

We wish to recruit three freelance Assistant Dance Artists (ADAs) to support three new Dance to Health classes starting late May 2023 in Birmingham and Walsall. Classes will run weekly, as described below:

Tuesdays, 10.30 – 12.30, Birmingham (42 weeks) starting 23rd May 2023

Thursdays 1.30 – 3.30pm Brownhills, Walsall (26 weeks) starting 25th May 2023

Thursdays, 10.15 – 12.15 Willenhall (26 weeks) starting 25th May 2023

Dance to Health is the successful national falls-prevention programme which uses creative dance to address the social and health issue of falls in older people. The Assistant Dance Artist supports the Lead Dance Artist in running sessions and will receive a full induction including a grounding in PSI/FaMe and Otago, the scientifically evaluated programme underpinning Dance to Health. Ideally, Assistant Dance Artists are dance graduates or have the equivalent level of vocational experience, with an emphasis on community dance practice.

ADA pay is £37.50 for each session. Own transport is required, and travel expenses may be available.

We welcome, by email, your expressions of interest (EOI), of not more than two sides of A4, detailing your dance and facilitation experience, interest in the role and working with older people. Please also indicate your availability and which group you are interested in, and an accompanying CV. We also ask for a short 2-minute video of you moving through a dance exercise, such as a mobilising or strength-based exercise, suitable for older people. **Please send this by noon on Friday 12th May.**

Online interviews will take place wk/c 15th May.

Please email your EOI to:

kayladouganbowtell@ae-sop.org, Programme Manager - Dance Artists

If you require materials in different formats or wish to submit your EOI in a different way, please let us know. You can also call Kayla on 07387 504889 for an informal chat about the role.

We welcome dancers from all styles, ethnicities, cultures, and genders and encourage applications from those who define as D/deaf, disabled and/or neurodivergent.

Assistant Dance Artist Role Descriptor

Dance to Health is the nationwide, pioneering, falls-prevention dance programme for older people. Dance to Health is created and managed by Aesop Arts and Society Ltd. We combine evidence-based falls-prevention principles with the creativity, expression and energy of dance. Our sessions are led by professional dance artists who have been fully trained in falls-prevention exercise methods.

This role doesn't require a falls prevention certification, any community dance practitioner can act as an assistant dance artist, and it is a great way to build up experience working with people in late adulthood and in the developing arts and health sector.

When and where

An Assistant dance artist (ADA) will attend the sessions led by the PSI certified dance artist at the same time and place each week. These sessions are in community venues in areas where we have been commissioned to deliver the service, or online in a zoom session.

Main tasks:

- **Planning and delivery:** The PSI certified dance artist is responsible for planning the sessions and will direct you on how to support each session. You may at times support the lead artist by planning elements of the sessions together or be given responsibility for certain groups of participants or specific activities within the session.
- **Demonstrating activities:** For example, you may be asked to demonstrate seated options to the main activity alongside less mobile participants or to reproduce the lead dance artists instructions in a large room with many participants so all can see.
- **Participant Safety:** As an extra pair of eyes and ears for the Dance Artist, you will use your knowledge of movement to identify participants needing assistance. You can offer regressions or modified activities, give feedback on technique and ensure people are participating safely and within their capabilities whilst still being challenged.
- **Developing creativity:** prompting and encouraging creative exploration in the participants who may be very new to creative dance. Enhancing the safe

and welcoming space with the dance artist and volunteers which aids self-exploration.

- Social and administrative support: support the dance artist to register participants and take on this role once confident, support participants to complete membership forms online or on paper. Support the dance artist collate and input test data from TUG, fear of falls, No Falls tests, support participants in understanding Homework set and completing the mental wellbeing survey.

Skills/Experience Required

- A dance graduate or someone with the equivalent level of vocational experience, with an emphasis on community dance practice.
- You need to be understanding, patient and empathetic, to be able to support group participants who need extra help and encouragement during sessions.
- Flexibility, creativity and initiative. A willingness to 'pitch in' with help. An enthusiastic approach and good interpersonal skills are an asset.
- You will be working with the lead dance artists and volunteers so an ability to work well as a team member is vital.
- An interest in further training. After gaining necessary experience and skills, it could be possible to train further to become a lead Dance Artist by undertaking the PSI training.

General Information

- Assistant dance artists receive full induction, including a grounding in PSI/FaME and Otago, the scientifically evaluated programmes underpinning Dance to Health. This is delivered via Zoom and includes safeguarding, health and safety, the theory behind using dance within falls prevention and practical aspects of how we deliver our service.
- You will receive ongoing support in your role from the Dance Artist leading your group sessions and from Aesop's Programme Managers.
- Pay is at a rate of £37.50 for the session.

Interested?

Aesop is committed to equal opportunities and having a diverse and inclusive pool of Dance Artists, applicants from all dance backgrounds, genders and cultures are welcomed. If you would like to make your application in a different format, please let us know.

Appointed ADAs need DBS clearance, First Aid and Safeguarding training, and Public Liability insurance.

If we are not able to appoint at this time, we seek permission to keep your details on file so that we may contact you when opportunities arise in your region.

Email kayladouganbowtell@ae-sop.org, Programme Manager - Dance Artists