



Indepen-dance
Opportunity through inclusive dance

WINTER NEWSLETTER

159 - 161



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est. 1996



AT A GLANCE

**Gathered Together • Four Go Wild In Wellies
• Barra Trip • New Premises • Karen's MBE**

WE'VE GOT A NEW HOME!

159-161, James Street, Bridgeton, Glasgow, G40 1BS

After a couple of years in the making, we are delighted to announce that we have moved to our very own Indepen-dance venue, with an office and our very own dance studio. We could not be more happy. Our new space is located in Bridgeton in the East

End of Glasgow and will now serve as a hub for our office team, some of our classes and group rehearsals. Alongside this, we will also look to launch a takeaway coffee shop at our new venue. Keep your eyes peeled for this and a grand opening event!

We are so excited to be in our new home and we cannot wait for you all to come and see it.



Photo Credit: Brian Hartley

A WONDERFUL FESTIVAL

During the summer we were delighted to play host to Scotland's Inclusive Dance Festival.

Some of the most talented performers and workshop leaders from inclusive dance across the globe descended upon the Tramway in Glasgow for our four day festival. We had workshops, performances, films and so much more.

Guests joined us from Columbia

GATHERED TOGETHER SUCCESS

Germany, Taiwan and across the UK and Ireland.

We were also honoured to host a Civic Reception opening from the Lord Provost of Glasgow, and were delighted to share with them and our guests the amazing and talented world of inclusive dance.

BARRA RESIDENCY



At the end of the Summer, our Adult Performance Company went on a residency to the Isle of Barra for five days. Whilst there, they were joined by choreographer Antonio Quilles, who led a wonderful inclusive dance residency.

The group had an amazing time dancing and seeing the sights that the Island had to offer. The community were so welcoming and we would be delighted to go back and work there again one day, hopefully soon.

YOGA & COFFEE MORNING HYBRID CLASS

Join us at our new space on a Tuesday morning at 11am for our inclusive yoga & coffee morning. We have 45 minutes of Yoga, followed by our hour long coffee morning.

The class is hybrid and so you can join online, or in-person! Contact admin@independ-dance.org.uk for more details.



FOUR GO WILD IN WELLIES OUT ON TOUR!



ISLAND HOPPING

Four Go Wild In Wellies has teamed up with the Theatre In Schools in Scotland program to bring their performance all across Scotland, including some of the remotest community schools.

The team have performed this autumn in Argyll and Bute, Shetland Isles, the Isle of Gigha and so many other wonderful places.

KELVINGROVE EXHIBITION

PLANTING SEEDS, GROWING CHANGES

From 1st Dec we have been given the amazing opportunity to showcase our work and history at the Kelvingrove Museum's community gallery. The exhibition will run for six months. Staff will be on site on 3rd Dec and also look out for pop up events over the next six months at the museum.



Image: Some of the items from the exhibit



STAR STORY - KAREN ANDERSON MBE

"INDEPEN-DANCE STARTED IN MY HALLWAY CUPBOARD"

Our Star Story this month is our wonderful Artistic Director Karen, who in October of this year, received her MBE from Prince William at Buckingham Palace.

Photo by Brian Hartley, of Karen at our 2017 Fundraiser.

Karen began Indepen-dance in 1996, whilst she was working in social care and also as a dancer in residence. Karen set up a weekly dance class specifically aimed at people with learning disabilities, and it was an overwhelming success.

Over the years since, this has expanded and grown to the charity that we know and love today. **Continued on next page...**

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Karen's dedication and passion has never waned, and in 2022 she received the great honour of a MBE.

SOME QUOTES ABOUT KAREN

"Karen works tirelessly to engage with and promote dancers with learning disabilities" - Partner of Indepen-dance."

"Thanks to Karen my son has had access to ongoing professional dance training, something which would otherwise have never been open to him." - Parent

"Karen is a remarkable person who created a company that over the last 25 years has offered opportunities that have been life changing for people with learning disability and physical disability." - Board Member

"Karen has changed lives by simply providing a company with inclusivity at its focus." - Staff Member

"Karen has been instrumental in giving individuals with a disability so many opportunities, socially, professionally and developmentally" - Parent



**KAREN LEADING
A CLASS IN THE
EARLY DAYS OF
INDEPEN-DANCE**

WINTER SHIMMY



BOOK US NOW!

This year we have an exciting interactive story workshop that will take you through a winter's journey by moving your body to stay warm this winter. Call us or email to book a slot, spaces are limited.

This workshop will make you smile, sparkle and shimmy along with our festive creative team.

We are available to come and deliver the workshop from the weeks commencing 12th and 19th December.

FUNDRAISING

VOLUNTEER OR DONATE

Why not join us to volunteer and fundraise at Silverburn?

We will be having pop up interactions and telling more people about the work we do.

Please do pop along, have a dance and say hello. If you would like to volunteer please send us a message.



Dates at Silverburn:

3rd Dec: 10am-6pm

6th Dec: 3-5pm

7th Dec: 3-8pm

14th Dec: 11am-5pm

21st Dec: 11am-8pm



Scan to donate

CLASS SCHEDULE

**Our classes are available in-person or online.
Contact admin@independance.org.uk to take part.**

Monday

Adult Class: 11.30am - Pollokshaws Burgh Hall

Adult Class: 1pm - Pollokshaws Burgh Hall

Monday Moovers: 1pm - Online

Doodle Club: 5pm - Online

Tuesday

Yoga & Coffee Morning: 11am - Independance Bridgeton Venue & Online

Youth Class (ages 5-11): 5pm - Independance Bridgeton Venue

Wednesday

Professional Technique Class: 9.30am - Scottish Ballet Studio (Tramway)

Adult Performance Company* 11am to 2pm - Scottish Ballet Studio (Tramway)

Evolve Class: 2.30pm - Scottish Ballet Studio (Tramway) ***Invite Only***

Adult Class: 11am - Maryhill Community Centre

Adult Class: 1pm - Maryhill Community Centre

Youth Class (ages 12-18): 5pm - Pearce Institute

Youngl'z* 6.30pm to 8pm - Pearce Institute ***Invite Only***

Thursday

Dance Your Socks Off (Ages 0-5): 9.30am & 10.15am - Tramway

Adult Class: 11am - Tramway

Adult Class: 11.30am - Pollokshaws Burgh Hall

TouchTrust: 1pm - Tramway

Adult Class: 1pm - Pollokshaws Burgh Hall

Dance Energy: 5pm - Online

Parents and Carers (Adults Only) Class: 7pm - Independance Bridgeton Venue

Friday

Adult Class: 11.30am - Independance Bridgeton Venue

Adult Class: 1pm - Independance Bridgeton Venue

Friday Groovers: 1pm - Online

Friday Social: 5pm - Online

Saturday

Wake Up with Wils: 10am - Online

**Our online classes are free and take place via Zoom.
Our in-person classes are paid via block booking.**

**INDEPEN-DANCE | 159-161 JAMES STREET, BRIDGETON, GLASGOW, G40 1BS
0141 552 3555 | www.independance.org.uk**