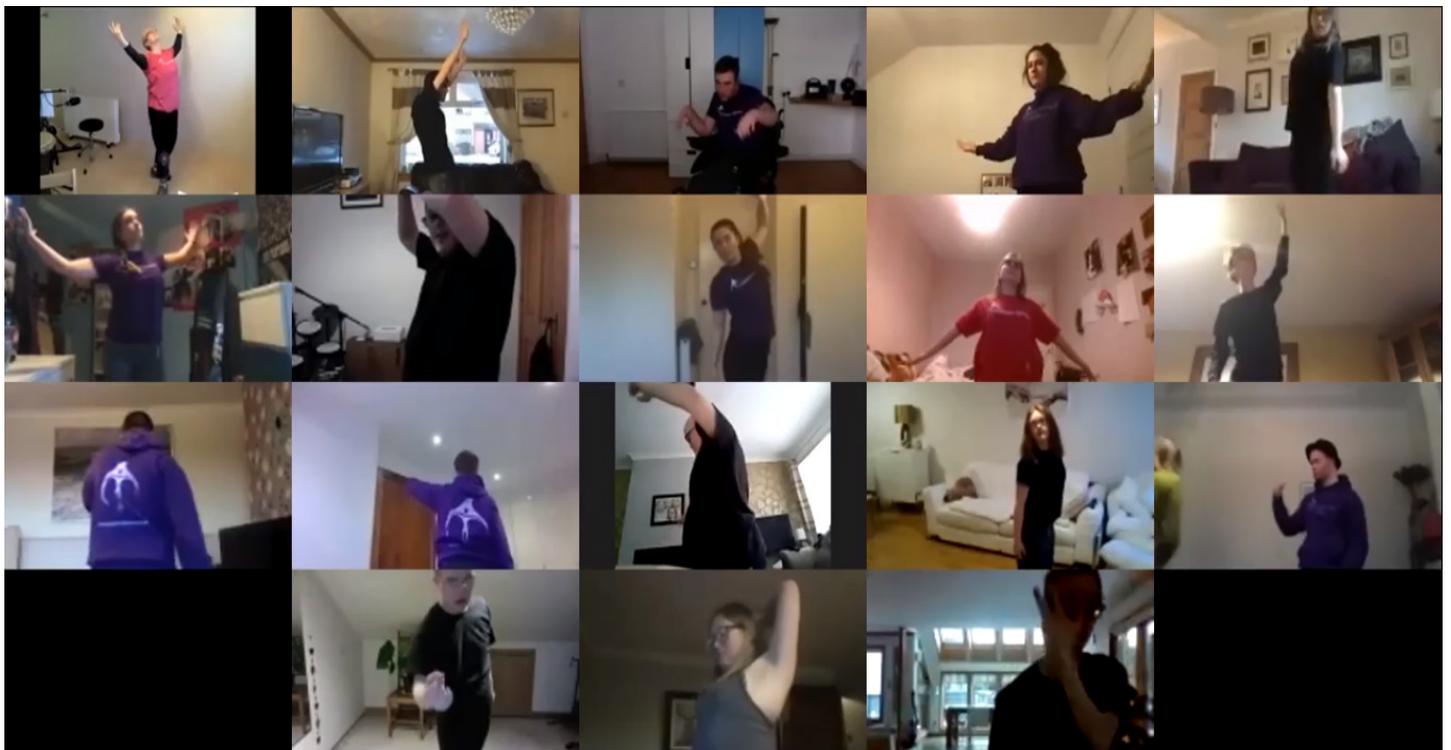




Indepen-dance

Opportunity through inclusive dance



The Young1'z performing live for an audience on zoom.

YOUNG1'Z ONLINE DANCE RESIDENCY SUCCESS

Every year our youth performance group attend a dance residency and there was no stopping us this year with our all new virtual residency. Working with the wonderful Quee MacArthur and Dawn Hartley, the Young1'z spent five days working on Zoom, exploring their virtual dance space and working on a choreographed piece to perform for an audience online. Alongside this, we also invited a few other youth class members along as guests to see what it was like being part of a dance residency. One of our members, Struan, worked one on one with Quee to help create a wonderful unique track for the piece, with sound and vocals.

Continued on page 2...

Following the great success of our first ever online dance residency, everyone involved including our tutors, our dancers and all of our staff, should be very proud for the fantastic work that they have created. Premiering in a zoom webinar format, we had over 70 people join us as our live audience to enjoy the show.

LIVE CLASSES

We have recently introduced live streaming sessions every Wednesday morning at 10am on our Facebook page and YouTube channel and this kicked off with a week of live sessions in January to lift people's spirits on Blue Monday. We explored different kinds of dance and meditation with our tutors and following the success of these sessions, we have continued to run them weekly. We have a different tutor each Wednesday morning for ten to fifteen minutes bringing a new and unique live class into your home.

