



Indepen-dance Member Handbook

We have created this handbook to help you and your family/support to get the most of your Indepen-dance class. It contains useful pointers about what to expect from us and what we expect from you. If you have any queries which are not covered in this handbook, please do not hesitate to ask one of the Indepen-dance staff.

1. Before you leave for a session

Parking Spaces

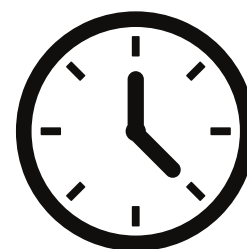
We have no control over the availability of parking spaces at our venues. The only options for the majority of venues is on street parking. Unfortunately, this is usually on a first come first served basis.



Pollokshaws Burgh Hall - Parking is free at this venue, but it is imperative that you input your car registration details into one of the tablets at the venue. Not doing so will end up in a fine.

Be on Time

We completely understand that problems can arise at any moment, please try your best to be on time for the session, including time to pay. If you are unsure of the start time, please ring us to make sure. If you require the use of changing room facilities prior to class, we suggest arriving 10 minutes before the start of the session.



2. At the Start of a Session

What to wear

We would advise staff and partners to remove jackets to feel more comfortable, although the clients' needs and wishes are paramount. It is also important that wheelchairs being used by clients do not have any bags or jackets hanging from them as it can be a hazard for the wheelchair user and restricts movement.



Registers

When you arrive at class please register with the class Admin Assistant/Tutor and make your payment to them. You must always ensure you register before the start of class as any delay can result in classes either starting or finishing late. Please do register with the Admin Assistant even if you have paid for a block as we have to mark all attendance for fire safety procedures.



Mobile Phones

Please make sure your mobile phone is turned off /vibrate/flight mode so not to interrupt the session. Please do not make a call while a session is running, if it is urgent then we would ask that you take the call outside of the room, as this is distracting all others in the room.



Evacuation

In the event of an evacuation, session leaders will advise a safe route out of the building, but they will not be responsible for you or your client directly. Please become familiar with the escape routes displayed at the entry to each building.



3. What an Indepen-dance Class Involves

- Indepen-dance classes last for a period of 1 hour.
- A typical session will start with a warm up, continue with exploring/moving through the space, include a theme for creative movement and finish with relaxation/cool down. We believe that the sessions offer a place for the family/support to communicate and develop your relationship with your client in a creative environment.
- The sessions are designed to provide a creative outlet and exercise regime for people with little or no access to similar activities.
- The sessions offer individuals the opportunity to learn from each other and share in a creative experience.
- All carers/support workers will be invited to take part in the session, we want everyone to enjoy their experience with Indepen-dance. We find it really useful when support workers/carers/family members are able to be a good role model.
- If you choose not to take part in the session but are required by your client to be present in the room, we ask that you take an active spectators role. The tutors really appreciate input from support workers as you know your clients best.
- We expect everyone who attends Indepen-dance, their support workers, families and all Indepen-dance staff and volunteers to treat each other with respect.



4. Useful Information

Class Schedule

This can be found on our website here:

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

Waiting Lists

We do have waiting lists for some of our classes, if you know that you no longer need your space in a class then please let us know as soon as possible to allow us to offer that space to someone else.

Membership

The membership renewal is due every August and the cost of the membership is £20 for adults or £10 for youth members.

Class Costs

The cost per class is £6 per session.

If block booking, this works out at £5 per session X the number of weeks in the term.

Our performance group classes have a higher block cost as these classes last longer than one hour.

Social Media

Facebook - @independance.scotland

Twitter - @IndepenDance_1

Instagram - @indepen_Dance

YouTube - Indepen-dance

Contact Us

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