

A group of people, mostly women, are participating in a parade on a residential street. They are wearing blue and yellow costumes, some with large blue skirts and headbands. They are holding long, flowing ribbons and flags. The scene is lively and festive. In the background, there are houses, a parked car, and a bicycle on the ground.

TRINITY:

MOVING BRISTOL 2019/21

EXECUTIVE SUMMARY

Moving Bristol was a two year project that developed the profile of dance in Bristol through building capacity and infrastructure, while embedding a wide range of dance activity across the city.

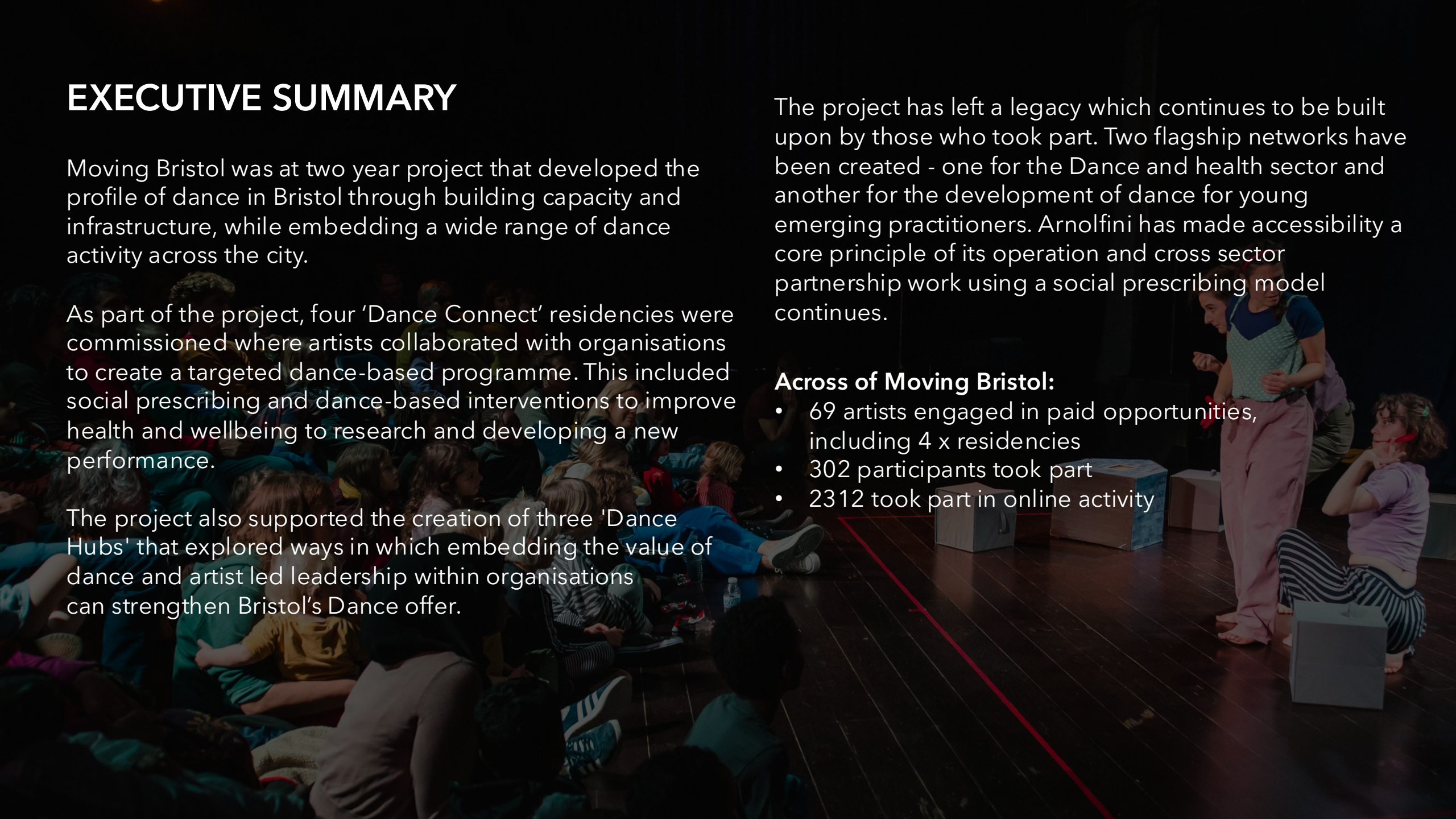
As part of the project, four 'Dance Connect' residencies were commissioned where artists collaborated with organisations to create a targeted dance-based programme. This included social prescribing and dance-based interventions to improve health and wellbeing to research and developing a new performance.