With it being live on our social media platforms, there is no need to register, simply come along and join in.

For anyone who can't make 10am on Wednesday mornings, all of our live sessions are available to access at anytime from our YouTube Channel - [Independance1996](#).

FUNDRAISER - A YEAR ON



We can't believe it has been a full year since we celebrated our annual fundraiser at the Double Tree by Hilton Hotel. We marked the celebration on the 1st March by sharing all of our fond memories of previous fundraisers on social media. We are forever grateful for the many forms of support that we receive such as donations, attending classes, joining our live sessions or just general feedback that we receive. Our fundraisers are always special and wonderful occasions and we hope to be with you for another at some point soon. Thank you so much for your continued support.

NEW CLASSES

On a Monday and a Friday morning we have two new online classes for you to take part in and enjoy.

Strictly Mornings with Aimee - Monday | 10.15am

You will be transported back to the Strictly dance floor in this class full of glitz and glam. A variety of strictly inspired styles will be explored in a creative and inclusive way, including the Charleston, The Jive, Street Dance, Lyrical, Jazz, Salsa and many more.

Movement Joy with Julie - Friday | 10.15am

This is a gentle dance class to bring in the weekend, involving a tactile warm up and kick start exercises to get you going. Julie will also explore some relaxation and stretches throughout and this a great way to motivate you on a Friday morning as her joyful guide will take you through some movements to connect your body and mind.



NEW FUNDING DONATIONS

Behind the scenes, our staff have been hard at work applying to trusts and foundations to support the work that we do and since the turn of the year we have been successful in a number of applications.

The William Grant Foundation - A non-profit association that was established to support charitable causes in Scotland. Its work is funded by William Grant and Sons Ltd.

Connecting Scotland - An organisation to help people in Scotland who cannot access online, whether this is because they don't have the confidence, kit or connectivity at home.

Tennant Southpark Charitable Trust - A Southside group of Trustees who's funding will help support our online classes.

**WILLIAM GRANT
FOUNDATION**



**Tennant Southpark
Charitable Trust**

VALENTINES DAY POSTCARD



As part of Valentines and #RandomActsofKindness day we wanted to do something for all our staff and members.

We set out to send an InDePen-dance Valentines day card to everyone, whether they were a member of staff, in our online classes or one of our members who don't join us online.

We encouraged all those that recieved one to send in a photo of themselves with their postcard!

SUPPORTING INDEPEN-DANCE

If you would like to support InDePen-dance, there are a number of ways to get involved, some of which won't even cost you a penny!

Friends of InDePen-dance

Join our "Friends of InDePen-dance" Scheme for as little as £5 per month and receive our monthly newsletter, priority and special event invites & reduced ticket prices.



Local Giving

You can make a one off donation of any amount from £1 or sign up for monthly donations via Direct-debit.



Amazon Smile

A free way to shop on Amazon and raise money for InDePen-dance based on your basket simply by signing in to your Amazon account via the Smile link and selecting InDePen-dance as your choosing charity.



Give as you live

A free and easy way to raise money just by shopping online with your favourite retailers. All you have to do is firstly sign in to the Give as you live portal, select your retailer and start shopping as you would normally do.



LOCKDOWN TIPS - FROM OUR STAFF

We asked our staff what their lockdown tips are that get them through, and we wanted to share them with you to share and encourage ideas and to help you during this time:

Carly - "I start each day with having my shower as I would always do, as it motivates and keeps routine. I like to make sure to get out for some fresh air each day, preferably a walk but if I can't make that, then out in the garden."

Julie - "Making a scrap book full of pictures that was for my Gran and also spoiling my friends and family."

Adam - "For me, I would say what I do for myself is arts and crafts, walking and listening to positive songs."

Aimee - "I have really enjoyed walking with either a podcast or an audio book, or sometimes just a bit of mindfulness to notice nature or time to gather my thoughts without distractions. I also tried to keep learning new things."

Karen - "My dog Tango has been a blessing as I walk him at least twice a day, first thing in the morning and last thing at night. But since the start of lockdown I have tried to keep a routine of getting up at the same time on week days to prepare myself to work, and then doing different things at the weekend like longer walks with the dog or getting on with house work or making a nice meal for the family. Routine has been important to me."

Neil - "I start my day with an ice cold shower and a coffee and then usually watch two movies, and then in the evening do my yoga and personal training."



Karen walking her dog Tango in the snow.

DOODLE PROJECT



The Doodle Book was originally developed by Mind the Gap as a tool for their artists, which they used to get their creative juices flowing. We piloted the project with our staff alongside three members, and this proved a great success. We then developed it to include dance and this led to our new Monday class called "Thinking, Creating, Dancing". Moving forward, we will be looking to incorporate our members that do not join us online into the project. We will be conducting further wellbeing calls with our members and asking if this is something that will be of interest. We will then look to get the book and details sent out following up with further check in calls with our Doodle Project tutors.

