



Indepen-dance

Opportunity through inclusive dance

Autumn 2024 Newsletter

WINTER SHARING AND AGM

Pollokshaws Burgh Hall

Wednesday 4th
December

6:30pm

Free but ticketed on
eventbrite



GATHERED TOGETHER 2024 FLUX AND FLOURISH:

FringeReview
**HIGHLY RECOMMENDED
SHOW**

"If the dancers are the jewel then Indepen-dance is the crown of the royally exceptional company of diverse dance artists, here showcasing what they have achieved.

This is put together with shine at its heart, joy in its delivery and entertainment at its focus - joy throughout."

-DONALD STEWART, THE FRINGE REVIEW

Gathered 24 Together

We would like to say a BIG thank you and congratulations to all of our members who performed at this year's Gathered Together at Tramway and for all who supported making the festival happen!



Flux and Flourish was reviewed as a 'Highly Recommend Show'. A new work featuring our staff and members, the performance featured choreography from key moments of notable performances across the years.

One of our members; Iona, who performed as part of the group said: "Dance means that I can be free. My overall hope as a dancer is to show that although I am a wheelchair user I am not restricted to it, I'm not stuck to my wheelchair" Iona also took part in creating work and performed a work in progress; "This festival is really important to me to be able to connect with people all over the world, this week I am creating work with LPM (England) and ConCuerpos (Colombia) and performing".

We would like to say a thank you to all of our funders and our supporters who donate to us through our Friends of Independence scheme who help make this event possible.

Our chair of the Board Mairi Breckenridge opened the festival by highlighting the importance of funding for the arts; "The current economic situation seems likely to lead to significant cuts in public spending, with both the health and social care and arts sectors likely to be affected. This will have an impact on many of those individuals who come to Independence.

We know that cuts in the social care budget put huge pressure on individuals and families but are also clear that involvement in any form of art or cultural activity is not just an add on but something that significantly enhances the quality of life of individuals and of the community."

Some feedback from Gathered Together 2024:

★ "THANK YOU FOR SUCH AN INSPIRING DISPLAY OF CREATIVITY" ★

★ "THANK YOU, INDEPEN-DANCE FOR AN AMAZING EVENT I FEEL INSPIRED AND LUCKY TO WITNESS SUCH IMMENSE TALENT, SUCH A GREAT ORGANISATION!" ★

★ "IM LEAVING FEELING INSPIRED AND GRATEFUL TO BE IN A CITY WITH SUCH EXCITING DANCERS AND ARTISTS, AMAZING!" ★

★ "BEAUTIFUL PERFORMANCES - DANCE IS FOR EVERYONE" ★



WELL DONE GRACE!

Our Star Story for this term is one of our members - Grace Moultrie.

We have seen a huge improvement and dedication from Grace who joined in 2018.

At this years Gathered Together she performed in Young 1z, Evolve and Flux and Flourish whilst even taking part in workshops during the day she performed with YDance for their piece 'Trick of the Eye'.

"Grace is an incredibly talented dancer who throws herself into every class, rehearsal, workshop and performance! If you have ever met Grace you will have noticed her confident presence and genuine kindness. With a beautiful dance style, Grace lights up the stage. Bringing a certainty to her movement, she carries a level of professionalism that is so admirable and inspirational to other members, dancers and staff! A tireless energy grants Grace Moultrie's dedication and determination in abundance. She is a superstar that I am grateful to have shared the stage with." - Evie

STAR STORY: MEMBER; GRACE MOULTRIE



MEET OUR NEW STAFF MEMBER, EVIE - Dance Programme Lead

We would like to welcome and introduce you to a new member of staff - Evie, our new Dance Programme Lead!

Some of you may recognise Evie who began volunteering with us in 2023. Evie recently graduated with a BA (Hons) in Contemporary Dance at The Scottish School of Contemporary Dance in Dundee.

"I loved volunteering at Indepen-dance and I am so happy to be back and in a role that will contribute to the programme and organisation. I am also looking forward to leading classes and being given the opportunity to bring my studies, training and experience together to making positive outcomes for dancers. Everyone has been very welcoming and it has been really nice working in a collaborative environment and to come back and see how members have developed their dance practice as well as meeting new members. My highlight so far has been Gathered Together I was very lucky to take part in some very insightful workshops and given the opportunity to perform.

