living with Dementia
- Providing lesson plans around mathematical dance for primary school teachers
- Arranging an end of project sharing to celebrate ways in which mathematics can be taught where everyone counts

In the delivery of this work we are searching for **1 x Lead Dance Artist for Adults** working mainly with older adults specifically living with dementia but also able to deliver / co-lead Intergenerationally as we bring a school group and older adult group together.

Role of the Lead Dance Artist for Older Adults (intergenerational Co-Lead)

The project is set out in 2 x 6 week blocks making up 12 weeks total (there are 2 projects of 12 weeks which are to be delivered on the same day). Your role will be to lead and deliver content to 2 settings that work with people living with dementia (care home, dementia cafe etc, DNA will have these groups set) over these 6 weeks.

We are hoping these groups will be based one in Clacton and one in Harwich - yet to be fully confirmed.

In the second 6 week block of the 12 week projects both the school and the setting for older adults will come together in the same space and you will co-lead these intergenerational sessions with our Lead Dance Artist for Young People.

Lead Artist responsibilities

- Lead classes as outlined in the above project activity. This may involve working with an array of age groups from young people to older adults with lived conditions.
- Manage registers, participant evaluation forms, travel arrangements and any other documents and feedback via online and/or paper copy. Use your Support Artist to help you manage administrative duties in class.
- Keep a record, short reflection/overview of the class and your contributions for our funding report, our programme manager may send you a separate google form to fill out each week or at the end of the project dates. (TBD)
- Take part in regular DNA team meetings or meetings with venues, Schools and with partners – this is reflected in the fee and will be discussed with you as and when during the programme.
- Purchase weekly milk and biscuits for refreshments for the social part of the classes.
- Guide and peer mentor your Support Artists and Volunteers during sessions and encourage their own personal development; show them how to meet & greet participants, manage donations and fees & petty cash, registration & evaluation, and support & engagement throughout.
- Complete weekly risk assessments using DNA risk assessment forms – give these to the programme manager at the start of the programme, and check against these on a regular basis. Report immediately any concerns and problem solve, adapt classes to provide safe and effective classes.
- Ensure participants safety during and after classes including contacting next of kin or health services if and where required.
- For each session, your fee includes an additional 30 mins to set up and clear classes, please familiarise yourself with the venue, as furniture may need to be moved to deliver your class.
- Be passionate and an advocate of the work and DNA as an organisation in public.
- To work professionally (as requested) with other partners and organisations when appropriate.
- Work in line with DNA's GDPR and Data Protection policy, be responsible for the securing of any sensitive or confidential material.

Before applying we are looking for the following key skills:

- Minimum of 5 years experience leading dance for older adults
- Experience of working with people with lived conditions
- Good knowledge and understanding of safe practice
- Dependable
- Approachable
- Empathetic
- Adaptable
- Good collaborator
- Passionate
- Have personal Public Liability Insurance
- Able to drive and have access to personal mode of transport (project in rural areas)
- Strong communication skills
- Organised
- Ability to peer support a team member
- Willing to share skills
- Comfortable training other staff (staff from adult settings and/or school staff)
- Provide own equipment
- First aid trained in the past 3 years

Desirable

- Dementia training
- A good understanding of those living with Dementia
- Hold an Enhanced DBS check either on the update system or is less than 2 years old

Total fee available inclusive of expenses and planning

£1930.00

12 x delivery days, 3 x planning days (inc. zoom meetings with DNA team) and travel for the full project (which is made up of 2 groups per delivery day)

Before applying it is essential for all applicants to be available on the following dates:

- Initial project meeting Zoom: Morning Friday 17 November 2023

- Meeting on Zoom: Morning Friday 08 December 2023
- Project dates
Part 1: 12|19|26 January and 02|09|16 February 2024
HALF TERM
Part 2: 01|08|15|22 March and 19|26 April 2024
- Evaluation/feedback session (end of project, date TBC)

TO APPLY:

Please send the following items in one email to

info@dancenetworkassociation.org.uk by 17:00 on Friday 27 October 2023.

- Up to date one page CV
- Cover letter outlining your experience and interest and why you would like to deliver on this programme
- Video of you delivering an older adults session or an invitation to watch you deliver a session

If you have large files please do send your full email through [We Transfer](#). Our Support Officer will let you know they have been received.

DECISION FOR ALL APPLICATIONS

All applications will be reviewed by a panel that will include:

CEO and Founder: Gemma Wright

Dancing For Joy Manager: Karen Pratt

Education Manager: Steph Townsend

Who are DNA?

Dance Network Association is a registered charity that enables people to live more connected, joyful, and aspirational lives through dance. DNA has been the leading 'Dance for Health' organisation in Essex since 2015.

Dancing with DNA provides opportunities for people to improve their confidence and physical wellbeing nurtures creativity and independent thinking and enhances friendships through social interaction. We facilitate the gap between arts and health by providing holistic, person-centred dance programmes.

DNA is an inclusive, female-led organisation drawing on personal experiences to support people to live well through dancing.



Essex Year of