MEMBERSHIPS 2021

Please note that our membership fee will return this year alongside our membership form, and we would ask you to fill in as much information as possible so that we have your most up to date details.

Keep your eyes peeled over the coming weeks for the letter to follow.

SOME FAVOURITE MOMENTS - 2020/21



WE ARE HERE TO HELP

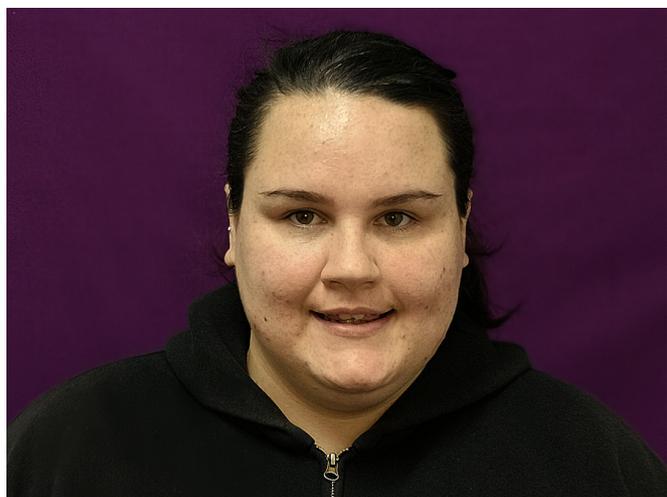
Despite our online classes being very popular with both old and new members, unfortunately many of our members who attended our in-person physical classes before the pandemic are still unable to join us online.

We want all our members to know that we are here to help and welcome you to get in touch with us in a way that is most convenient for you. This may be just to have a general chat or to find out what other options we have available or to let us know if you require any additional support to access our online classes.

For members who don't enjoy attending live sessions, you can always join in on our pre-recorded classes on our YouTube Channel (Independance1996) and, as previously mentioned, we also have live classes every Wednesday morning at 10am on our Facebook page and YouTube Channel and this doesn't involve you having to be in front of a live camera.

For those that can't access our classes due to lack of internet provision or a device, then please do let us know as we can and would love to help.

You can contact Shaun at the office on: 0141 552 3555 or admin@independ-dance.org.uk.



STAR STORY

DANCE ASSISTANT

LISA MALCOLM

Lisa has been working with Independ-dance for 8 years and has grown to become a wonderful and integral part of the team. Always happy to help, Lisa is a firm favorite with our members and since the pandemic began she has been working hard both in work and her personal life.

Joining some of our other staff members in our Winter Project, Lisa adapted magnificently to the new online performance environment and alongside our other dancers, created a wonderful new and unique piece of dance that has both an online and in-person element. Lisa's enthusiasm and positivity to join in all activities and training has been infectious, and it has been amazing to see her energy and confidence grow. During her personal life, Lisa has also been dedicating herself to keeping fit and healthy during the pandemic and has done amazing work attending an outside boot camp on a regular basis, no matter what the Scottish weather brings. Thank you Lisa for keeping us positive and motivated.

CONTINUING ONLINE PROGRAM - HOW YOU CAN GET INVOLVED

We run our online classes through the platform Zoom, which 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@independance.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 and therefore only the people that get in touch with us can take part.

After you have emailed us, we will provide you with our online safety guidelines and we are happy to help guide you through Zoom over the phone should you need assistance.

Independance

ONLINE CLASS SCHEDULE

19TH APRIL - 3RD JULY

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
10.15AM: STRICTLY MORNING WITH AIMEE - All ages	11AM: FAMILY DISCO - All ages	10.30AM INCLUSIVE YOGA	9.30AM: DYSO CLASS - Ages 0-5
1PM: ADULT CLASS	5PM: YOUTH CLASS	11.15AM: COFFEE MORNING	12.45PM: TOUCHTRUST
5PM: THE DOODLE CLUB		1.30PM: ADULT PERFORMANCE COMPANY - Invite only	5PM: DANCE ENERGY - All ages
		5PM: YOUNGIZ - Invite only	

<u>FRIDAY</u>	<u>SATURDAY</u>	<u>LIVE SESSION</u>
10.15AM: MOVEMENT JOY WITH JULIE - All ages	10AM: WAKE UP WITH WILS - All ages	10AM: WEDNESDAY - ON OUR FACEBOOK & YOUTUBE PLATFORMS
1PM: ADULT CLASS		
5PM: SOCIAL CLASS - Weekly activities for all ages		

OUR CLASSES ARE FREE, BUT DONATIONS ARE WELCOME.

Facebook: @INDEPENDANCE.SCOTLAND
YouTube: INDEPENDANCE1396

Contact admin@independance.org.uk or call the number below to take part!

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Glasgow G51 3UU | 0141 552 3555