



# DISABILITY ARTS CYMRU INFORMATION SHEET

## Essential Tips for Disabled Dancers

### DEVELOP YOUR SKILLS

As a dancer it is essential to keep pushing yourself to improve your technique and explore other styles of dance.

Develop your dance skills by attending training courses. A huge variety of courses run across Wales and beyond, some of which are specifically designed to be inclusive. Do some research to find out what's best for you, and remember that training providers have a duty to ensure that your access requirements are met, so be clear and be assertive. A good option might be Community Dance Wales' Steps in Time workshops.

For help with the cost, training grants of between £250 - £2,000 are available from the Arts Council of Wales (ACW). These grants are available to people living in Wales that are over 16 and not in full-time education.

### GETTING YOURSELF OUT THERE

Keep up to date with opportunities by contacting dance companies and organisations and asking to be put on their mailing lists, and reading about auditions in publications like The Stage ([www.thestage.co.uk/recruitment](http://www.thestage.co.uk/recruitment)).

Collaborations are also a great way of creating new work. Have you thought of working with other individuals / organisations on a dance or mixed artform project? You may already know some other artists that you could work with to create something new and exciting.

There are a number of grants available from ACW to fund projects, and there are also interest-free loans to assist with your costs. These are available to individuals living in Wales that are over 18 and not in full-time education.

## GET INSPIRED BY OTHER DISABLED DANCERS

Disabled dancers are creating high-quality, challenging and cutting-edge work across the UK and internationally. You might be interested in contacting some of these companies to find out about workshops or auditions.

Working on a National scale in the UK, CandoCo ([www.candoco.co.uk](http://www.candoco.co.uk)) was confirmed as a National Portfolio Organisation of the Arts Council England from 2012 onwards. This investment recognises the contribution Candoco Dance Company has made over the last 20 years to the performing arts sector by producing and presenting high quality, innovative works by disabled and non-disabled dancers." In Wales, uhhuh dance company ([www.uhhuhdance.co.uk](http://www.uhhuhdance.co.uk)) are creating interesting work.

Other interesting companies include integrated dance company StopGAP in Surrey ([www.stopgap.uk.com](http://www.stopgap.uk.com)), "StopGAP Dance Company has unparalleled experience in integrated dance. The company tours nationally and internationally, and is a National Portfolio Organisation of Arts Council England.

StopGAP's evocative and vivacious work gives a kaleidoscopic view of the world. The surprising shifts of images connect with our audiences to ignite their curiosity."

Anjali dance company work with dancers with learning disabilities in England ([www.anjali.co.uk](http://www.anjali.co.uk)) - "Anjali Dance Company exists to change global thinking about who can dance and demonstrate new artistic possibilities by showcasing the creative potential of people with learning disabilities."

Sign Dance Collective ([sites.google.com/site/signdancecollective/](https://sites.google.com/site/signdancecollective/)) work with Deaf dancers to create a fusion of sign language and dance.

You could also watch "The Cost of Living", an award-winning short film starring incredibly talented disabled dancer David Toole, one of many produced by DV8 Physical Theatre, ([www.dv8.co.uk](http://www.dv8.co.uk)).

## ESSENTIAL READING

**Potential - Dance and Disabled People e-newsletter** published by the Foundation of Community Dance. Full of news and opportunities for disabled dancers. Sign up by going to [www.communitydance.org.uk/dance-and-disabled-people.html](http://www.communitydance.org.uk/dance-and-disabled-people.html).

In February 2010 Wales Arts International created a new **Dance Directory** which includes a range of independent dance practitioners and dance organisations from Wales. ([www.wai.org.uk/index/publications/1598](http://www.wai.org.uk/index/publications/1598)).

# ESSENTIAL WEBSITES

## WELSH COMMUNITY DANCE COMPANIES:

<b>Dawns i Bawb</b> north west Wales	<a href="http://www.dawnsibawb.org">www.dawnsibawb.org</a>
<b>Dawns TAN Dance</b> Swansea & Port Talbot	<a href="http://www.tandance.org">www.tandance.org</a>
<b>Powys Dance</b>	<a href="http://www.powys.gov.uk">www.powys.gov.uk</a>
<b>Rhondda Cynon Taff Community Arts</b>	<a href="http://www.rctca.org.uk">www.rctca.org.uk</a>
<b>Rubicon</b> Cardiff & Newport	<a href="http://www.rubicondance.co.uk">www.rubicondance.co.uk</a>
<b>Valley &amp; Vale Community Arts</b>	<a href="http://www.valleyandvale.co.uk">www.valleyandvale.co.uk</a>

## OTHER WELSH DANCE COMPANIES:

<b>Earthfall</b> - Cardiff based dance and physical theatre company	<a href="http://www.earthfall.org.uk">www.earthfall.org.uk</a>
<b>National Youth Dance Wales</b> - for young people ages 14 - 21	<a href="http://www.nyaw.co.uk/">www.nyaw.co.uk/</a>
<b>North East Wales Dance</b>	<a href="http://www.newdance.org.uk">www.newdance.org.uk</a>
<b>Welsh Folk Dance Society</b>	<a href="http://www.dawnsio.com">www.dawnsio.com</a>

## OTHER USEFUL WEBSITES

<b>Arts Council of Wales</b>	includes an arts database of events, details of grants, and useful contacts	<a href="http://www.artswales.org">www.artswales.org</a>
<b>BBC Blast Dance</b>	great website for young dancers, with lots of career advice	<a href="http://www.bbc.co.uk/blast/dance_drama/">www.bbc.co.uk/blast/dance_drama/</a>
<b>The Centre for Performance Research</b>	CPR produces innovative performance work: arranges workshops, conferences, lectures and masterclasses	<a href="http://www.thecpr.org.uk">www.thecpr.org.uk</a>
<b>Council for Dance Education and Training</b>	information on training, including training for disabled dancers	<a href="http://www.cdet.org.uk">www.cdet.org.uk</a>
<b>Dance UK</b>	the national voice for dance professionals	<a href="http://www.danceuk.org">www.danceuk.org</a>

<b>Disability Arts Online</b>	work by deaf and disabled artists	<a href="http://www.disabilityartsonline.org">www.disabilityartsonline.org</a>
<b>Equity</b>	the UK Trade Union representing professional performers and other creative workers	<a href="http://www.equity.org.uk">www.equity.org.uk</a>
<b>Theatre in Wales</b>	comprehensive theatre and performance website, including news, reviews and opportunities	<a href="http://www.theatre-wales.co.uk">www.theatre-wales.co.uk</a>
<b>What's On Wales - Dance</b>	What's On Wales, your essential guide to the best arts events in Wales.	<a href="http://www.whatsonwales.co.uk/dance/">www.whatsonwales.co.uk/dance/</a>

# ESSENTIAL CONTACTS

## ARTS COUNCIL OF WALES

 9 Museum Place  
Cardiff CF10 3NX

 029 2037 6500

 029 2022 1447

 029 2039 0027

 [www.artswales.org](http://www.artswales.org)

## THE NATIONAL DANCE COMPANY OF WALES

 Dance House, Wales Millennium Centre,  
Pierhead Street, Cardiff CF10 4PH

 029 2063 5600

 029 2063 5601

 [info@ndcwales.co.uk](mailto:info@ndcwales.co.uk)

 [www.ndcwales.co.uk](http://www.ndcwales.co.uk)

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