



Indepen-dance

Opportunity through inclusive dance

VOLUNTEER INFORMATION PACK



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Thank you for your interest in Volunteering at Indepen-dance.

As we develop our Volunteer Programme during 2023 we will continually be reviewing and updating our resources including this Volunteer Information Pack. Please check our website for any updates, this version was created July 2023.

The Volunteer Information Pack will give you all the information on Indepen-dance, who we are, what we do and our Volunteering programme and opportunities.

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OUR STORY

Background and History

We work to promote a diverse and inclusive society

Indepen-dance is an award-winning inclusive dance company for disabled and non-disabled people to enjoy, express, and fulfil their potential through dance.

Our mission is to enable participation in high quality arts provision and improve wellbeing, quality of life and provide opportunities for disabled and non-disabled dancers in both the professional and non-professional dance sectors.

We provide weekly creative movement and dance classes throughout the year, where participants become lifelong members and join a thriving social network.

We also provide bespoke professional training, career development and employment opportunities.



OUR AIMS

- To provide a dance experience that will enhance and enrich the lives of people with and without disabilities.
- To create inclusive performance opportunities – and continue to provide for lifelong learning.
- To promote an appreciation and understanding of movement and dance and work with integrated groups.
- To improve and increase the provision of specialist dance teachers for people with disabilities within Glasgow, Scotland and Europe.
- To bring dance to a wider spectrum of people, through classes, workshops and performances.
- To demonstrate how dance can improve the quality of people's lives, as regards health, self-awareness, self-confidence and creative expression.
- To develop a wider audience for dance and disability, and to build continuing awareness of the possibilities for people with learning disabilities to become involved in, and have access to, the arts, through performance and workshops.
- To work in collaboration with any individual or organisation operating in the same field and sharing the same values and aims.



OUR VALUES

Integration

- To promote integration rather than segregation.
- To avoid discrimination on any grounds; to offer its facilities and services to as wide a range of people as possible; and to ensure that everyone's views are fully represented.

Aspiration and Potential

- To place the primary focus on the well-being, development and aspirations of all people with whom it works.
- To promote social confidence and self-awareness, and to encourage the fulfilment of potential.

Individuality and Integrity

- To pay full regard to individuality, integrity, humanity, right to privacy, and wishes at any time.

