



Dance On Prescription 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 life choices - fitter people, less obesity, build confidence, inspire, motivate and bring a feeling of well being to those who Participate.



Who?

Sunderland Dance is a Community Interest Company established in November 2007. Our 2 directors are Deloris Martin and Chris Pearman and we have a bank of very talented dance teachers to support our work. In the past 12 months we have been awarded an Employment and Enterprise award (New Business with Community or school objectives) from Back On The Map and we have recognition by the Department of Health through The Social Enterprise Investment Fund. Our email address is sunderlanddance.cic@hotmail.co.uk and we can be contacted on 07779147905. Please visit our fantastic website at www.sunderlanddancecic.com.

Why?

The Primary aim of Sunderland Dance CIC is to use Dance as a means to tackle a range of social issue, many of which relate to the Health Agenda i.e. to use dance as a means of addressing issues of obesity, fitness levels in children and adults, working with people with depression and other mental health issues, smoking cessation etc.

Anyone can enjoy dance irrespective of age, background or physical ability. It is a dynamic form of exercise and is an innovative way to meet health and physical needs. Dance has particular appeal to a number of groups that may not readily engage in traditional physical activities such as sport.

We seek to add value to existing provision by supporting and encouraging community led initiatives for the improvement of their health. Our programmes include outreach, weekly classes, intensive projects and performance participation.

Where?

Our programmes can be delivered anywhere with a suitable space we can also facilitate sessions in our well equipped and modern dance studio.

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How?

Through consultation we explore how our service can enhance and change peoples lives. We then design a programme of work to accommodate and achieve the required changes.



Why dance for health?

Dance improves people's health, fitness and well-being. It builds confidence and develops artistic creativity. Dance is an effective way to engage disaffected young and old who are often missed by traditional approaches.

Dance can provide measurable health benefits to all members of our community. Physical and mental benefits include healthier hearts, increased stamina, increased mobility and stronger bones, stronger muscles, better coordination and balance, increased physical confidence and help in weight management. Personal and Social benefits include improved general and psychological well-being, improved social skills and positive relationships, reduced social isolation and exclusion and an increase in self-confidence and self-esteem.

Dance brings people together and celebrates the speciality and achievements of each individual, builds confidence and creativity, and provides an exciting vehicle for the improvement of their health, fitness and well-being. Dance does engage disaffected young and old who are often missed by traditional approaches. This supports community cohesion and reduces social isolation and exclusion.

Dance - The Way Forward

Sunderland Dance CIC is passionate about the development of an innovative holistic health service which invests in people, their health and their well-being. We see our service as a way to move away from the more traditional methods of drug-related prescriptions (where appropriate). Our service also supports and enhances other health and social care areas. Our vision is to provide a move towards a model of social prescription that both empowers and engages the service users.



Programmes Structures

- Single sessions provide the participants with a dance activity to support the health objectives.
- When providing half and full day workshops we have more time to provide opportunities to explore dance and health in more depth.
- Block programmes give us the chance to explore dance and health in its broadest sense. We can work with participants to support and enhance all aspects of their health and wellbeing.

With all of our sessions, we consult and work closely with participants and Health Care Practitioners in order to provide the best possible service.

Below is a pricing table of our basic options available.

The price includes the fees for the dance artists/ teachers, an assistant (optional extra for block programme). Consultation time, preparation time and admin costs.

Single Session (1 Hour)	£35 - £50 (depending on dance discipline required)
Half Day Workshop	£120
Full Day Workshop	£250
Block Programme	Price based on individual requirements

*Please note: Outside of the North East region travel costs will be added to the package price if booking a single session. Otherwise travel costs are inclusive of the price.



Sunderland Dance Community Interest Company is always keen to build on partnership working. If you would like to talk to us any aspect to our "Dance On Prescriptions" programmes then please contact us via the following:

Telephone:

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Mobile:

07779 147 905

E-Mail:

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We look forward to your call!



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