



Spiral Dance
inspiring people to dance

InSPIRALing Dance

Creative Movement & Dance Ideas for the Over 50's

TRAINING – INSPIRATION PACKAGE

6 HOURS DELIVERY

COST: £450

MAXIMUM NUMBER OF PARTICIPANTS - 20



Spiral Dance is offering an inspiration training day to explore a range of dance ideas, in a practical way, for delivering high quality dance when working with older people. The day will encompass ideas to use with both active and frailer older adults.

The day is aimed at dance artists currently working with Older People or for those who are extending their field of work in this area; OT's and Activities Coordinators working with Older People; Degree Students with an interest in community dance.

CONTENT OF THE DAY:

- Why dance? Issues relating to dance and ageing. Risk assessment.
- Basic dance activities targeting specific body parts/mobilisation.
- Creative dance ideas.
- Seated Activities
- Mobile activities
- Prop inspired dance activities
- Style based dance activities
- Adapting mobile activities for seated sessions

Participants will receive a resource package containing activities/ideas outlined, resource information, suggested music

Participants will receive a certificate of attendance.

The day will be facilitated by Spiral Dance's highly experienced dance practitioners who have initiated and delivered very successful dance sessions in the Rochdale Borough, as part of the Spiral Dance Big Lottery funded Creative Movement and Dance project 2007-2010, and in the Oldham Borough, as part of the Communities for Health project. The practitioners have experience of working with both active and frailer older people in open sessions, sheltered housing and residential homes and in hospital settings

To book a training package or for further information contact MARGARET GREENWOOD

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Spiral dance is a community dance company based in Rochdale Borough creating opportunities for all to dance through projects, training and performance. We believe that dance can change the way people think and feel, that dance is inclusive and can engage with people of all ages, abilities or levels of experience.