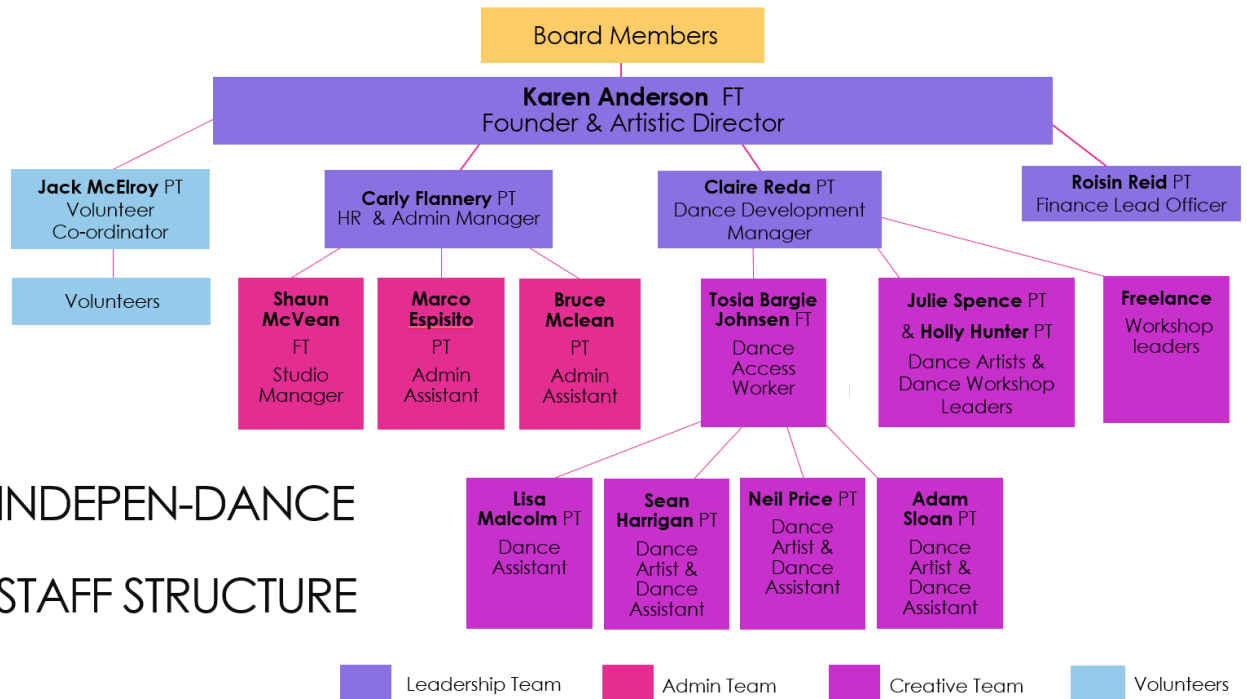
Encouragement

- As far as possible, to encourage participation in decisions which affect participants.
- To encourage involvement in activities in which participants are engaged, within limits of safety and good practice.

Honesty and Balance

- In all its dealings, to be honest and truthful; to allow full access to information; and to ensure that its processes are transparent.
- Following the principles of the United Nations Convention, to encourage people to exercise their rights and to achieve a proper balance between their rights and responsibilities.

OUR PEOPLE



INDEPENDANCE STAFF STRUCTURE



CLASS SCHEDULE

In Person



In-Person Class Schedule

Monday	Tuesday	Wednesday
<p>11.30am & 1pm - Adult Class Pollokshaws Burgh Hall</p> <p>4pm - Doodle n' Dance Indepen-dance Bridgeton Venue</p>	<p>11am - All ages Yoga and Coffee Morning</p> <p>5pm - Youth Class (5-11) Indepen-dance Bridgeton Venue</p>	<p>9.15am - Pro Tech Class</p> <p>11am - Adult Perf Co*</p> <p>2.30pm - Evolve Class* Scottish Ballet Studio (Tramway)</p>
Wednesday	Thursday	Friday
<p>11am & 1pm - Adult Class Maryhill Community Centre</p> <p>5pm - Youth Class (12-18) Pearce Institute</p> <p>6.30pm - Young1z* Pearce Institute</p>	<p>9.30am & 10.15am - DYSO - Tramway**</p> <p>11am - Adult Class - Tramway</p> <p>1pm - TouchTrust - Tramway</p> <p>11.30am & 1pm - Adult Class Pollokshaws Burgh Hall</p> <p>5pm - Dance Energy Indepen-dance Bridgeton Venue</p> <p>7pm - Parent & Carer Class Indepen-dance Bridgeton Venue</p>	<p>11.30am & 1pm - Adult Class Indepen-dance Bridgeton Venue</p>

<https://www.indepen-dance.org.uk/class-schedule>

*Invite Only
**Ages 0-5

Every week Indepen-dance runs creative movement classes for people with disabilities and their carers.

The classes are conducted in a safe and appropriate environment and are designed to be fun, creative and accessible to all with a focus on improvisation and moving together.

To keep up to date on our schedule check our website –

<https://www.indepen-dance.org.uk/class-schedule/>

CLASS SCHEDULE

Online / Hybrid



Online Class Schedule

Monday	Tuesday	Wednesday
1pm - Monday Movers 4pm - Doodle n' Dance Hybrid Class	11am - Yoga & Coffee Morning Hybrid Class with our in-person Yoga & Coffee Morning	No Online Classes
Thursday	Friday	Saturday
5pm - Dance Energy Hybrid Class	1pm - Friday Groovers 5pm - Social Class	10am - Wake Up with WILS

<https://www.indepen-dance.org.uk/class-schedule>

There is a limited opportunity for Volunteers to take part in our Online Classes with the progression to then volunteer within our in-person classes, if this is of interest please contact our Volunteer Co-ordinator to discuss.

CLASS OVERVIEW

Dance Classes

Adult Class (age 18 and over)	General Adult Dance Class, creative movement flexible for members with varying abilities led by Dance Tutor and Dance Artist. Open to all.
Youth Class (age 12 – 18)	General Dance Class, creative movement, high energy.
Youth Class (age 5 – 11)	General Dance Class lots of group dancing.
DYSO – (age 0 – 5) Dance Your Socks Off	Dance class with lots of fun and social for early years.
Friday Grover's (All Ages)	General Dance Class for all.
Touch Trust	Intimate and quiet class, person centred.

