

Summer Newsletter



Indepen-dance
Opportunity through inclusive dance

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 [indepen_dance](https://www.instagram.com/indepen_dance)

 [indepen-dance.org.uk](https://www.indepen-dance.org.uk)

 [Independance1996](https://www.youtube.com/Independance1996)



(Some social dis-dancing during our live online Friday Fiesta - Photo Credit - Robert Perry)

We're Still Dancing!

It's been over 10 weeks now since we closed our office and although we can't come together at our regular classes we're Still Dancing, in fact we're **Social Dis-Dancing!** Since the beginning of lockdown we have been providing online dance sessions using the platform Zoom, despite an initial hiccup with some nasty Zoom bombers, we reported the incident and put appropriate measures in place to allow everyone to participate in our online programme safely. The online programme has increased in variety and capacity with such things as seated yoga followed by a cuppa and a catch up, Touch Trust sensory movement sessions, Wake Up with Wils, Friday social and weekly guest tutors from a variety of countries around the world.

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This week we had Romany, who is visited us on Zoom from Columbia. As well as the online classes, we have been providing wellbeing calls to our members, many of whom aren't on social media or do not have access to a computer. We have also uploaded a variety of content onto our Youtube channel, which includes short pre-recorded dance sessions that you can join at your leisure. If there is anything you think we can offer more, or support you with, then please do get in touch. Although the office is closed, a small team of staff are still working from home answering the company phone and replying to emails.

Cancelled Tours and Generous Funders

Due to the COVID-19 pandemic unfortunately all our tours have been cancelled. Our small ensemble, Indepen-dance 4, were due to perform in New York, Canada, Seville, Sweden, and at the beginning of March they were sent home early from a tour in Germany.

Not only have our tours been cancelled, a variety of other projects, planned performances, outreach work and sadly our Gathered Together International Inclusive Dance Festival due to take place in July this year, have also been cancelled. All the cancellations have had a significant result in financial losses.

That said, some of our funders have allowed us to repurpose our grants and others have given us funds to support us at this difficult time and of course we have had regular donations from our members which has been greatly appreciated.



THE HUGH FRASER
FOUNDATION



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We have also launched a Crowdfunding Campaign with the support of our insurance company Aviva. With their Aviva Community Fund, they match fund the donations made on the site. For every £1 we raise, we will get £2, they will match what we raise.

Check it out online and spread the word:

<https://bit.ly/2UqW92d>



THE HUGH FRASER
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Our thanks too to those that have supported us over the recent months including, but not limited to; The Marian Trust, Our Lady's Musical Society, Coalburn Jivers and The Wellbeing Fund.

Star Story - Freelance Dance Workshop Leader - Wils McAslan

The company has continued to run with a small dedicated team of staff and we are grateful for all the hard work the team has been doing to keep our organisation going. However, many of you who have managed to get online have probably noticed the one thing in common is Wils. He has been working his socks off everyday delivering the majority of our online classes. He has also



ran live dance events, #ProudMary and #FridayFeista, and along with Aimee has created some great pre-recorded dance sessions for our Youtube Channel.

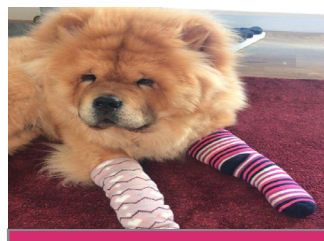
It would be fair to say that he is one of our well known faces as part of the creative team with Indepen-dance. Wils has been teaching and performing with the company for many years and has now adapted his work to deliver online zoom sessions. He is very much loved by our members, staff and board. He is our shining star for this month.

What have the rest of the team been up to?

As all our classes stopped mid March and we have not been able to continue to run our core programme of activity, we had to make the decision to Furlough our Creative Team and some other staff members. We know it has been difficult for the team to be on Furlough as they don't get to do the jobs they love but we have kept in touch with our staff; we have WhatsApp groups, weekly catch up meetings and we have a Saturday Night Social night for the staff to join if they want to. Last week we delivered wellbeing parcels to all the staff to let them know we are still thinking about them.

Unfortunately being on Furlough means you can't work for your organisation but some of the team have been doing lots of other things like daily exercise programmes, yoga, gardening, making a photo scrap book, arts and crafts, making music play lists, writing scripts for TV soaps, learning BSL online, Marco has been writing a joke book, keeping a journal as well as baking. Neil baked cherry scones this week, here's the recipe.

*450g Self raising flour
1tsp bicarbonate of soda
100g Cold butter diced
2tbsp caster sugar
284ml pot buttermilk
2tsbp milk
2tsp vanilla extract
100g Glace chopped cherries
Clotted Cream or Strawberry jam to
serve*



Online Classes - How to Access Them

We run our online classes through the platform zoom. This is a program/app that can be run on your computer, laptop, phone or tablet and connects us all together for our classes. Once you have downloaded Zoom just choose from our schedule below and email Shaun at the office letting him know which classes you would like to take part in - admin@independ-dance.org.uk.

Once you have let us know which classes you would like to take part in, we will then send you specific information to join each class on zoom. Each class has a unique number and password to join, so only the people that get in touch with us can take part. We also will provide you upon emailing us our online safety guidelines and we are happy to help guide you through zoom over the phone should you need assistance.

ADULT & OPEN CLASSES	YOUTH AND FAMILY CLASSES	OTHER & SOCIAL CLASSES
Monday - 1pm Adult Class	Tuesday - 11am Dance Your Socks Off Family Class	Wednesday - 10.30am Inclusive Chair Based Yoga
Monday - 3pm Guest Tutor	Tuesday - 4pm Youth Class	Wednesday - 11.15am Coffee Morning
Thursday - 12.45pm TouchTrust Specialised Class	Wednesday - 4pm Young1'z	Friday - 4pm Social
Friday - 1pm Open Class	Thursday - 11am Dance Your Socks Off Family Class	
	Saturday - 10am Wake Up with Wils Family Class	

And Finally...

As and when we have information on when the venues and our organisation can return some of our activities, we will let you know. Until then, please:

STAY AT HOME 

**PROTECT
THE NHS**

 **save
lives**

This newsletter is printed in vegetable ink and on recycled paper!

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