

Take your Partners Dance and Health Seminar

Monday 9 November 2009
DanceXchange, The Patrick Centre
Birmingham Hippodrome, Thorp Street, Birmingham B5 4TB

Dancing forms part of the physical activity spectrum and as such can contribute to adults achieving the recommendations of at least 30 minutes of moderate physical activity on at least five days of the week and for children and young people to achieve the recommendations of 60 minutes of moderate activity every day.

In 2006 the Department of Health and the Arts Council published "Dance and Health: The benefits for all people", a document that clearly laid out the health benefits of dance and provided a number best practice cases studies. The document clearly lays out the physical, mental, personal, social and educational benefits of dance to encourage partnerships between the dance and health sectors.

This seminar will focus on making connections between dance and the health of people in the West Midlands and aims to:

- Highlight the value of dance in achieving health targets
- Increase opportunities for dance and health partners and provision across the region
- Showcase current dance initiatives
- Create the opportunity for Dance Artists to network and get work!

This seminar is for:

Dance practitioners who want to increase their links with the health sector
 Health professionals, physical activity and sports professionals who wish to develop their links to dance
 Local Authority Arts, PCT personnel, Physical Activity and Sports Development Officers
 Education representatives
 Play workers
 Voluntary sector representatives
 Community group representatives

Key Speakers

Jan Burkhardt, Health Improvement Specialist Leeds PCT

Suzanne Gardner, Regional Physical Activity and Sport Coordinator PAN-WM

Toby Norman-Wright, Youth Dance Strategy Manager, West Midlands (in partnership with Youth Dance England)

Jade Moulden, National Delivery Manager, Exercise Movement and Dance Partnership



Programme for the Day

Promote your physical activity programmes by bringing along your exhibition boards for our market place!

- 9.00 Registration and coffee
- 9.30 Welcome
- 9.35 Ten Green Bottles Dance Performance- Arcane Dance Company
- 10.00 Introduction to Dance and Health- Jan Burkhardt, Health Improvement Specialist Leeds PCT
- 10.30 National Physical Activity agendas and Physical Activity Care Pathway in relation to Dance – Suzanne Gardner, Regional Physical Activity & Sport Co-ordinator - West Midlands Department of Health & PAN-WM
- 11.00 Report on Dance Active- Toby Norman Wright, Youth Dance Strategy Manager, West Midlands DanceXchange (in Partnership with Youth Dance England) and Miranda Ashwell, Public Health Programme Lead for Physical Activity
- 11.30 Break
- 11.45 Workshop A, B & C
- 12.30 Workshop A, B & C
- 1.15 Lunch and networking
- 2.15 Warm up- Arcane Dance Company
- 2.30 Workshop D or E
- 3.15 Workshop D or E
- 4.00 'Breaking the Barriers: A United Offer from Movement and Dance -Jade Moulden, National Delivery Manager, Exercise Movement and Dance Partnership
- 4.20 Summary and Pledge- Toby Norman-Wright, Youth Dance Strategy Manager, West Midlands DanceXchange (in Partnership with Youth Dance England)
- 4.30 Close

Programme subject to change

Please wear comfortable clothing for practical sessions
No shoes allowed in the dance studios



Workshops

Delegates will have the opportunity to choose 2 workshops from A, B, C in the morning session and 2 workshops from D and E in the afternoon session. Please specify your 2 preferred workshops for the morning session on the booking form provided. Please note workshop choices are not guaranteed

Morning session

A.

“Healthy Lifestyles –A day in the Life of Mr Splodge and Mrs Zip”

Delivered and devised by Yael Owen-Mckenna & Alexis Haines

Team Leaders, Dance and Drama, Performing Arts Service, Coventry Performing Arts

The session will enable and facilitate a creative learning experience, in exploring the topic of Balanced Eating, Exercise and Healthy Lifestyles. It is anticipated that the participants will gain a greater understanding of these issues via their own physical, inventive and cognitive interaction with the characters of Mr Splodge and Mrs Zip. This will aim to leave a lasting legacy of the importance of a Healthy and Balanced Lifestyle.

Join us for a treasure hunt, a relay race and an interesting insight into a day in the life of Mr Splodge and Mrs Zip.

B.

“Ten Green Bottles” Young People and Binge Drinking led by Caroline Holder,

Innovations Officer for PE and Active Lifestyles, Staffordshire County Council and Jo Rhodes, Artistic Director of Arcane Dance Company.

To look at how Staffordshire County Council has used Arcane Dance Company's Ten Green Bottles (choreography by Claire Pring) project to raise awareness about the issue of alcohol misuse and explore issues and ideas with parents and pupils. The workshop will give you an insight into the project, what the impact has been in Staffordshire and how partnership working has enabled it to be developed and rolled out across the county.

C.

“Dance4Health” led by Cathryn Ravenhall, Community Arts Officer, Warwickshire County Council

This workshop will outline the Warwickshire's' Dance4Health dance & disability programme and draw on measured outcomes and anecdotal evidence (including health checks, questionnaire, focus group and dance & disability awareness days) gathered in the project. The facilitator will share learning on areas for considerations for engaging adults with physical and learning disabilities and carers to access dance and health programme. Stuart's Story, a 5 min film about Stuart's personal journey in this programme will be shown.

This is not a practical dance workshop.

Afternoon session

D.

Move it, Obesity, Body image and the impact on young people led by Maggie Lewis, Extended Schools and Community Arts Team Leader & Laura Simmons, Dance Curriculum Team Leader, Dudley Performing Arts

Move it! Uses dance to explore issues relating to obesity, specifically addressing issues of body image and the impact this has on young people's self esteem and self confidence.

