

Wanna Dance?

Staff Information Sheet

Hi,

My name is **Jane**



I am a dancer from Cheshire Dance and will be visiting Canal Street and Lightfoot Lodge over the next year. I am visiting your centre because I am interested in finding out how people with Profound Intellectual and Multiple Disabilities (PIMD) might like to dance. I will invite individuals with PIMD to dance with me for a short time each week for 10 weeks.

My name is **Ruth.**



I am a dancer who sometimes works in a university. I will be helping Jane gather information from this project to help us learn how people with PIMD like to dance. We will share what we learn with others. I will visit the dance sessions with Jane. I will watch and write down what I see.

Please have a look at this leaflet which tells you about this project.

What is the WannaDance project about?

This project is a partnership between Vivo Care Choices and Cheshire Dance.

It aims to:

- Find out how people with PIMD might like to dance.
- Develop best practice for dancing with people with PIMD.
- Explore how a Dance Artist-in-Residence might enhance Vivo Care Choices' services.
- Encourage staff to develop their skills and confidence in facilitating dance.

How will I be involved?

You are involved in this project because you are a member of Vivo Care Choices' staff. You support someone with PIMD who is being invited to dance with Jane as part of this WannaDance project.

You will:

- Help Jane get to know her potential dancing partner/s.
- Communicate with Jane about the times of the dance sessions.
- Bring the person you support to the sessions.
- Observe the dance sessions and take notes on what you see (using a provided Review Sheet).
- Share the Review Sheet with Jane.
- Help the person you support to transition after the session.
- Notice any change in behaviours that arise after the sessions and let Jane know.

What do we mean by 'dance'?

When dancing with someone with PIMD we will:

- Meet each person in the moment and respond to their unique movements.
- Explore communication and connection beyond words.
- Notice, value and celebrate all movement, no matter how small.


You may see us using:

- Touch
- Sensory objects
- Music



What will happen during the project?

- 1. Jane will visit your centre on a Monday for the next year.**
- 2. Jane will spend time getting to know the person you support. She will want to:**
 - Learn what they like or don't like.**
 - Know how they communicate that they are well or unwell.**
 - Know how they communicate if they are enjoying or not enjoying something.**
- 3. Jane will arrange a weekly one-to-one dance session time.**
- 4. The person you support and Jane will explore dancing together for approximately 15 - 20 min each session.**
- 5. Jane will respond to verbal and non-verbal signals from her dancing partner to stop or change the dancing.**
- 6. You will observe the dance sessions and take notes on what you see (using a provided Review Sheet).**
- 7. After the session, Jane will make a written record of what happened.**
- 8. The sessions will be filmed.**



What should I do if I have any questions or concerns?

If you have any concerns speak to Jane either in person on Mondays, or email jane.mclean@cheshiredance.org

Alternatively, speak to the PIMD Lead in your centre who is leading the WannaDance Project.

What will happen to the things I write on the review sheets?

The review sheets will be used to help us learn how we best dance with people with PIMD.

We might talk to you about your review sheets to help us check our understanding.

We will anonymise any information we share in written reports or articles.

What will happen to the session videos?

We would like to share footage of the dance sessions with participants, Vivo Care Choices staff and if requested, participants' families/carers.

As you are observing the sessions, you may be captured in footage. Jane and her dancing partners will be the focus of the footage.

People may be able to recognise you in the video.



If you have any questions about WannaDance, please ask either:

Jane: Jane.mclean@cheshiredance.org

Ruth: rmspencer2@uclan.ac.uk



Thank you for reading about this project 😊