**Dance for Dementia: Volunteer Assistant Information**

Thanks for your interest in volunteering with **Dance for Dementia** Ipswich. Please see below for some further information about the classes, and an application form attached to complete and return by **Friday 9 December 2016.** If you have any questions about the programme, or would like more information on volunteering, please contact Lizzie Croucher (Creative Team Coordinator) [lizzie.croucher@danceeast.co.uk](mailto:lizzie.croucher@danceeast.co.uk)

**About Dance for Dementia**Dance for Dementia is DanceEast’s new programme of weekly classes for family carers and people living with Dementia, in partnership with New Adventures & Re:Bourne and Dementia Pathfinders. The sessions will extend opportunities for local people in the early stages of Dementia and their carers to engage with weekly dance sessions.

Dance for Dementia in Ipswich is inspired by New Adventures and Re:Bourne’s work through their Dementia-focused project *Dance For Life*, in partnership with Dementia Pathfinders, which has delivered a programme of classes in care settings around the South East.

Ipswich Dance for Dementia classes will create a space for social interaction with like-minded people, whilst promoting the benefits of improved mental and physical wellbeing, and most importantly, will be a fun and energising activity. The sessions are designed for family carers and those in the early stages of Dementia to share the experience together.

Following two taster sessions in the Autumn Term, weekly classes will commence from January 2017.  
 **Schedule**Dance for Dementia classes will take place on **Thursdays** **1.30 – 3.30pm** – this includes social time and refreshments at the end of class. Volunteers will need to be at DanceEast from **1.00pm** to assist with the set up and stay until approximately **4.00pm** (latest) to assist with the teas and coffees at the end of the dance class.  
 **Who are we looking for?**We are looking for enthusiastic and dedicated volunteers, who are willing to support the participants and the artistic team. Volunteers will be involved in assistingwith the class set-up and registration, supporting the team throughout the class andhelping with refreshments at the end of the class.  
  
Experience of assisting is not essential, but would be beneficial; volunteers will be required to physically take part in the sessions. Training and support will be provided.

Getting to know participants on an individual basis is also an important element of being a Dance for Dementia Volunteer, to build trust with a view to giving one-to-one support in the dance class as needed.   
 **Volunteer Benefits**Volunteers will have the chance to develop their knowledge, skills and experience of dance for people with Dementia throughout the programme. Volunteers will have the opportunity to work alongside two Dementia trained Dance Artists, and gain experience in practically assisting dance sessions. Additionally, volunteers will be invited to accompany theatre visits and cultural activities as part of the Dance for Dementiaprogramme.  
  
**Commitment / Conditions**Volunteers must be over 18 years of age and be available for at least 50% of the classes throughout the length of one term – term dates can be found on the application form overleaf.

**Dance for Dementia: Volunteer application form**

Please complete all sections as fully as possible. Completed forms should be sent to:  
Lizzie Croucher, Creative Team Coordinator  
Jerwood DanceHouse, Foundry Lane, Ipswich, Suffolk IP4 1DW  
or email to [lizzie.croucher@danceeast.co.uk](mailto:lizzie.croucher@danceeast.co.uk)

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| **Full Name:** |  |
| **Address:** |  |
| **Contact Telephone Number:** |  |
| **Contact Email:** |  |

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| **Please tell us why you are interested in being a Dance for Dementia volunteer.** |
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| **Please give details of any experience you feel may be relevant for the role.** |
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| **Volunteering availability**  Please tick the dates you are available to assist.  (Volunteers will be required between 1.00 and 4.00pm) | Thursday 19 January  Thursday 26 January  Thursday 2 February  Thursday 9 February  Thursday 23 February | Thursday 2 March  Thursday 9 March  Thursday 16 March  Thursday 23 March  Thursday 30 March |