




Information Pack



Sunderland Dance is dedicated to bringing 'dance' to everyone because of our belief in the range and scale of benefits it can deliver.

Through dance we aim to promote healthy lifestyle choices – fitter people, less obesity, build confidence, inspire, motivate and bring a feeling of well being to those who participate.

What do we do?

We offer a comprehensive range of dance disciplines including: Street/Hip Hop, Zumba, Cheer, Jazz, Breakin' and lots more.

Our programmes include outreach, weekly classes, intensive projects and performance participation.

We provide diversionary activities for young people to reduce youth disorder.

We work with schools offering dance to help enrich all curricular activities with a fun, creative side to learning and to help engage or re-engage with students/pupils to raise attainment and build confidence and self esteem.

We offer out of school and extended school activities.

Our "dance on prescription" is part of the exercise on referral programme in Sunderland. As well as Durham and Darlington PCT "Arts For Wellbeing" program.

Who are we?

The directors of Sunderland Dance are **Deloris Lolita Martin** and **Chris Pearman**.
The company finance is managed by **Mark Johnson** and **Hannah Fisher** is our dance co-ordinator.

Our main dance teachers and choreographers are:

**Dolly
Alex
Clare
Metin**

**Hannah
Emma H
Emma A
Steph T**

**Jen H
Steph L
Steph R
Kayhan**

**Jen O
Danielle
Ben
Claire L**

You can contact us by emailing info@sunderlanddancecic.com or calling either 0191 5657270 or 07779147905.

Where are we?

Our head office is in Sunderland but we work in the following areas across the region:

**Sunderland
Gateshead
Middlesbrough**

**South Shields
Hartlepool
Stokesley**

**County Durham
Stockton
North Shields**

**Newcastle
Darlington**



Working Relationships

We work and have worked with the following groups:

Sunderland City Council
Hartlepool Council
County Durham Council
Primary Care Trust North Tyneside
Sunderland TPCT
Gentoo
Young Asian Voices
Sangini Arts
YIP
Back On the Map
Durham & Darlington PCT
SES
Creative Partnerships
Northumbria Police
Youth Projects and Organisations across the North East
Primary, Secondary and S.E.N Schools across the North East
Sunderland University
City of Sunderland College
SNCBC
Newcastle City Council
Gateshead Council
South Tyneside Council

Prices

£35 per hour — Any dance teacher

£35 per hour — Breakdancers (specialised)

£120 — Half a day workshop

£220 — Full day workshop

There will be a £5 reduction for every extra hour booked
(For example: 2 hrs will be £60)

We are always open to negotiation on pricing.

The styles we offer:

- Hip hop / Street dancing
- Breakdancing
- Zumba
- Cheerleading / Street Cheer
- Tap
- Freestyle disco
- Ballet
- Salsa - traditional
- Body poppin'
- Club Jazz
- Ballroom
- Contemporary
- Club Dance
- Freestyle
- Las Vegas showgirls
- Belly dancing
- Line dancing
- Yoga
- Pilates
- Yogalates
- Street Cheer
- Salsa Jazz
- Zumba
- Rock and Roll
- Roller Dance
- Latin
- Funky Salsa
- Lyrical

We offer many more styles, please enquire if you don't see the style you are interested in.

Projects

Here is a glimpse of some of our projects.

Kool Kids

- **Kool Kids** is a brilliant street and break-dance workshop.
- Teaches young people the basics of street and breakin' in a fun way.
- This project was set up to be innovative and help provide diversionary activities for young people.

Dance on Prescription

- Dance is used as a means to tackle a range of social issues, many of which relate to the Health Agenda including obesity, fitness levels in children and adults, depression and other mental health issues and smoking cessation.

Dance F4ward

- **Dance F4ward** is a dance programme provided in schools to compliment curriculum subjects.
- **Dance F4ward** is informative, creative, innovative and helps sustain learning.

XL Youth Villages

- Providing street dance activities to young people at a pioneering new model.
- Engaging 13 – 19 year old young people who are most disengaged and difficult to reach in partnership with Sunderland City Council.

"dare to be..."

- **dare to be...** is an exciting brand new initiative from Sunderland Dance designed for and aimed at young people. The programme covers 5 issues which affect young people in today's society.

DanceAbility

- **DanceAbility** is a programme of dance activity for those individuals with additional needs and an excellent way for us to engage with them to enjoy dance at whatever level is appropriate to those needs.
- **DanceAbility** will increase self-confidence, self-awareness, self-discipline and motivation as well as improving posture and breathing.

Dinner Dance Club

- **Dinner Dance Club** is a fun and innovative way to address the childhood obesity agenda and is a great way to get young people physically active.
- The aim of the programme is to engage with young people by offering them a 30 minute dance fitness session and encouraging them to bring along a healthy packed lunch to eat afterwards.

Contact Us

You can contact Sunderland Dance via the following:

E-Mail:

info@sunderlanddancecic.com

Website:

www.sunderlanddancecic.com

Telephone:

0191 5657270 or 07779147905

Fax:

0191 447 6377

Address:

Our head office is:

44 Mowbray Road
Sunderland
Hendon
SR2 8EL

Secondary Office:

126 Church Street North
Sunderland
Roker
SR6 0DT

WATCH THIS SPACE FOR...

