

WANNA DANCE?



CREATING DANCING OPPORTUNITIES FOR
ADULTS WITH PROFOUND INTELLECTUAL
AND MULTIPLE DISABILITIES



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DANCE & PEOPLE WITH PIMD

WHY

Wanna Dance has been developed in response to the Covid-19 pandemic as a way to enable people with Profound Intellectual and Multiple Disabilities (PIMD) to take part in dance activity.

WHAT

Wanna Dance trained Vivo Care Choices staff to deliver 20 minutes of focused one-to-one dancing with their Dance Partner with PIMD.

The Wanna Dance programme is based on the principles of joining, amplifying and connecting to your partner's movement. Wanna Dance involves recording and reviewing session observations and experiences so that - over time - an individual movement profile can be created for each Dance Partner.

WHO

Cheshire Dance have developed Wanna Dance in collaboration with Vivo Care Choices and Ruth Spencer from the University of Central Lancashire.



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STRUCTURE

Wanna Dance ran in two phases with two different cohorts of Vivo Care Choices' staff and Dance Partners.

Each phase involved:

- 6 weeks of weekly staff/Dancing Partner 1:1 dancing sessions of approx. 20 mins, supported by 3 x one hour staff training sessions.
- A further 6 weeks of staff continuing 1:1 dancing and recording sessions with their Dancing Partners.
- At the end of the 12 weeks, recording sheets were reviewed, Dance Partner Reviews created and focus groups held with staff.

"At that moment in time, it is joyous to watch that person engaging in a bit of 'me time'; the snapshot of time amongst the chaos, enjoying the music. It's gorgeous... seeing them happy."



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AIMS

- 1
 - To support adults with PIMD to access dance sessions during COVID.
 - To find the best way to enable centre members who loved to dance the opportunity to continue to have good dance experiences.

- 2
 - To enable Vivo Care Choices staff to:
 - Support adults with PIMD to dance.
 - Capture how their Dance Partners with PIMD like to dance.

- 3
 - To develop a staff training that was:
 - Bespoke and relevant to participants and manageable for staff.
 - Carefully considered issues of consent and well-being.

"Do you think that we are guilty of hearing the word 'dance' and presuming that it's going to be a certain thing? Expecting us to perform a dance? Rather than any movement being interpreted as dance?"



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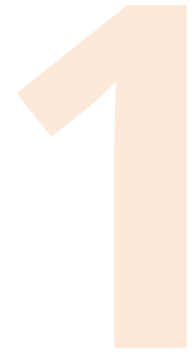
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PROJECT EVALUATION METHODOLOGY

WHAT	WHO	WHEN
Week 2 Questionnaire	Staff	After Week 1 of Training
Record Sheets	Staff Observations of Dance Partners	Weekly, Moment by Moment
End of Project Questionnaire	Staff	After Phase 1 and 2
Focus Groups/Review Meetings	Staff and Dance Artists	End of Project
Graffiti Wall	Dance Artists	End of Project
Dance Partner Reviews	Dance Artists and Staff	End of Project, Informed by Record Sheets and Focus Groups

"Sometimes we don't often give the service users credit for what they can do"

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SUMMARY OF FINDINGS

AIM 1

- To support adults with PIMD to access dance sessions during COVID.
- Find the best way to enable centre members who loved to dance the opportunity to continue to have good dance experiences.

OBSERVATIONS DELIVERY

The Wanna Dance Programme has enabled Vivo Care Choices to:

ENGAGEMENT

- Deliver 42 x 1:1 dance/movement sessions between April and July 2021.

EXPERIENCES

- Engage people who were unable to access other dance provision during Covid.

OPPORTUNITIES

- Provide 1:1 movement/dance experiences that focused on the 'needs of one person intensively', allowed staff to 'tailor the movement, stimuli and pace to the individual'.

ACCESS

- Create opportunities for staff to give 'undivided attention' and share 'moments of deep connection' with their dancing partner.

