



Call out for Proposals for Dance Included - Paid Opportunities for Dance Artists and Personal Development Facilitators.

Jumped Up Theatre is looking for Dance Artists and Facilitators for Dance Included.

Dance Included is a monthly programme of dance and personal development sessions exploring leadership and creativity, centred on wellbeing and building resilience, for grassroots activists and community leaders in Peterborough. As well as being paid to run a phase of 3 sessions the artist/ facilitator are encouraged to use this open studio time to explore their own practice with a diverse group of people, and to develop their creative and professional network.

Each phase lasts 3 months with a new artist and facilitator. The sessions run monthly on the first Sunday of the month between 2pm-5pm in a workshop space in Peterborough. Each session includes 2 hours of movement led by an artist followed by a 1-hour discussion period facilitated by a speaker. The artist and speaker can be the same person if an artist is interested in exploring both aspects but so far have been two different people. Earliest start for a new phase is May 2024.

About Dance Included

Dance Included uses movement and facilitated conversation to explore how community leaders can support their resilience and well-being through creative practice that explores **the themes of inclusion, resilience, and care.**

The movement sections are mostly improvisation-based, so participants can choose how much they move their bodies. The artist may offer movement ideas and exercises for participants to follow but space and time is also made for people to connect with their bodies, so people can participate how best suits them. While there can be independent dancing, participants will not be required to present anything back to the group unless they want to. The sessions do not come with any preconceived ideas about aesthetics, there's no 'right' or 'wrong' way that something should look, only what feels right.

The facilitated conversations have so far been broad, exploring different ways of communication; with participants developing their skills, while practising collaboration and partnership to develop greater networks of support.

Dance Included has been co-designed by participants of our 2023 project, *'How Shall We Begin Again? with Jo Fong'*, and the programme will continue to be monitored and evaluated by our Dance Steering Group.

About Jumped Up Theatre

Based at Central Library,
Broadway, Peterborough PE1
1RX

Jumped Up Theatre Reg Co.
04228305 Reg Charity 1088593

Jumped Up is a place-based arts organisation seeking to create positive change in Peterborough through live story-telling, development of skill and agency in others, and partnership working.

Dance Artist - Brief

We are looking for someone who is:

- Experienced in Dance or Movement practice.
- Looking to explore their own practice with a group.
- Open and adaptable to accessibility needs.
- Have Inclusion, Resilience and Care built into your practice.
- Aligned with the principles of and practice of Jumped Up and Dance Included.

As the Dance Artist You will:

- Plan and deliver 3 workshops over 3 months on the first Sunday of each month between 2-4pm.
 - Work with Jumped Up to define what those workshops will look like.
 - (If applicable) work with a facilitator to share learning and collaborate on the sessions.
 - Attend the facilitator's session 4pm-5pm to help inform your own sessions.
 - Be paid £850 (£250 per workshop plus £100 prep/meeting time) for delivery.
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Facilitator for Personal Development Sessions - Brief

We are looking for someone who is:

- Proven skills in coaching or support work.
- Seeking to work with a varied group of people.
- Open and adaptable to accessibility needs.
- Has new and exciting ideas on building people's resilience and or/ building connections within the group.
- Whose practise we can connect to the chosen dance artists (Jumped Up to support this process.)
- Aligned with the principles of and practice of Jumped Up and Dance Included.

You will

- Plan and deliver 3 workshops over 3 months on the first Sunday of each month between 4-5pm.
 - Attend Dance Included between 2-4pm to help inform your sessions.
 - Work with Jumped Up to help refine your sessions and give feedback.
 - Be paid £400 (£100 per workshop plus £100 prep/meeting time) for facilitation of the last 50-60 minutes.
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Apply

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To apply for either position (or both) please contact emily@jumpeduptheatre.com with an Expression of Interest answering the following questions:

Why would you be interested in running Dance Included sessions? (i.e. how would it inform your practice and what would it allow you to explore)

What skills of experience do you bring?

Up to 400 words or 3-minute video / audio message. **Deadline for May Phase is Tuesday 12th March at 10 am.** Relevant enquires will be followed up by a phone call or Zoom with Jumped Up Theatre.