

# Dance Classes

for physical and mental wellbeing

at the Southwark Resource Centre | Adults

**Weekly from 31 October 2017**

Information Leaflet and Registration Form



This booklet contains information about dance classes for adults run by the Southwark Disablement Association (SDA) and delivered by *involuntarymovement* at the Southwark Resource Centre.

Our classes are fully inclusive.

We welcome and encourage participants of all physical abilities and backgrounds.

**Support workers accompanying participants are welcome to join us free of charge. We require support staff to fully take part in class. Please ask us for our support worker information sheet for more details.**

A registration and referral form is included within this booklet.

Our classes are for anyone wanting to have fun using movement and creative dance. We start with a warm-up that can be done either standing or sitting on a chair or wheelchair. We then make up a dance together and share it with each other at the end of class.

No previous dance experience is necessary.

We all move in our own unique ways. In our classes we celebrate our individual ways of moving; every movement, the wave of a hand, the twitch of a finger is turned into a dance. All movement is dancing!

Come dance with us!

You can come in for just one session, but we encourage you to book for at least 10 sessions at a cost of £50, as the number of available places is limited. You can start with us at any point during the year.

**£5 per session**

## **Section 1:**

### Participant contact details

Please fill this registration form when you take part for the first time in dance classes run by SDA/*involuntarymovement* at the Southwark Resource Centre.

We need this information to be able to contact you and inform you of practical and other arrangements about the classes.

This form may be filled by the participant or a person wishing to refer a participant.



Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_



Postcode at home address: \_\_\_\_\_

Full address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Phone number: \_\_\_\_\_



Email address: \_\_\_\_\_



Emergency contact person: \_\_\_\_\_

Relationship to participant: \_\_\_\_\_

Emergency contact phone number: \_\_\_\_\_

\_\_\_\_\_

## Section 2:

### Participant medical and care needs

Neither SDA nor *involuntary movement* are able to meet any medical needs or provide any medical assistance.

We ask for a minimum of medical information about conditions that might affect your participation in classes, so that we can facilitate your access to them.

● Do you require assistance for personal care?


Yes

No

● Will your support worker, carer or personal assistant be attending the class with you?

Yes

No

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- Do you have any conditions that might affect your participation in class? (e.g. epilepsy, hearing impairment, visual impairment):

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- Is there any other information you might like to give us to help us facilitate your participation in class? (e.g. particular likes and dislikes, likelihood of behaving aggressively under some circumstances):

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## **Section 3:**

### Referrer details

Fill in this section only if you are referring a participant.

We ask you to please notify us in advance if a participant you have referred is not able to attend a session. This is so that others who are on the waiting list can attend, and to ensure that all absences are autherside by you, the referrer.

Please note that in cases where we are notified of an absence by anyone other than the referrer, we will contact the referrer for confirmation of this.



Name: \_\_\_\_\_

Relationship to participant: \_\_\_\_\_

Full address including postcode: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Emergency contact colleague: \_\_\_\_\_

Emergency contact phone number: \_\_\_\_\_

Reason for referral: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Section 4:

### Class schedule **2017/18**

- Please indicate below whether you are registering for a drop-in class or for a full term of 10 sessions. You can start at any time.

#### **Inclusive dance for physical and mental wellbeing suited to participants with all levels of physical ability**

Drop-in

10 sessions

Please wear comfortable clothes in which you can move freely. Please also wear sensible shoes, with no heels. You can participate in classes barefoot.

Changing facilities are available at the venue. Please remove all jewellery and watches before class starts.

31 October 2017 – 23 October 2018

(breaks on Christmas Day and New Years Day)



**Tuesdays 11am – 12.30pm**



# Free Dance classes

## Southwark Resource Centre for Independent Living

For more information, contact:


**Ali Kaviani** @ [ali@involuntarymovement.co.uk](mailto:ali@involuntarymovement.co.uk)

 07732568484

You can also find him every Monday and Tuesday



at

 Southwark Resource Centre  
10 Bradenham Close  
SE17 2QB  
Access via Westmoreland Road

