



# Dance-theatre classes

at the Southwark Resource Centre | Adults



Information Leaflet and Registration Form  
**Winter 2016 | 11 January – 15 March**

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

Our classes are fully inclusive. We welcome and encourage participants of all abilities and backgrounds.

A registration and referral form is included within this booklet.

## Open classes

For anyone wanting to have fun using movement and creative dance, with a bit of drama. We start with a warm-up which 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 each class.

You can come in for just one session or book for the whole term. In order to encourage you to try out our classes, for the spring term all open classes are charged at a discounted rate:

£

**One session:** ~~full price £12~~, **now £8 for winter 2016** **Whole term of 10 sessions**, discounted by an extra 25%:

**£60 for whole term if paid in advance**

## Performance / Creative workshops

Our performance workshops start off in the same way as our open classes. Over the long term we put the dances and scenes from different sessions together and make longer sequences and performances that can be shared with audiences of friends, family and maybe others, too! We also make films!

£

**Workshops are free for open class participants on the same day.**

**Otherwise £8 per workshop or £60 per term.**

## Section 1:

### Participant contact details

Please fill this registration form when you take part for the first time in dance-theatre classes run by 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.

|| Please be aware that as the principle funder of these sessions, Southwark Council's Adult Commissioning department will be informed of all self-referrals.

Please provide the following information for Southwark's monitoring:

● How would you describe your ethnicity:

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● Are you FACS eligible?

☐

Yes

☐

No

☐

Don't know



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, provide any medical assistance, or personal care.

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.

If you require assistance for personal care, we ask that you bring your carer with you to class.




Do you require assistance for personal care?

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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.



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 **winter 2016**

We offer the following weekly classes. Depending on the availability of places, you can participate in more than one class. You can always change.



Please indicate below the class in which you would like to participate:

#### **Inclusive dance-theatre (LD) suited to participants with learning disabilities**

Drop-in

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Full-term

☐

#### **Open class (LD)**

Mondays at 3.30pm – 5pm

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#### **Performance workshop (LD)**

Mondays at 6pm – 7.30pm

#### **Inclusive dance-theatre (MH) to help maintain good physical and mental health**

Drop-in

☐

Full-term

☐

#### **Open class (MH)**

Tuesdays at 11am – 12.30pm

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.

**LD classes winter term** 11 January – 14 March  
(no break)

Open class (LD)

**M** T W T F S S **3.30pm – 5pm**

Performance workshop (LD)

**M** T W T F S S **6pm – 7.30pm**

**MH classes winter term** 12 January – 15 March  
(no break)

Open class (MH)

M **T** W T F S S **11am – 12.30pm**



# Dance-theatre classes

## Southwark Resource Centre for Independent Living

For more information, contact:

**Ali Kaviani**



ali@involuntarymovement.co.uk



07732568484

You can also find him every Monday and Tuesday



at



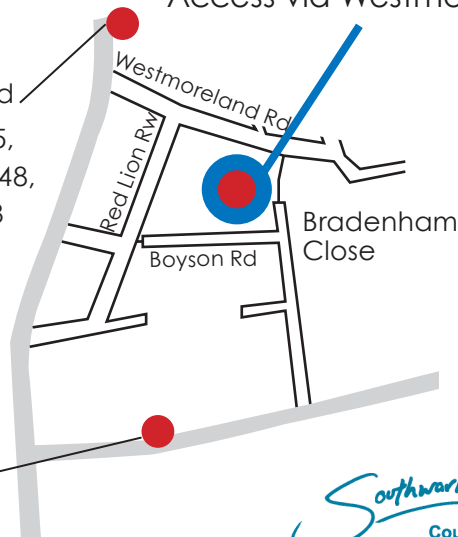
Southwark Resource Centre  
10 Bradenham Close  
SE17 2QB

Access via Westmoreland Road

Walworth Rd

Buses: 12, 35,  
40, 45, 68, 148,  
171, 176, 468

Albany Rd  
Bus: 42



*Southwark*  
Council

