



**The following workshops are part of The Welcome Project, introducing our local community to dance in preparation for the opening of our new space - The Dance Space in 2020.**

## **BRIGHTON YOUTH CENTRE**

All sessions are FREE and open to young people aged 14-19 years.

### **4 SESSIONS OF DANCE & FREESTYLE RAPPING / LYRIC WRITING IN COLLABORATION WITH VINCENT DANCE THEATRE**

- ✓ **Thursdays 7, 14, 21, 28 September 2017**
- ✓ **4-6pm**
- ✓ **Dance studio 2, Brighton Youth Centre, 64 Edward St, Brighton BN2 0JR**

Can you freestyle rap? Or have mates into street dance?

If you are a boy and 14+ (or know someone who is) come to our FREE evening sessions every Thursday throughout September.

Dance, freestyle, or just have a go with professional dancers and musicians.

### **4 CREATIVE SESSIONS INSPIRED BY VINCENT DANCE THEATRE'S VIRGIN TERRITORY**

- ✓ **Tuesdays 19, 26 September, 2, 10 October 2017**
- ✓ **5-7pm**
- ✓ **Dance studio 1, Brighton Youth Centre, 64 Edward St, Brighton BN2 0JR**

Do you use social media? What do you think about all the images you see when you log in to Facebook/Snap chat?

If you're a girl and 14+ (or know someone who is) come and join our FREE evening sessions taking an honest look at what it's like for young women to live in a world dominated by social media 'likes'.

You'll get the chance to watch some dance theatre (an excerpt from VDT's VIRGIN TERRITORY) and have the opportunity to think about your own life through chatting and creative tasks.

## **CAPOEIRA WITH JOE BENNETT**

- ✓ **Tuesdays 14, 21, 28 November, 5, 12 December 2017**
- ✓ **5.30-7pm**
- ✓ **Dance Studio 1, Brighton Youth Centre, 64 Edward St, Brighton BN2 0JR**

## **BRIGHTON UNEMPLOYED CENTRE FAMILIES PROJECT (BUCFP)**

All sessions are FREE and take place at the BUCFP Café, 6 Tilbury Place, Brighton BN2 0GY

### **PARENT & TODDLER CREATIVE MOVEMENT SESSIONS WITH ELISE PHILLIPS**

- ✓ **Mondays 18 & 25 September, 2 & 9 October**
- ✓ **10-11.30am**

Enjoy moving, playing and laughing together with your child. Offering fun , high-energy exploration as well as space to find calm & connect with each other. Sessions have something to discover for adults as well as their children.

### **TANGO FOR ADULTS WITH ANNA ALVAREZ**

- ✓ **Mondays 16, 23 & 30 October, 6 November**
- ✓ **10-11.30am**

### **DANCE / COMEDY INSPIRED SESSIONS WITH JANINE FLETCHER/AVIS COCKBILL**

- ✓ **Thursdays 9, 16, 23 & 30 November**
- ✓ **7-8.30pm**

Let out your inner dancer (go on, we know there's one in there!): Come and explore contemporary dance styles in a fun and relaxed atmosphere.

## **LEACH COURT**

All sessions take place at Leach Court (common Room) Park Street, Brighton, BN2 0DE

All dance workshops are FREE and open to all older adults in the community and include tea and biscuits!

### **ELISE PHILIPS**

- ✓ **Wednesdays 27 September – 18 October**
- ✓ **2-3.30pm**

### **ANNE COLVIN**

- ✓ **Wednesdays 25 October – 15 November**
- ✓ **10.30-12noon**
- ✓ **(note 08 November session is 2-3.30pm)**

### **ROSARIA GRACIA**

- ✓ **Wednesdays 22 November - 13 December**
- ✓ **2-3.30pm**

## **PUFFIN COMMUNITY NURSERY**

All dance sessions are FREE and open to all children attending Puffin Community Nursery on a Wednesday morning.

Fun sessions exploring dance through movement, music and games featuring stories, roleplay, props and costume exploring the seasons and being a super hero! Led by:

### **GEORGE MILES & NICK LAWSON**

- ✓ **Wednesdays 20 & 27 September, 4 October, 1, 15 & 22 November, 20 December**
- ✓ **10-11.30am**

### **KATE ADAMS (MAGIC MOVES)**

- ✓ **Wednesdays 29 November & 13 December**
- ✓ **10-11.30am**