

## **DANCE ARTISTS: FUNDED TRAINING AND RECRUITMENT SOUTH WALES**

**We are recruiting two Dance Artists from minority ethnic communities to train to deliver *Dance to Health* in South Wales.**

These are fully funded training opportunities and upon completion the Dance Artists will be fully PSI trained and qualified to teach Dance to Health. The funded Dance Artist training role is suitable for Dancers of all genres, from minority ethnic communities, who are passionate about and experienced in working with elders.

**Expressions of interest by 12<sup>th</sup> June**

**Online interviews wk/c 19<sup>th</sup> June**

### **What is Dance to Health?**

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.

### **What is PSI?**

The funded (£804) PSI certification involves online study and four face-to-face days including written and practical examination (PC access essential). Later Life Training provide an online learning portal for trainees which will open approx. four weeks before the course start date and they estimate 25 hours of home study may be required prior to the first face-to-face learning days. Home study and online learning is done in trainees' own time.

Applicants must be available for the following training dates in Hinkley: 24<sup>th</sup> and 25<sup>th</sup> July, 21<sup>st</sup> August and either 18<sup>th</sup> or 19<sup>th</sup> September for assessment.

### **Fee**

Dance Artist pay is £80.00 for each session. Own transport is required, and travel expenses may be available depending on duration of commute.

### **Interested?**

- **Apply by noon on Monday 12<sup>th</sup> June.**
- **Online interviews will take place wk/c 19<sup>th</sup> June.**

### **We welcome, by email:**

- 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.
- A copy of your CV
- Indication of the geographical areas you'd be able to deliver Dance to Health and availability from September onwards

- Links to three short examples of you teaching dance for older people ideally sequences attending to mobilising, strengthening and endurance.

Please email your EOI to: [kayladouganbowtell@ae-sop.org](mailto:kayladouganbowtell@ae-sop.org), Programme Manager - Dance Artists. You can also call Kayla on 07387 504889 for an informal chat about the role. If you require materials in different formats or wish to submit your EOI in a different way, please let us know.

*Inclusion and diversity are fundamental to our culture and core values. We believe that a diverse workforce and an inclusive working environment will make us more representative of the communities we exist to help, and will help us better serve them. We acknowledge that systemic discrimination may have reduced the opportunities of individuals to meet all of the criteria, and transferable/equivalent qualifications, experience and potential will be considered.*

### **Dance to Health: An Overview and Dance Artist Role Descriptor**

Dance to Health is a pioneering nationwide falls prevention dance programme for older people. Combining evidence and physiotherapy with the creativity, expression and energy of dance it reduces the risk of an older person suffering a fall. Dance to Health groups are led by trained dance artists who embed evidence-based falls prevention exercise in creative, fun, sociable dance sessions for older people who have been suffering falls or are at risk of falling.

We are looking for three dance artists or practitioners already working with older people or in arts and health, who want to develop their practice and strengthen their teaching. You will undertake training to gain a physiotherapy-based certification, Postural Stability Instructor, recognised by physiotherapy and healthcare providers.

Successful candidates will achieve the PSI (Postural Stability Instructor) certification through Later Life Training. This will be followed by Dance to Health's Translation Training and you will become a fully trained Dance to Health Dance Artist and part of our team delivering the Dance to Health national programmes.

This funded opportunity means that all your course fees are paid for.

### **PSI Course structure**

The PSI certification involves online study and four face-to-face days including written and practical examination (PC access essential). Later Life Training provide an online learning portal for trainees which will open approx. four weeks before the course start date and they estimate 25 hours of home study may be required prior to the first face-to-face learning days. Home study and online learning is done in trainees' own time.

- Online learning begins, then a gap of up to one month
- Day 1 + 2 – face-to-face learning with tutor, then a gap of one month

- Day 3 – written assessment and support from tutor, then a gap of one month
- Day 4 – practical assessment
- Case Study submission

Support is provided throughout by Later Life Training tutors. Previous candidates thoroughly enjoyed the face-to-face days, some candidates found aspects of the home study challenging. This course is equivalent level to a first year undergraduate module. All gained from the experience and found the process of embedding PSI principles within their dance practice valuable, enhancing their work with older people and beyond.

Please look at the Later Life Training website for full details of the PSI course requirements before making an application: <https://www.laterlifetraining.co.uk/courses/postural-stability-instructor/>

[Note the course includes an adapted Tai Chi element, which can be worked around if this is culturally or religiously inappropriate for you.](#)

In addition to the PSI training, candidates go on to attend Dance to Health's two-day Translation Training which looks at embedding the PSI principles into dance practice, before working on any Dance to Health programme. This is free to candidates who have passed the PSI course.

### **ROLE DESCRIPTION FOR A DANCE TO HEALTH DANCE ARTIST**

After successful completion of the training, your role will be to lead a dance team delivering a falls prevention dance project.

The key responsibilities are:

- Planning and delivering one session per week over a six-month (or 52 sessions) period and issuing homework amounting to 11 hours.
- Ensuring that FaME and/or Otago physiotherapy principles are embedded in the dance course.
- To do this, you will complete a 4-day training course, delivered by Later Life Training and Aesop Dance to Health, which will give you a thorough understanding of the FaME and Otago physiotherapy exercise programmes and of the Dance to Health programme.
- Ensuring key monitoring data is collected at the sessions.
- Working with an Assistant Dance Artist and Peer Motivator(s) to deliver the sessions.

### **REQUIREMENTS OF A DANCE TO HEALTH DANCE ARTIST**

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#### Essential:

- Has at least than 4 years' experience of teaching dance in the community
- Has at least 1 year's experience of teaching older participants
- Is passionate about working with older participants aged 60+
- Has experience of working in collaboration and taking the lead with others in a team (for example support staff, shadowing, volunteers, dance assistants)
- Can demonstrate an ability to devise appropriate classes enabling progression from various starting points presented by individual participants
- Has an understanding and proactive approach to inclusive practice and person-centred teaching
- Is confident in using applications such as Dropbox and Excel
- Has up to date DBS check, First Aid, Safeguarding, and Public Liability Insurance up to the value of £5 million

#### Desirable

- Has knowledge of sports and/or dance therapy methods that can improve strength and flexibility