



Indepen-dance

Opportunity through inclusive dance

Autumn 2025 Members Newsletter

WE ARE BACK FROM TOURING!



Reminder of important dates:

New term - Monday 20th October

Last day of next term - Saturday 20th December



Audio Version - Listen Online
Scan the QR code for our Youtube to listen
to an audio version of this newsletter





STAR STORY: LAUREN



Our Star Story this term is one of our members of our APC and Evolve groups - Lauren!

Lauren joined us in summer 2021. She is a great dancer and has made lots of friends as part of our community.

This summer, Lauren quickly learned the choreography for the Young 1's piece '*Ur ye asking?*' and joined us on our London trip to perform at Sadler's Wells East, representing Scotland!



Lauren was amazing in taking up the challenge of performing with great ease and confidence.

We really enjoyed her company!

She has shown great leadership skills by supporting other dancers since completing the Dance Leaders Course!

-Dance Tutors



**WELL DONE
LAUREN,
KEEP
DANCING!**



BELLA RAISES OVER £1,750 AT THE GREAT SCOTTISH RUN FOR OUR CHARITY!

One of our members, Bella, ran 10k at this year's Great Scottish Run to raise money for Indep-dance and MusicAll.

Bella started running daily in lockdown when she ran 5km for 21 days for the '21 in 21' campaign in Down Syndrome Awareness month 2021.

Bella has attended both charities for many years and is a very talented dancer and musician, performing in many choreographed dance works with our Young 1's and Evolve at events and festivals, and as part of her band at gigs hosted by MusicAll.



Thank you Bella and Well done!

**TO SPONSOR
BELLA
SCAN
QR CODE**



WOULD YOU LIKE TO FUNDRAISE FOR US?

We are always looking to support people who can fundraise for us.

If you have an idea, get in touch!

WE HAVE BEEN ON TOUR!

COLOMBIA



We have had another busy summer performing on tour. Our company travelled to Colombia in July.



We performed at Teatro Mayor Theatre and performed 4 shows of Four Go Wild in Wellies, and a performance of Entwined to one of our largest audiences so far!

We also met up with a friend of the company - Concuerpos - who are based in Colombia, to take part in workshops and share some skills.



LONDON

We were delighted for our Young 1's who had the opportunity to perform at Sadler's Wells East after being selected for this year's U.Dance festival!

Young 1's were selected for their performance 'Ur ye asking?' that they first performed at Go Dance. This is a huge achievement for Independence and we are very proud of all of our dancers.



DERRY

Our Adult Performance Company went on a week-long residency this summer in Derry!

We had a fun week and met some lovely local dancers at Verbal Arts. We had dance sessions during the day and hung out as a group at night for dinner, Karaoke, games and a movie night.

We took in some of the sights; from the bars, live music, Derry walls, and visitor centres, to dancing in front of the famous Derry Girls mural! Thank you to St Columb's for hosting our stay.





TESCO *expres*

VOTE FOR US IN TESCO STORES

We are delighted to share that we have been selected for *Tesco Stronger customer vote* in Tesco stores.

Voting will commence in store from the first week in October 2025 until mid-January 2026.

The project with the highest number of votes will receive £1,500, second place £1,000 and third place £500.

You can vote for us in Tesco stores at:

Tesco Express, Trongate

175 Trongate, Glasgow G1 5HF

Tesco Express, Merchant City

6-7 High St, Glasgow G1 1NL

Go and vote for us with your blue token in either store!

TRAINING WORKSHOP WITH PARAGON



THU 27th November 9am - 3:30pm
at **Pearce Institute**

Join us for our next training workshop, delivered by Paragon dance artists Eilidh McGrath and Alex McCabe, exploring inclusive practice.

Tickets available via Eventbrite.

MEMBERS' GROUP

MAKE YOUR VOICE HEARD

Our Members' Group met up to celebrate Scottish Learning Disability Week in our studio. We had a discussion about last term, gave feedback and set goals for what we want to achieve.



What we hope to achieve as dancers:

1. Be a good role model to other members
2. Teach and support people using dance
3. Find new ways to be more inclusive
4. Represent other members
5. Share and perform our dance works

SAVE THE DATE: AGM & WINTER SHARING 2025

WED 3RD DECEMBER, 6-8pm
Govan and Linthouse Parish Church

Dancing, music, snacks and chats!

The AGM is an opportunity to hear about what we have been doing this past year and what we have planned for the year ahead!

Our Winter Sharing is an opportunity to see works in progress from our classes and groups!



ONLINE AND IN-PERSON CLASS SCHEDULE

Monday

11:30 - 12:30 - **Adult Class** | Pollokshaws Burgh Hall
13:00 - 14:00 - **Adult Class** | Pollokshaws Burgh Hall
13:00 - 13:45 - **Monday Movers** | Online

Tuesday

11:00 - 13:00 - **Yoga & Coffee Morning** | Indepen-dance Bridgeton Venue & Online
17:00 - 18:00 - **Youth Class (ages 5-11)** | Indepen-dance Bridgeton Venue
18:15 - 19:15 - **Youth Class** (open) | Indepen-dance Bridgeton Venue
18:30 - 19:30 - **Dance Stylz** (all ages) | Online and Indepen-dance Bridgeton Venue

Wednesday

9:30 - 10:45 - **Open Company Class** | Scottish Ballet Studio (Tramway)
11:00 - 12:00 - **Adult Class** | Maryhill Community Centre
11:00 - 12:30 - ***Adult Performance Company*** | Scottish Ballet Studio (Tramway)
13:00 - 14:00 - **Adult Company Class** | Scottish Ballet Studio (Tramway)
13:00 - 14:00 - **Adult Class** | Maryhill Community Centre
14:30 - 16:00 - ***Evolve Class*** | Scottish Ballet Studio (Tramway)
18:30 - 20:00 - ***Young 1'z* (ages 16-25)** | Pearce Institute

Thursday

9:30 - 10:00 and 10:15 - 10:45 - **Dance Your Socks Off (ages 0-5)** | Tramway
11:00 - 12:00 - **Adult Class** | Tramway
11:30 - 12:30 - **Adult Class** | Pollokshaws Burgh Hall
13:00 - 14:00 - **Two Rythms** | Tramway
13:00 - 14:00 - **Adult Class** | Pollokshaws Burgh Hall
17:00 - 17:45 - **Dance Energy** | Online
19:00 - 20:00 - **Parents & Carers Class** | Bridgeton Community Learning Campus

Friday

11:30 - 12:30 - **Adult Class** | Indepen-dance Bridgeton Venue
13:00 - 14:00 - **Adult Class** | Indepen-dance Bridgeton Venue
13:00 - 14:00 - **Friday Groovers** | Online

Saturday

10:00 - 10:45 - **Wake Up with Wils** | Online
09:30 - 12:00 - **Wake Up Extravaganza** | Pollokshaws Burgh Hall (Monthly - check our socials for dates)

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