JOIN A CLASS -

If you or you know someone who may be interested in a class email or call us - take a look at our class schedule (Back page)! First class is a free taster



YOUR FEEDBACK MATTERS!

Thank you to all who have attended our Member's Group sessions so far. We really appreciate your feedback on what we do here at Indepen-dance.



Your Feedback Member's Group:

From our last terms feedback we heard from members who suggested they wanted to learn about more specific Dance Styles!

What we have done:

We created a new block of weekly Dance classes!

This is a hybrid class to give a taster into new dance styles. the classes have included Ballet, Contemporary, Tap, Jazz, Street and

DANCE STYLEZ: 6:30-7:30pm Tuesdays, at Indepen-dance Bridgeton studio and Online

1 YEAR OF COFFEE-HUT

In November we are celebrating 1 year of our Coffee Hut project - keep an eye out and follow our instagram for more updates **@ind.coffeehut** We would like to say a big thank you to Tin Donkey Coffee who have been supporting us and to all of our volunteers who have dedicated their time to us by volunteering and learning Barista skills.



UPCOMING

TRAINING WORKSHOP: MARCOS ABRANCHES

with Visiting Dance Artist and Teacher from Brazil; **Marcos Abranches**,
Thursday 14th November 2024
from 10am-4pm at Pearce Institute.
Pay what you can sliding scale - tickets available on event-brite.



This workshop explores practices of body awareness, movement exploration and concentration with the abilities of the participants in mind. The activity is accessible to everyone who taking part, seeking not to exclude anyone from experimentation.

WAKE UP EXTRAVAGANZA DATES FOR 2025!



Saturday 28th September
Saturday 2nd November
Saturday 30th November
Saturday 21st December
Saturday 25th January
Saturday 22nd February
Saturday 29th March
Saturday 26th April
Saturday 17th May
Saturday 28th June

We are pleased to announce that we are extending our Wake Up Extravaganza session into 2025! If you enjoy our Wake Up with Wils sessions on a Saturday morning this your chance to come along in person for a creative morning!

ONLINE AND IN-PERSON CLASS SCHEDULE

Monday

11:30am - 12:30pm: Adult Class - Pollokshaws Burgh Hall
1pm - 2pm: Adult Class - Pollokshaws Burgh Hall
1pm - 1:45pm: Monday Moovers - Online

Tuesday

11am - 1pm: Yoga & Coffee Morning - Independence Bridgeton Venue & Online
5pm - 6pm: Youth Class (ages 5-11) - Independence Bridgeton Venue

Wednesday

9:30am - 10:45am: Professional Technique Class - Scottish Ballet Studio (Tramway)
11am - 2pm: Adult Performance Company* - Scottish Ballet Studio (Tramway)
2:30pm - 4pm: Evolve Class* - Scottish Ballet Studio (Tramway) ***Invite Only***
11am - 12pm: Adult Class - Maryhill Community Centre
1pm - 2pm: Adult Class - Maryhill Community Centre
5pm - 6pm: Youth Class (ages 12-18) - Pearce Institute
6:30pm - 8pm: Young1'z* - Pearce Institute ***Invite Only***

Thursday

9.30am & 10:15am: Dance Your Socks Off (Ages 0-5) - Tramway
11:am - 12:pm: Adult Class - Tramway
11:30am - 12:30pm: Adult Class - Pollokshaws Burgh Hall
1pm - 2pm: TouchTrust - Tramway
1pm - 2pm: Adult Class - Pollokshaws Burgh Hall
5pm - 5:45pm: Dance Energy - Online
7pm - 8pm Parents and Carers Class - Independence Bridgeton Venue

Friday

11:30am - 12:30pm: Adult Class - Independence Bridgeton Venue
1pm - 2pm: Adult Class - Independence Bridgeton Venue
1pm - 2pm: Friday Groovers - Online

Saturday

10am - 10:45am- Wake Up with Wils - Online

**Our online classes are free and take place via Zoom.
Our in-person classes are paid per class or via block booking.
To take part contact : admin@independence.org.uk**

Thank you to our Funders . . .

The Baily Thomas
Charitable Fund 



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