

Dance Classes

for physical and mental wellbeing
at the Southwark Resource Centre | Adults

Information Leaflet and Registration Form
Weekly from 24 January 2017



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 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 £90, as the number of available places is limited. You can start with us at any point during the year.

£9 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):

- 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):

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 2017**

- 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.

summer/autumn term 24 January – ongoing



Tuesdays 11am – 12.30pm



Free Dance 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