- Enable people who use their services the opportunity to 'take the lead', 'express themselves' and 'request dance sessions when they wanted to'.

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SUMMARY OF FINDINGS

2

AIM 2

To enable Vivo Care Choices staff to:

- Support adults with PIMD to dance.
- Capture how their 'dancing partners' with PIMD like to dance.

OBSERVATIONS

The Wanna Dance Programme has:

TRAINING

- Trained 10 Vivo Care Choices staff members (from Canal Street and Lightfoot Lodge) in 1:1 movement practices through 3 x 1 hour training sessions, delivered fortnightly.

DEVELOPMENT

- Developed the skills and understanding to enable 5 staff members to feel confident and 2 staff members to feel moderately confident about facilitating ongoing Wanna Dance sessions.

PROGRESSION

- Created opportunities for staff to see their dancing partner's progress and develop in their movement, and recognise the need to 'give service users credit for what they can do'.

RECOGNITION

- Developed staff understanding of what dance is and how it can be used within their work.

COMMUNICATION

- Refined some staff members' communication with people who are non-verbal.

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SUMMARY OF FINDINGS

3

AIM 3

To develop a staff training which:

- Is bespoke and relevant to participants and manageable for staff.
- Carefully considers issues of consent and wellbeing.

OBSERVATIONS

The Wanna Dance Programme has:

CONFIDENCE

- Developed staff skills and understanding in:
 - Increasing their confidence to deliver dance/movement sessions
 - Allowing their dance partner to take the lead
 - Giving 'new ways and ideas'
 - Working 1:1.

CONCEPTS

- Provided a developmental approach and time to build upon concepts and ideas.

IMPROVEMENTS

- Improved in Phase 2 with the addition of a pre-meeting to orientate staff and make adjustments in relation to needs and abilities of Dancing Partners involved.

OPPORTUNITIES

- Provided opportunities for staff to see professional dance works made with and by people with disabilities.

SUPPORT

- Worked closely with PIMD Leads to support communication.

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SUMMARY OF FINDINGS



CHALLENGES

Challenges arising during the Wanna Dance Programme:

PARTNERS

- Selection of staff members to take part and matching them with Dance Partners.

STAFFING

- Vivo staff members cited staffing levels, time, Dance Partner interest and Dance Partner attendance as the main challenges to completing the Wanna Dance programme.

TIME

- Completing and submitting Wanna Dance paperwork was challenging for some members of staff. Barriers to this were cited as 'time' and 'staffing levels'. Incomplete paperwork impacted on the ability to fully support, record and share the emerging likes, dislikes and preferences of Dance Partners.

SPACE

- Finding spaces in Vivo Centres that were suitable for focused dance activity.

FUTURE DELIVERY

- There is a strong risk that the Wanna Dance sessions may not continue following the project.

There is a need to consider how the project can be embedded into Vivo Care Choices' offer even when Dance Artists are not directly working with staff.

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SUMMARY OF FINDINGS



RECOMMENDATIONS

Recommendations going forward:

CERTIFIED

- Make Wanna Dance a certified training programme - recognising staff who complete the programme and how it develops their own professional practice.

RECRUITMENT

- Develop clear Wanna Dance recruitment processes for staff and Dance Partners – and involve both Dance Artists and PIMD leads in this process.

TIME

- Embed time for Dance Artists to work directly with Dance Partners with PIMD.

SPACE

- Identify a dedicated space for dancing – both for staff training and 1:1 Wanna Dance sessions.

SUPPORT

- Investigate alternative ways to support staff with recording their sessions.

EVIDENCE

- Embed creative documentation into Wanna Dance – drawing/film/photography – in order to raise the profile of the work and amplify the creative voices of the Dance Partners.



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FURTHER INFORMATION

The Wanna Dance Programme is a partnership between Cheshire Dance, Vivo Care Choices and University of Central Lancashire.

Evaluation Date: October 2021

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