



Shropshire
inclusive
Dance

**IMPACT REPORT
2021/2023**

STRONGER TOGETHER



Credit: Ray Jacobs

**Creating and embracing
dance together**

www.sidance.live

WELCOME

Our impact report highlights the work we delivered between June 2021 – May 2023 and the difference we have made to the lives of our participants, as well as our contribution to the wider inclusive dance scene across the West Midlands and beyond.

Shropshire Inclusive Dance (SiD) adapted through COVID and navigated all the challenges that came with it, to return to face-to-face delivery with an increased vigour and determination. We are now well and truly into our second decade and SiD continues to deliver weekly inclusive dance classes, workshops, performance projects and training, which facilitate individuals' creativity, inclusion and community cohesion, bringing an incredible amount of joy!

The last year or so has seen SiD reconfigure our adult weekly dance sessions, celebrate our 10-year anniversary to a packed house, develop our young people's programme, and create a new performance piece, Here There and Everywhere, choreographed by Siobhan Hayes. SiD also supported the achievements of Darwin Dancers, which included performing in the Commonwealth Games Opening Ceremony, Birmingham 2022 – what an experience! Alongside all these achievements we welcomed Jo Wright as our General Manager.

We have worked hard to ensure our continuation and growth as a deeply committed, artistically driven dance company. We have never been prouder to lead this incredible charity. What could be more satisfying than sharing the power and connection that dance offers?



Credit: Ray Jacobs

OUR MISSION

To create environments where people from all backgrounds and of all abilities can participate in the sheer joy of dancing together. To create high quality, powerful inclusive dance performance.

People who benefited from our activity:

2021/22

900

Audience members
at live events

6190

Website views

410

Individual participants
of all ages

60k

Social media views

2022/23

6470

Audience members
at live events

8223

Website views

273

Individual participants
of all ages

72k

Social media views

Impact Report Contents:

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What we do

SiD is committed to inclusive dance practice. Since 2012, we have delivered distinct, exemplary, creatively driven dance projects and weekly classes that promote community cohesion and inclusion.

We make powerful performance with our very own Contact Dance Company.

We lead workshops for children, young people and adults, creating a supportive, creative and empowering dance environment.

SiD delivers inclusive dance training to dance practitioners, health workers and professionals.



Credit: Ray Jacobs

Our core values

Inclusion: We value inclusion and dignity for all. We are committed to making our workshops and classes accessible for everyone.

Respect: We respect the individual needs and beliefs of our company members, participants, volunteers and staff. We respect the individual artistry of our performers, participants and artistic team.

Quality: We strive to create and share performances to a high artistic and production standard. We uphold professionalism throughout our organisation, whilst creating safe spaces for creativity to thrive, recognizing that our differences make us stronger.

Connection: Focusing on the energy that exists between people, we invest time, energy and attention in building relationships, using dance as a vehicle to nourish and strengthen people and communities.

Artistry: We believe that artistry is at the core of dance, society, democracy, joy and human expression.

Enjoyment: We know that gaining enjoyment from participating in dance impacts directly on health, happiness and well-being. We feel that enjoyment is vital throughout our organisation, from the boardroom to the stage and everywhere in between.



WHAT SiD MEANS TO ME...



Credit: Ray Jacobs

Introducing Delphine Wise and her progression in dance

Delphine has been on a journey of progression with SiD, and we are delighted to have supported Delphine at a pace that suits her, for many years. Her dedication, commitment to learning and delivery has been outstanding, and SiD are delighted to continue to witness her dance skill development and growth in confidence.

Delphine initially joined SiD as a member of Contact Dance Company, quickly progressing to performing publicly in dance pieces *Twosome* (2017) and *Human Range* (2019) and many company ensemble pieces. In 2019, SiD supported Delphine to complete the Para Dance inclusive instructor training course.

In 2020, during the pandemic, when all SiD's teaching was via Zoom, Delphine was mentored by Rachel Liggitt, pursuing a bespoke, individual trainee pathway. This included shadowing and supporting weekly online dance classes and the launch and delivery of Highflyers Youth Dance Company.

Alongside this, Delphine joined the West Midlands Dance Development Leaders Group. The steering group received news that £1 million had been awarded to Birmingham 2022 by Spirit of 2012 to deliver a ground-breaking mass participation dance programme with 300 young people from the Midlands. Delphine brought her invaluable lived experience as a young woman with a disability and a passion for dance.

Delphine now supports and leads many aspects of SiD's practical delivery and is a member of Contact Dance, she also offers her skills as an administrative assistant – we are so lucky to have her!

"You never know what one opportunity will lead to."

– Delphine Wise



Credit: Ming de Nasty

Introducing Georgie Dawson, Contact Company Dancer and volunteer

Georgie has been an enthusiastic, energetic and positive 'ball of energy' in the arts scene in Shropshire for many years and SiD knew dance would be for her.

