

## Dance and Disability Online Resources



Below are some links to online offerings from other organisations with a dance/movement focus. They are all specifically designed for those with disabilities.

This is by no means an exhaustive list but hopefully will inspire you to explore moving and dancing at home.

Cheshire Dance have only included recommended links from fellow dance artists and companies, however ultimately, we cannot take any responsibility for the content of other people's sessions or activities.



NB: Dancing in your own home means that YOU are responsible for your own health and safety. Please read and follow the guidance from the people running the activity before taking part. You may also like to read the guidance from Cheshire Dance here:

<http://www.cheshiredance.org/virtualclasses/terms.html>

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**Stop Gap Dance Company:** *Stopgap Dance Company makes exhilarating dance productions with exceptional disabled and non-disabled artists.*

- Are delivering online professional and youth classes for dancers with and without disabilities.
- Facebook page: <https://www.facebook.com/StopGAPdance/>
- Please visit their website to register for Zoom classes: <https://www.stopgapdance.com/whats-on>
- Please go to their dedicated group for Pro Class to join their FB Live sessions: <https://www.facebook.com/groups/stopgapdanceclass/>
- They are offering these free of charge, but if you are able to donate, please visit: <https://www.gofundme.com/f/stopgap-online-project-fund>



**Indepen-dance:** *Indepen-dance creates opportunities for disabled and non-disabled people to enjoy, express and fulfil their potential through dance.*

- Offering online classes for adults and young people with disabilities including a chair-based Yoga session.
- Please get in touch with [admin@indepent-dance.org.uk](mailto:admin@indepent-dance.org.uk) to register your place for these classes.
- Facebook page: <https://www.facebook.com/indepentdance.scotland/>
- Their classes are free to take part in, however, they do ask if you are able, to please make a donation to support them during this time. Go here to donate: <https://localgiving.org/appeal/dancingtogether/>



**DanceSyndrome:** *DanceSyndrome is an innovative North West based inclusive dance charity, led by people with learning disabilities.*

- Four free weekly sessions available on YouTube. These are suitable for everyone of all ages & abilities: <http://ow.ly/gYov50zOG5i>
- Two weekly live zooms sessions ...
- - **Wednesday 3pm: Adult Inclusive Dance** , co-led by a DanceSyndrome dance artist and a dance leader with a disability. The session is suitable for everyone is £2.50 and can be booked onto through the following link: <https://bit.ly/DSZoomWeds>
  - **Friday 3pm: Junior Inclusive Dance** - inclusive dance session aimed at primary school aged children, but children of all ages welcome. The session is co-led by a DanceSyndrome dance artist and a dance leader with a disability and adaptations will be offered to suit everyone's needs. Costs £2.50 and can be booked onto through the following link: <https://bit.ly/DSZoomFri>



## Lisa Simpson

*Lisa Simpson is an innovative choreographer, workshop leader & company director with quadriplegia cerebral palsy. Non-verbal, Lisa communicates her artistic vision and workshop instructions through a trained translator.*

- Stay In and Boogie is a fun, accessible and inclusive dance workshop from the wonderful Lisa Simpson (of Lisa Simpson Inclusive Dance Ltd.) and Helen Gould (La Petite Mort Theatre), commissioned especially for The Dukes (Lancaster).
- Follow Lisa, Helen and their team of dancers as they show you a creative movement game that's free for you to interpret to suit your needs and space!  
<https://dukeslancaster.org/digital-dukes-creative-commissions>
- Find out more about Lisa Simpson Inclusive Dance Ltd here: <https://simpsonboard.co.uk/>

## Corali

**Corali Dance Company:** *Corali is a leader in dance created by artists with a learning disability.*

- Corali have come up with fun ways to share their ways of working with you at home:  
<https://www.corali.org.uk/news-and-opportunities/2020/4/9/coralis-creative-challenge>
- See their facebook page for dance films, interviews and inspiration:  
<https://www.facebook.com/CoraliDance/>

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Resources particularly aimed at People with Profound and Multiple Disabilities:

## FROZEN LIGHT

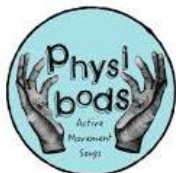
**Frozen Light Theatre Company:** *Frozen Light creates high quality sensory theatre productions for audiences with Profound and Multiple Learning Disabilities (PMLD).*

- <https://www.facebook.com/frozenlighttheatre/>
- They have created sensory resource kits particularly aimed at those with PMLD: <https://frozenlighttheatre.com/sensory-resource-kits/>



**Story Massage:** *'Story Massage' is an interactive way of combining the creativity of story with the benefits of positive touch. Everyone can join in, whatever age or ability. It is suitable for children and adults.*

- Story Massage Adults with PMLD <https://www.storymassage.co.uk/adults-pml-d-story-massage-activities/>
- Story Massage Children with PMLD <https://www.storymassage.co.uk/story-massage-action-children-pml-d/>



**Physi Bods:** *A Music Physio event, bringing carers and children with complex learning differences together to explore body awareness.*

- Written by Tim Godwin, in collaboration with Physiotherapist, Carolyn Thwaites: <https://www.youtube.com/watch?v=7TmvZ7AYMpM>