



UNIVERSITY OF LEEDS



## **Brief for Dance On training and delivery for Barnsley**

Age UK Barnsley and darts are looking for 2 Barnsley-based dance practitioners to be part of an exciting programme of work to improve physical activity, wellbeing and social connection among older adults in our community.

### **Background**

This programme is based on the successful Dance On programme delivered by darts in Doncaster which focuses on delivering fun, local and social dance sessions in the community. Sessions are for anyone over 50 years, however the average age of participants in Doncaster is 76 years. To see video's of the sessions in action please go to <https://wearedarts.org.uk/dance-on/>

### **Training and Delivery**

You will receive 4 days of paid training in Doncaster with darts Core Artist, Charlotte Armitage, developing and/or extending your practice of working with older adults to deliver dance sessions.

Using this training/experience, each of the 2 dance artists will plan and deliver 8 weekly sessions with a maximum of 10 participants (aged from 65 years). This will be in a community setting in Barnsley and will be a newly established group for this project. You will receive support from Charlotte through this process (combination of face to face and online.)

### **Payment**

There are 8 days available for *each* freelancer, paid at darts' rate of £250 per day

(£2000 total each). This includes 4 days training and preparation/delivery of up to 8 dance sessions- set out below. Travel to and from Barnsley and Doncaster is also paid.

## **Timetable**

**Shadowing and training in Doncaster: Monday 13th, Wednesday 15th and Monday 20th, Tuesday 21st April 2026, 10am-4pm** .You will spend 4 days at The Point ([www.thepoint.org.uk](http://www.thepoint.org.uk)) working with Charlotte Armitage, shadowing sessions in the community, talking to participants about the impact of the sessions and having time to develop your own practice in working with older people, using the Dance On Toolkit.

**Delivery:** May/June 2026: you will deliver up to 8 dance sessions for older adults in a community setting in Barnsley, using the skills you have developed. You will work with Age UK to find a suitable weekly slot for you both.

**End of the programme:** July 2026: evaluation of the programme

## **Funding and Partnership**

This programme has been funded by University of Leeds HEIF Impact Fund, Age UK Barnsley and The Barnsley Older People Physical Activity Alliance. It will be coordinated by darts. It is a pilot project involving Age UK Barnsley, Public Health BMBC, darts and Culture, Health and Wellbeing Alliance. **Together we aim to develop avenues for the project to continue after July 2026.**

## **Who we are looking for**

We are looking for dancers with the following skills and attributes:

- Ability to plan, deliver and evaluate dance sessions, with an eye on safety, variety, creativity and inclusivity, including seated as well as standing options
- Existing experience of working with older people or the motivation to adapt

your dance practice to working with them

- Be passionate about enabling people to move in creative, safe and joyful ways that enhance their wellbeing
- Be aware that the sessions have a social role to play and actively encourage people to make connections
- To have the flexibility to change their plan depending on who is in the room

One of our Dance On dancers says, *“Having the ability to converse, listen and respond to participants enables the session to run smoothly, builds a relationship of trust between participants and dance artist, and encourages safe practice. Providing a listening ear, so that participants feel safe and work within their own capacity, is super important.”*

## **How to apply**

We're so excited about this project! If this is something you would like to get involved with please tell us how your skills and experience match each point in the “ **Who are we looking for?**” section above.

Complete your application in **one** of the following ways:

- Via text (email, whats app on a phone for example)- no more than 1 x a4
- Via video- no more than 5 minutes
- Via audio (whats app voice note, zoom recording for example)- no more than 5 minutes

Send completed applications to us by emailing  
[luisa@culturehealthandwellbeing.org.uk](mailto:luisa@culturehealthandwellbeing.org.uk)

**Please state in the application whether you are able to make all four compulsory training dates above.** Please let us know if you have existing commitments and we can try our best to accommodate this.

**Application Deadline: please submit your application by**

**Monday 23rd February at 5pm.**

You will receive notice within the week of receiving your application if you have been successful in your application and will be invited to a short online interview.

**For more information or for an informal discussion about your application, please email [luisa@culturehealthandwellbeing.org.uk](mailto:luisa@culturehealthandwellbeing.org.uk)**

## **Access**

We know that there are barriers in the traditional application process; if you're comfortable to do so please contact us and we can make sure you are fully supported to make an application.