In 2023, Georgie joined Darwin Dancers, for young people aged 16-32 who have some dance experience and who are ready to take the next step in their dance journey.

Darwin Dancers previously took part in 'Critical Mass', performing at the Birmingham 2022 Commonwealth Games Opening Ceremony. Inspired by this experience, the group wished to continue inviting new members, working together, creating dances, and performing.

It quickly became apparent to us that Georgie was a natural leader. With an innate ability to support others, Georgie has a 'can do' approach to life which is invigorating.

In 2023, Georgie performed for the first time with SiD, at our Summer Showcase celebration event, demonstrating fantastic focus, energy, performance presence, appetite, and skill in dance. The experience with Darwin Dancers provided a segway to Contact Dance Performance Company, in which she continues to go from strength to strength. Additionally, Georgie offers exceptional support, as a volunteer, to members in Thrive Dance Class.

We are looking forward to finding out what Georgie does next!

"I love working with Thrive, we are one big group, we share ideas with everyone." – Georgie Dawson

WEEKLY ADULT CLASSES

We changed our weekly adult dance classes, returning to in-person classes at our new home, The Hive, Shrewsbury.

Create

Create is a creative movement class with an emphasis on exploring dance together, as a group, in small groups and with partners. Create is for people who need extra support to participate fully in creative dance and in being part of a group.

Contact Company Class

Contact Company Class is an inclusive class for experienced dancers with a focus on improving and developing dance and performance skills. There will be opportunities once a month for people new to Contact, but with dance experience, to try out the class with a view to attending the classes and joining Contact Dance Company.

Dance Celebrations

In 2022, SiD celebrated its 10-year anniversary

People gathered to form a packed house to celebrate 10 years of SiD. There were dance performances, moving dance films and personal testimonials from those who have benefitted from being involved with SiD over the last 10 years. It was wonderful to reflect with old and new friends, celebrating all that SiD have achieved in our community.

The evening included a chance to view 'Dancing Together Apart', an exhibition of photographs by Ming de Nasty. Ming's intimate portraits of SiD dancers against the backdrop of their own homes, formed a powerful exhibition in the gallery space.



Credit: Ming de Nasty

Thrive

Thrive is an inclusive creative dance class for people who enjoy dancing, moving, and making new friends. This is aimed at dancers with some dance experience, but people new to dance are welcome to try out the class.

SiD Digital Classes - Inclusive Contemporary Dance on Zoom

An enjoyable online dance class on Zoom.



Credit: Ray Jacobs



Credit: Ray Jacobs

YOUNG PEOPLE'S DANCE PROGRAMME

Shropshire Inclusive Dance

Our aim is to ensure that young people with a wide spectrum of needs can contribute and benefit equally alongside their peers. It is hoped that our projects will continue to grow the region's reputation for great inclusive dance, encouraging more young people from diverse backgrounds, with varying needs, to participate in regular dance sessions.

Highflyers Youth Dance Company

Established in 2020, Highflyers continues to go from strength to strength. SiD's expert youth team and support staff guide young people aged 11-17 to move, explore theme-based dance, play, and express their creativity. Between June 2021 and June 2023, we delivered over 70 fortnightly and holiday dance sessions.

"SiD are caring, inclusive and accepting. I love seeing my daughter's happy face when she leaves the session." – Highflyers parent



Credit: Ray Jacobs

Darwin Dancers

In 2021, a brand-new inclusive dance collective – Critical Mass, for young people aged 16-30, was established across the West Midlands. The Shropshire Critical Mass Dance Group, Darwin Dancers, joined the inclusive dance project, and performed in the Opening Ceremony of the Commonwealth Games, Birmingham 2022.

Critical Mass was an inclusive dance project that engaged 242 young people (aged 16-30) in 600+ classes, rehearsals and performances over a 14-month period in the lead-up to the Games, which aimed to redefine genuine inclusion in mega-events.

SiD's Darwin Dancers group joined an integrated mass cast, and together they danced their way through key moments of the Birmingham 2022 Festival and were a central part of the Birmingham 2022 Commonwealth Games Opening Ceremony.

Following the completion of the project, and recognising its life changing impact, SiD took on Darwin Dancers to support the longer-term continuation and development of the group beyond March 2023.

Darwin Dancers supports the transition of dancers from Highflyers Youth Dance Company, for 11-18 years, to our adult-focused classes. One of SiD's key aims is to reach more people aged between 16-30 years. This developed framework provides excellent progression routes for young people who want to develop their dance journey.

"Cari has grown in confidence and resilience since starting Critical Mass. Her self-esteem has increased, and she has great pride in what she is doing. She has learnt to work in a small team, with the ability to transfer those skills to a large team. She feels part of something very special."

