

Dance for Lifelong Wellbeing

Information for Dance Participants

Dear Participant,

We are delighted that you have chosen to participate in the ***Dance for Lifelong Wellbeing*** classes. We hope that you will find the sessions inspiring and creative. These sessions will promote participation in physical activity which may help to support a healthy lifestyle.

This pack should give you all the information you need for the classes, and includes some paperwork that you should read and, if you are happy to, sign in advance, and **bring along to your first class.**

Enclosed in this pack you will find the following:

- Participant registration form
- Emergency Contact Details form
- Consent form

1. Your class details

The venue for your classes is:

The dates and times are:

Your dance teacher's name is:

2. Your First Dance Class

2.1 What to expect

The ***Dance for Lifelong Wellbeing*** programme is an opportunity for you to take part in a creative dance class. The class is open to all abilities.

You will be working with qualified dance teachers who are undertaking further training with the Royal Academy of Dance. This training will help develop their teaching skills with specific regard to adult learners in dance. They will use a variety of music and may use props in the sessions. The teachers will all be assigned a teaching mentor at the Royal Academy of Dance who will oversee their progress throughout the project.

2.2 Your health, wellbeing and safety in the classes

Your wellbeing and safety are very important to us. If you have not taken part in exercise for a while, you are advised to speak to your doctor before taking part. Please refer to the Dance Readiness Health Questionnaire enclosed in this pack for more information. If you are unsure about anything, it's best to speak to your doctor.

2.3 What to wear

Please wear comfortable clothing that you can move freely in comfortable shoes - it would be better not to wear high heels! You do not need specialist dance shoes unless specified by your dance teacher – this will depend on the dance style of the class. Please also bring a warm layer of clothing to wear, such as a jumper or cardigan.

3. More about the project

“Dance for Lifelong Wellbeing” is a four-stage project that will include:

- Initial teacher training
- Dance classes for adult learners
- Evaluation of research
- Dissemination of project findings

The project offers opportunities for adult learners and communities of people in later life in London to improve their health and wellbeing through quality dance provision and supports adult teachers in developing best practices for teaching dance for longevity.

Throughout the project we will be monitoring and evaluating how participants and teachers are getting on. This research will be led by Dr Victoria Showunmi from the Institute of Education in London.

A seminar on dance for longevity will be held at the Royal Academy of Dance from April 26th to 28th in 2013 which will present the findings from the project to interested parties including people who work in social care, government, and the dance teaching profession. We would be delighted if you could join us at this event. More details will be sent to you nearer the time.

If you have any questions about the project, please ask your teacher, or contact Dr Victoria Watts, Project Manager for the Dance for Lifelong Wellbeing Project at the Royal Academy of Dance on 020 7326 8068.

With warm wishes,

The Dance for Lifelong Wellbeing Team

Participant registration form

COMMUNITY LEARNING INNOVATION FUND

The programme you are taking part in is being funded by the Skills Funding Agency as part of the Community Learning Innovation Fund. There are learning programmes and activities being funded through the Community Learning Innovation Fund all over England. The Skills Funding Agency is collecting information about the people that take part in these learning programmes and activities so that they better understand how many and what types of people the funding is reaching.

Name	
Full post code	

Gender – please tick one	
Male	<input type="checkbox"/>
Female	<input type="checkbox"/>
Prefer not to say	<input type="checkbox"/>

Age – please tick one	
Under 19	<input type="checkbox"/>
19-24	<input type="checkbox"/>
25-49	<input type="checkbox"/>
50-75	<input type="checkbox"/>
Over 75	<input type="checkbox"/>
Prefer not to say	<input type="checkbox"/>

Ethnicity – please tick one		
White		
Mixed / multiple ethnic groups		
Asian / Asian British	Indian	
	Pakistani	
	Bangladeshi	
	Chinese	
Black / African / Caribbean / Black British	African	
	Caribbean	
Other ethnic groups	Arab	
	Any other ethnic group, <i>please specify</i>	
Prefer not to say		

Age when you completed continuous full time education – please tick one	
I completed continuous full time education at age 16 or below	
I completed continuous full time education at age 17 or 18	
I completed continuous full time education at age 19 or 20	
I completed continuous full time education at age 21 or above	
Prefer not to say	

Thank you for taking the time to complete this form.

Participant Emergency Contact Information

Participant Name: _____

Emergency contact

Emergency contact name: _____

Telephone number: _____



PARTICIPATION CONSENT FORM

Dear Participant

We are delighted that you are participating in the Dance for Lifelong Wellbeing Project. As explained during your first session, these dance classes form part of a research project in which we are investigating ways of teaching as well as investigating the effects of dance classes on older learners' wellbeing.

If you consent to participate in the research project your teacher and/or another representative of the RAD might ask you to answer some straightforward questions about your physical health, your social relationships and your sense of independence. Our research coordinator might also ask to interview you about your thoughts on the dance classes. Your identity will not be revealed in our research report, unless for any reason you want to waive your anonymity. You may withdraw your consent to participate in the research at any time and do not need to give a reason for wanting to withdraw. You may participate in the dance classes without consenting to be part of our research on wellbeing.

We will be filming and taking photographs in some of the sessions of this workshop for future training and publicity purposes, and as a way of documenting the project for research purposes.

The photographs/footage may be used for press & publicity purposes in RAD printed and online materials (prospectus, advertising, e-newsletters, websites), and in some cases by local or national press and

broadcast media. They may be kept for an indefinite period and may not be used immediately.

Any personal information provided on this form is strictly private and confidential and for internal RAD Group purposes only, as per the 1998 Data Protection Act.

Please tick as appropriate:

I confirm that I am voluntarily engaging in the Dance For Lifelong Wellbeing programme of dance classes for 6 weeks, and understand that classes will include creative dance activities that involve cardiovascular exercise, strength and balance. I understand that these activities involve a potential risk of injury.

I give my voluntarily consent to participate in the research element of the Dance for Lifelong Wellbeing project and understand that I may withdraw this consent at any time and for any reason

I consent to being photographed or filmed by the Royal Academy of Dance

I hereby give permission for the Royal Academy of Dance to use my image (whether photo or film)

(Please complete your details in block capitals)

Name of Participant:

Participant

Signature:

Date: