



SCD WORK EXPERIENCE 2026

Key information for students completing work experience at Sutton Community Dance.

#DANCINGFORGOOD

SUTTON COMMUNITY DANCE



WELCOME TO SCD

Thanks for choosing us for your work experience placement. We hope you have an interesting, positive and encouraging time with us. We look forward to seeing you on day 1

WWW.SCD.ORG.UK

OUR HOPES FOR YOUR TIME WITH US

1

FEEL AT HOME & VERY WELCOME FROM DAY 1

2

HAVE A WIDE RANGE OF POSITIVE EXPERIENCES

3

EMBRACE ALL OPPORTUNITIES. ESPECIALLY IF THEY ARE BRAND NEW FOR YOU

4

KNOW THE TEAM IS AVAILABLE TO SUPPORT YOU THROUGHOUT

5

LEAVE FEELING YOU'VE GROWN, CREATED SOME NEW MEMORIES AND LEARNED MORE ABOUT YOURSELF TOO.

SCD IN A NUTSHELL

Sutton community dance is a not for profit independent local organisation.

We exist to get Sutton dancing - boosting our wellbeing and bringing even more life and soul to the town centre we love.

We work hard to smash barriers to dance so everyone can enjoy taking part, getting healthier and meeting other great people.

We have over 800 people dancing with us every week in our 80 classes for everyone from age 18 months to over 60s.

We call this **#DANCINGFORGOOD**

SCD IS ALL ABOUT...

SCD is about regeneration and wellbeing - for our bodies, our town and our community.

At SCD we know dance has an incredible power to change lives, and today we can all start dancing for good... We know this through reading published scientific studies as well as through people's personal stories.

Dancing can help us learn skills, gain confidence & improve your physical health. Dancing with others makes us less stressed and more connected to our community.

Too many of us often feel isolated - young people wondering who their 'real' friends are in a digital world and many older people finding the TV is often their only companion.

Dance goes deeper.

As we learn to dance with each other we also learn to notice more, to celebrate our differences & uniqueness but also to focus more on how we can work together to make life more colourful.

Dance is a gift not to just impress others but to share with others and to positively change our world.

Whatever our age we can all begin the journey in

#DANCINGFORGOOD join us..

WORK EXPERIENCE DETAILS

PLACEMENT OVERVIEW

Sutton Community Dance, SCD, is an all age and inclusive dance school in the heart of Sutton, with over 800 weekly class members.

Based in the St Nicholas Shopping Centre, SCD occupies two floors with 3 large dance studios, a gym, creative arts spaces and physio rooms.

Work experience at SCD offers a variety of opportunities for the students, with a focus on assisting teachers in dance class preparation and delivery.

Students also have some involvement with business administration, marketing, membership relations and their own creative projects.

SCD has 30 team members and the students will work with a range of team members during the placement.

PLACEMENT HOURS

Core work experience hours are as shown below. Please email us if you have existing commitments affecting your availability:

Mondays 4.00pm-7.30pm

Tuesdays 10.00am-7.30pm (lunch 12-1pm)

Wednesdays 11.30-7.30pm (lunch 1-2pm)

Thursdays 10.00am-7.30pm (lunch 12-1pm)

Fridays 11.00am-6.30pm

*Saturdays optional 09.00-3.00pm

WORK EXPERIENCE DETAILS

CLOTHING / DRESS CODE

STUDENTS WILL BE PROVIDED WITH SCD TOPS FOR THE PLACEMENT.

JOGGERS / LEGGINGS / SHORTS CAN BE WORN. TRAINERS OR BAREFOOT WILL BE REQUIRED, ACCORDING TO THE CLASS TYPE.

FOOD, DRINK & BREAKS

STUDENTS ARE, OF COURSE, WELCOME TO BRING THEIR OWN FOOD WITH THEM OR MONEY TO BUY FOOD LOCALLY IN THE TOWN CENTRE.

ACCESS TO HOT DRINKS, A WATER CHILLER, A FRIDGE, FREEZER AND MICROWAVE IS AVAILABLE THROUGHOUT THE PLACEMENT FOR THE STUDENTS. STUDENTS ARE ENCOURAGED TO BRING A BOTTLE OF WATER.

INSURANCE

PUBLIC LIABILITY COVER - ACG 23707675 (£10M)
EMPLOYER'S LIABILITY COVER - ACG 23707675 (£5M)
INSURANCE PROVIDER - ANSVAR INSURANCE
EXPIRY: 13TH JANUARY 2025 (RENEWED ANUALLY)



EMERGENCY CONTACT

SCD MAINLINE: 07709 884738
EMAIL: INFO@SCD.ORGUK

FINDING US

SCD is located in the centre of Sutton High Street as shown on the map below. Travel to us by train using Sutton Station - an easy 5 min walk straight down the high street to SCD.

Otherwise we have major bus stops just 2 minutes away connecting us easily to Croydon, Morden, Mitcham, Cheam and Banstead.

You will find SCD by entering the St Nics shopping centre opposite Marks & Spencer in the High Street. Head up the ramp to your left, walking past Primark and find us next to Smiggle.