- Parent feedback



Credit: Anna Belyavina

CONTACT DANCE COMPANY

An inclusive group of 14 experienced dancers meet weekly, over approximately 39 weeks of each year. Members of Contact Dance also participate in distinct bespoke performance projects throughout the year.

Creation of a new performance piece - Here There Everywhere

In 2022, SiD commissioned choreographer Siobhan Hayes and designer Heidi Luker, to create a unique dance spectacle performed by Contact Dance's wonderfully diverse cast.

Here There Everywhere is a series of eye-catching indoor / outdoor contemporary dance performances delving into what it is we think we are searching for...Power, Love, Escape, Freedom?

This inclusive and delightful mini-series wowed audiences at the National Rural Touring Initiative Conference, Shrewsbury Food Festival and at SiD's summer sharing, receiving standing ovations.

Performed by a diverse professional cast of 5 dancers, this dance piece is energetic, poignant, intimate and playful. The piece's set includes an incredible steam punk 'pramaphone' and the costume design is inspired by Victorian design and machinery. Touring 2024/2025.



Credit: Ray Jacobs

Contact Dance Open Workshops

SiD ran a series of workshops led by highly skilled practicing professional dance and performance makers. Open to Contact Dance, and to disabled and non-disabled dancers, the workshops supported, inspired and stimulated dancers and practitioners in their ongoing development as performers, facilitators and dance makers. Artists Annie Hanauer and dance duo Rob Hemming and Tom Bright led the workshops, focusing on movement exploration as a source for improvisation, dance making, performance and inclusion.

Dancing Together Apart Portrait Project

Our powerful touring photographic exhibition visited Shrewsbury Museum and Art Gallery, Theatre Severn, The Hive in Shrewsbury and Centre CELF, Llandrindod Wells, Wales. SiD commissioned photographer Ming de Nasty back in 2021, and the exhibition has been going strong ever since. Ming's intimate portraits of dancers participating in SiD's Zoom classes, performing their own choreographed solos, capture the essence of each individual and remind us of a particular place in time.



Credit: Ray Jacobs

THE SiD TEAM

Ray Jacobs Co-Artistic Director

Ray is an experienced practitioner and director in the fields of dance, performance and filmmaking. He worked with Blue Eyed Soul Dance Company as a performer and education officer (1998 – 2006), and works with Arty Party, facilitating workshops, created multi-award-winning films, and directing performance-based projects.

Since 2012, Ray has worked with Shropshire Inclusive Dance (SiD), facilitating workshops, leading projects, and directing the company, alongside co-director Rachel Liggitt. He states: "I aim in my work to create movement and image which steps quietly into the human heart."

Joanna Wright General Manager

Jo has worked in education throughout her career, having graduated from Leeds Polytechnic with a B.Ed. in Creative Arts. She taught in primary schools before moving into museum and gallery education and working for Croydon Museum Service and The Women's Library, both in London. From there she moved into environmental education, running a centre and services for schools and community groups.

In 2016, Jo became Chief Executive Officer of a charity in Milton Keynes, operating a children's interactive safety education centre. It was both strategic and hands on, so Jo did everything from marketing to bid writing, networking to budgeting. Having relocated to Shropshire in 2021, she was thrilled to join SiD in Autumn 2022, as General Manager.



Credit: Ray Jacobs

Rachel Liggitt Co-Artistic Director

Rachel is a freelance dance artist, Co-director of Shropshire Inclusive Dance (SiD), Educator & Coach, with an impressive record of achievement across health, education, community & arts sectors, delivering an extensive range of school, community, performance and choreographic work.

Rachel was Dance Fellow at Leeds University 1996-2004; Education & Training Coordinator at Blue-Eyed Soul Dance Company 2006-2012 and has held several dance Artist in Residence positions. She joined Fabric and Commonwealth Games Birmingham 2022 as Inclusion Champion, working with Critical Mass. In 2018, Rachel won One Dance UK's 'Inspirational Community Dance Practitioner' Award.

Anna Belyavin Lead Artist

Anna graduated from Trinity Laban Conservatoire of Music and Dance in 2010. Anna is a performer, choreographer, teacher and facilitator, working with children, young people and adults. She was lead artist for Critical Mass – a brand new inclusive dance collective based across the West Midlands, for young people performing at Birmingham 2022's big events, including the opening ceremony of the Commonwealth Games. At SiD she leads Highflyers Youth Dance Company and Darwin Dancers and performs and teaches for Contact Dance Company. Other work includes performing for Infuse Dance in their outdoor shows.

Delphine Wise Artist and Assistant Administrator

Delphine is a freelance inclusive dance artist and facilitator. She is involved with Shropshire Inclusive Dance's children/ young people and adult sessions. Delphine started with us as a participant and has progressed to be a facilitator. Delphine completed the Para Dance inclusive instructor training course in 2019. She enjoys contemporary dance and has previously performed with Contact Dance.

Poppy Mansfield Dance Artist

Poppy is a dance artist with SiD, teaching regularly and performing with Contact Dance Company. She trained in Choreography at Dartington College of Arts with a particular emphasis on visual arts. During her training she collaborated with artists from other disciplines on educational projects. This positive experience means that she now seeks out similar projects that explores and encourages young people to creatively express themselves through dance in a fun, friendly and supportive environment, to build their confidence, highlight their individuality, and grow their passion and enthusiasm for dance.

Cat Merrick Artist

Cat Merrick is a freelance dance artist, qualified schoolteacher and yoga teacher. She graduated from University of Wolverhampton with a BA (Hons) in Dance Studies in 2001, and worked as a community dance artist for many years.

Following a role as class coordinator at national dance agency, DanceXchange, Birmingham, Cat taught at Stafford College and eventually Halesowen College, as a dance lecturer, joining Coppice Performing Arts School dance department between 2009-2019. Cat worked on one-off bespoke projects run by SiD as a participant and performer, joining SiD's teaching team in 2022. Cat is a qualified yoga teacher with BWY and began teaching in 2017; she continues to run classes, workshops and retreats and loves to bring the healing qualities of dance and yoga together.

Becky Pringle

Becky is an experienced Freelance Dance and Movement Artist, who graduated from Roehampton University in 2010, with a First-Class Honours BA degree in Dance Studies. She has since worked with diverse groups of people, aged across the lifespan, in education and community settings. Notable organisations she has worked for include ACE Dance and Music, Mencap, Open Theatre, Stan's Cafe, Fabric (previously DanceXchange) and Sense.

Introducing our trustees

Chair: Alison Overton

Until she retired in 2019, Alison was a senior manager in a range of healthcare settings including those working with people with disabilities. She brings her management skills to steering our board and supporting the team. She is keen to ensure individuals are enabled to be as independent as possible. "I believe that involvement in activity is important to everyone's health and wellbeing, no matter how great or small the involvement may be."



Board members: Tim Baker, Chris Belyavin, Ellen Green, Jessica Kent, Amanda Walshaw

With thanks to...

Calum Barre - Digital Content Producer

Daniel Kevin Lloyd - Graphic Designer

SiD FINANCES

**Total Income
2021 – 2022** **£119,459**

Incoming resources from grants and funding	£110,784
Revenue from workshops and performances	£8,556
Donations	£119

**Total Expenses
2021 – 2022** **£51,759**

Dance Facilitation	£25,333
Artistic Management	£12,420
Support Workers	£3,273
Venue Hire	£3,401
Digital Production, Design & Marketing	£3,010
Administration & Overheads	£4,302

**Total Income
2022 – 2023** **£87,165**

Incoming resources from grants and funding	£78,144
Revenue from workshops and performances	£9,021

**Total Expenses
2022 – 2023** **£73,868**

Dance Facilitation	£23,963
Artistic Management	£24,857
Performance Programme	£5,052
Support Workers	£8,345
Venue Hire	£6,148
Digital Production, Design & Marketing	£1,749
Administration & Overheads	£3,754

A huge thank you

Shropshire Inclusive Dance (SiD) is a charitable incorporated organisation (CIO). We have been able to continue dancing through the generosity and support of our board, volunteers, partner organisations, fellow artists, funders, committed staff, dancers, parent carers and many more people. Thank you.

FUTURE PLANS

SiD has exciting plans for 2024. We will be launching a new programme of activity called 'Engage Create Bloom'.

Engage

SiD will:

- Reach out to and invite more participants with physical disabilities to be part of our company.
- Continue growing our engagement with young people through our Highflyers and Darwin Dancers projects.
- Invite more guest workshop leaders to our region, bringing new creative ideas and ways of moving together.

Bloom

SiD will:

- Tour performances of Here There Everywhere to Festivals, Theatres and events.
- Present an evening of dances at Theatre Severn, performed by members of our regular classes and projects.
- Share the digital dances made by our dancers at sharing events and festival screenings.



Create

SiD will:

- Continue offering weekly classes to our current and new participants, supporting them to enjoy moving together, be creative and learn new dance skills.
- Grow our core staff team to include a Youth Dance Coordinator and Administrative Assistant.
- Remake and rehearse our new touring dance piece Here There Everywhere.
- Support our dancers with disabilities to make their own dances through choreography workshops and digital technology.

We would like to thank





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SiD Governance Summary

Shropshire Inclusive Dance is a Charitable Incorporated Organisation, Charity Number 119537.

Contact us



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