Invite Only -

Adult Performance Company	For members to develop their practice and skills, preparing for performance and touring.
Young 1'z	Youth performing group.
Evolve Class (age 18 and over)	To support young people in transition from youth class to develop skills further, dancers for new choreographed performances.

Specialised Classes

Pro Technique Class	Open to public – professional, independent and community dancers to meet and skill share to develop technique
Yoga and Coffee Morning	Hybrid class inclusive yoga person centred
Parent and Careers Class	Good introduction for parents and Careers to explore and develop dance.
Doodle N Dance	Members to explore creative drawing exercises using interpretative dance

Social Classes

Monday Movers	General Dance Class
Dance Energy	High Energy for members who want an upbeat class
Friday Social	Opportunity for members across classes to meet dance and have fun games and quizzes!
Wake up with Wils	Early morning movement dance class to start the day

VOLUNTEER PROGRAMME

Our Volunteer Programme is being developed throughout 2023.

Our main volunteer roles will be as a **Dance Support Volunteer**, supporting our members in our scheduled dance classes and as a **Barista Volunteer**, (see more info on page 13) in our new Coffee House coming soon in Autumn 2023 within our new premises in Bridgeton.

Keep an eye on our website to keep up to date with how to apply and new roles.

TIME COMMITMENT

For the role of Dance Support Volunteer, you will be fitted into one of our weekly classes – suitable to your availability.

You will be able to commit to the same dance class each week for minimum of one term.

Our classes run in terms from;

Term 1 - January – April

Term 2 – April – June

Summer Break – Our classes take a break for outreach work.

Term 3 - August – October

Term 4 – October – December

Volunteers will be offered the opportunity to continue volunteering for a second term in the same class or in a new class.



INTERVIEW

You will be invited to an informal interview to find out:

- More about you, to slot you into a class which will reflect your interests the most.
- What you want to achieve.
- Your availability and any support you require.

INDUCTION AND TRAINING

All Volunteers will be required to attend an induction and training, ongoing training will be offered throughout.

Volunteers are encouraged to seek advice and feedback from our experienced dance tutors.

PVG

- As we work with vulnerable children and adults all volunteers will require a PVG scheme record check this will be done through Disclosure Scotland more information can be found here - <https://www.mygov.scot/pvg-scheme>
- This will be at **no cost to the volunteer**

If you would like to have a chat about this please do get in contact with our Volunteer Co-ordinator – jack.mcelroy@independence.org.uk



SUPPORT AND SUPERVISION

All volunteers will have a named person our Volunteer Co-ordinator will provide support and supervision throughout your time volunteering to ensure you are getting the most out of your experience.

TRAVEL EXPENSES

All volunteers will be able to claim their travel expenses for their agreed volunteering session, to ensure **no volunteer will be out of pocket.**

Our Venues are based across the city Tramway, Scottish Ballet Studio at Tramway, Pearce Institute, Pollockshaws Burgh Hall, Maryhill Community Centre

BENEFITS AND PERKS

- Meet new people and join our community
- Support us to achieve our aims and values in providing
- Volunteer T-shirt
- Travel expenses covered
- Opportunities which arise from joining our community
- Opportunity to take part in classes out with your volunteering session



COFFEE HOUSE – COMING SEPTEMBER 2023!



TIN DONKEY

COFFEE ROASTERS

EST. 2013 GLASGOW

We receive an unlimited coffee donation from Tin Donkey to run our new volunteer led coffee house.

All profits will go directly to our charity to support the work we do delivering our classes, performing and touring.

Volunteers will the opportunity to receive on going barista training which will boost their CV!

We are currently preparing for our Coffee House to open in Autumn 2023!

Volunteer shifts will likely be from the hours of 10am – 2pm 1 day per week on regular or rota basis. Time commitment is expected that volunteers will receive training once ready and commit to an agreed minimum number of shifts in return.

If you are interested or know of anyone interested they can sign up or have a chat to find out more with our Volunteer Co-ordinator – jack.mcelroy@indepn-dance.org.uk

APPLICATION FORM

If you have any questions or would like to discuss volunteering further please do not hesitate to get in touch.

If you are interested please complete our Application form by the date on the Volunteer Role Description and return to our Volunteer Co-ordinator – jack.mcelroy@independ-dance.org.uk

Join and take part in our classes and any other Enquiries
Contact: admin@independ-dance.org.uk



<https://www.independ-dance.org.uk/>

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