E.

Dance and Older people: The PCT (NHS) experience in Sandwell led by Cathy Ferriday, Physical Activity Lead & Deb Davies, Agewell/Active Sandwell Programme Manager, Sandwell PCT

Sandwell PCT will be talking about their experience in Sandwell working with dance and older people. They will include information about what a PCT would be looking to commission, their targets and objectives.

This is not a practical dance workshop.

How to get there

The Patrick Centre

If you're attending a performance at our studio theatre The Patrick Centre you need to enter the main entrance of Birmingham Hippodrome on Hurst Street and take the lift or stairs to Level 3.

By Train

New Street Station is only a 5 minute walk from DanceXchange. For information on train services please contact **Centro** on **0121 200 2700** for local services or **National Rail Enquiries** on **08457 484950**.

By Bus

The Bullring is on many major bus routes in and out of the City Centre and is just a few minutes from the Hippodrome. For local bus enquiries please contact **Centro** on **0121 200 2700**.

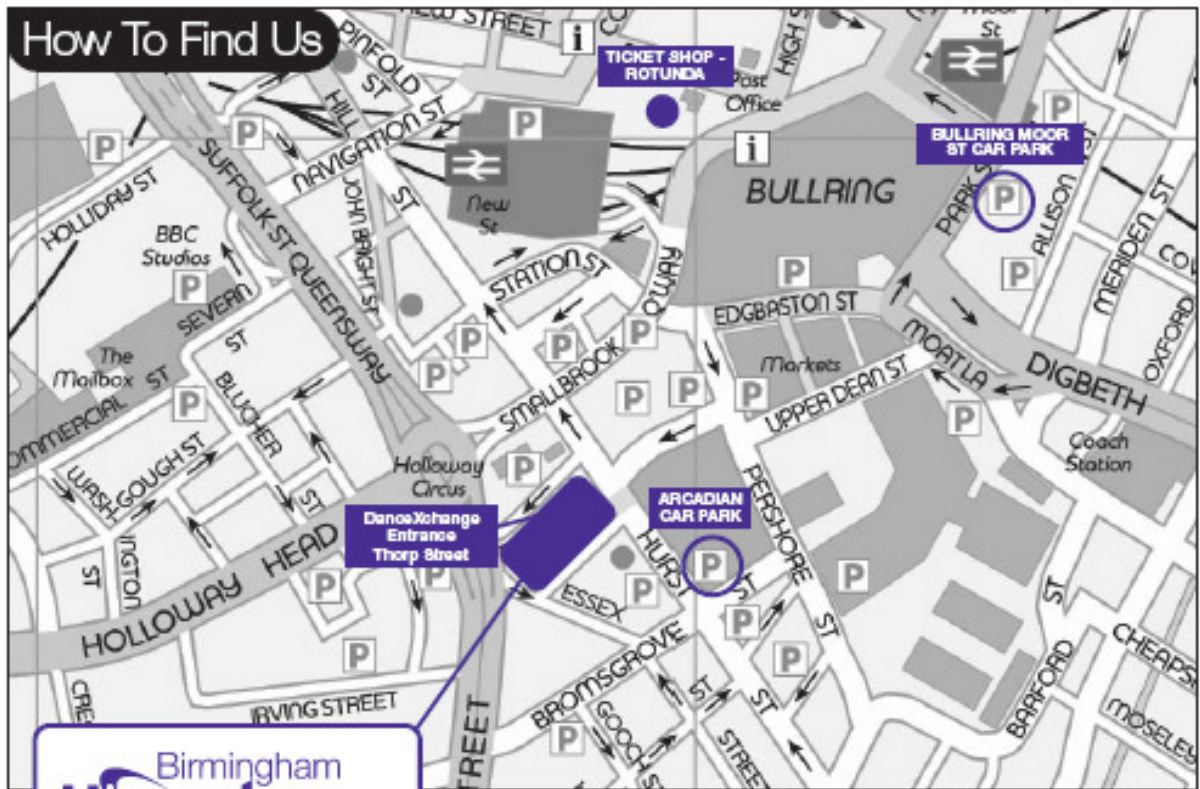
By Car

There are several NCP car parks in the surrounding area – the nearest being on Thorp Street, opposite our stage door entrance

Birmingham Hippodrome

Birmingham Hippodrome
Hurst Street Birmingham B5 4TB

How To Find Us



Booking form

Please complete 1 booking form for each delegate wishing to attend the seminar. Places at the seminar are limited, so please book early to avoid disappointment.

Contact details

Name.....
Job Title.....
Organisation.....
Address.....
.....
Postcode Telephone
Email

Please indicate below any specific individual needs e.g. dietary/disability/access

Workshop choices

Please select 2 from the first three for morning session (A, B or C)

Morning A B C

Please note workshop preferences are not guaranteed

Charges for attending the seminar

PAN-WM Members: There is no charge for members to attend this event

Non Members

£30 for Public and Private sector delegates

£15 for Voluntary and Community sector delegates and students

I am already a member of PAN – WM, my membership no is

I am a non- member of PAN – WM, please invoice my organisation.

Purchase Order no

E-mail to Erica.rogers@pan-wm.org.uk or complete and post to:

Erica Rogers
PAN-WM Coordinator
C/o Trident Care and Support
Fairlie House
Trident Close
Erdington
Birmingham
B23 5TB

For further details please contact Erica Rogers on 07825915068 Would you like to join PAN-WM membership? Attend our events free of charge plus receive weekly e-bulletins with useful resources. Go to www.pan-wm.org.uk for more details.

**Take your partners is supported by Youth Dance England, DanceXchange
and the Dance and Health Sub Group**