The project also supported the creation of three 'Dance Hubs' that explored ways in which embedding the value of dance and artist led leadership within organisations can strengthen Bristol's Dance offer.

The project has left a legacy which continues to be built upon by those who took part. Two flagship networks have been created - one for the Dance and health sector and another for the development of dance for young emerging practitioners. Arnolfini has made accessibility a core principle of its operation and cross sector partnership work using a social prescribing model continues.

Across of Moving Bristol:

- 69 artists engaged in paid opportunities, including 4 x residencies
- 302 participants took part
- 2312 took part in online activity



A group of adults and children are participating in a dance activity in a large, bright hall with wooden floors and large windows. The adults are holding colorful ribbons, and the children are also holding ribbons. The room has a high ceiling with square light fixtures and large windows with blue vertical blinds. In the background, there are tables and chairs, and a kitchen area with white cabinets and a sink. The text "DANCE CONNECT" is overlaid in large white letters, and "Dance in a Cross-Sector Model" is overlaid in smaller white letters below it.

DANCE CONNECT

Dance in a Cross-Sector Model

DANCE CONNECT

Dance Connect was a commission for four Bristol-based dance practitioners/companies to undertake year-long residencies in organisations across Bristol.

The residencies were selected via a panel that included Karen Lloyd from Active Ageing Bristol and Zannah Chisolm, Artistic Director and CEO of Pavilion Dance Southwest alongside members of the Dance Futures Steering Group.

The selected residencies explored how dance can be used within a social prescribing model and how dance can be used to explore a sense of place and community.

"It was great to see such high-quality applications and be part of the selection process with a different perspective from the health sector"

Karen Lloyd, Active Ageing Bristol



LERATO DUNN, SOUTHMEAD DEVELOPMENT TRUST AND SOUTHMEAD HOSPITAL

Participatory dance practitioner Lerato Dunn was commissioned to explore how to build upon and strengthen a 'dance on referral model' within Southmead Hospital.

As part of the residency Lerato worked in partnership with community charity, Southmead Development Trust and devised 'Wellbeing Moves', a programme of activity targeted to those experiencing poor mobility due to long-term health conditions. This was offered to patients at Southmead as a non-medical approach to improving health and wellbeing.

Alongside this, Lerato offered additional taster sessions for staff. These sessions enabled a 360 approach to gathering feedback, understanding impact and helping shape the 'dance on referral model'.

The residency also offered Lerato the opportunity to develop and extend her practice in terms of co-creation with participants; new choreographic and creative ways of moving and the development of knowledge around evaluation including the use of creative evaluation methods.

Lerato continues working with a social prescribing model and since the culmination of the project has connected with organisations including Bristol Beacon to deliver community-based dance provision.



THE ORIGINAL SPINNERS AND ELGAR HOUSE

The Original Spinners are an established inclusive community dance company. They explored how Dance could improve the health of those with Dementia within Elgar House.

Elgar House is a North Bristol NHS service that offers a place for those medically fit to leave the hospital but unable to have care at home or are awaiting a place in a residential home.

The Original Spinners ran a targeted dance programme for patients and staff that focused on using movement and play to support positive relationships in the hospital environment whilst improving physical and psychological well-being.

Patients, Staff and visitors (families and friends of patients) took part in dance sessions including a performance in the hospital Atrium as part of 'World Alzheimer's Month'. The Original Spinners also delivered an Enhanced Care Training to medical staff working in Southmead Hospital.

The residency enabled the company to secure further funding in partnership with Fresh Arts and Age UK Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group's Ageing Well Programme fund to continue their weekly sessions at Southmead Hospital as well as taking the project into the Bristol Royal Infirmary and Weston General Hospital.

Click [here](#) to watch a short film about the project.

DANCE CONNECT: SHUFFLE, KATIE NOAKES AND KWMC

Established Dance Producer Katie Noakes' residency explored how participatory dance projects could be embedded across Knowle West Media Centre, a community-based organisation in South Bristol that supports social action.

Katie's project, Shuffle, centred around exploring pathways for non-dancers to contribute to dance-making. It connected young people to paid opportunities, offered skills-based workshops in dance filmmaking and editing and rehearsal space.

Katie also worked with KWMC to explore ways in which an established organisation can support residencies and connect them to their wider programme of activities and skills.

Following the residency, Shuffle was awarded Arts Council Funding to tour the UK.

Click [here](#) to watch a performance of Shuffle.



"It was really meaningful for people who did get involved, it was transformational for some of the young people who participated in workshops."

Dance Connect Host - KWMC December 2021

DANCE CONNECT: EVERYBODY DANCE NOW

Bristol-based dance practitioners Penny Caffrey and Helen Wilson's explored how dance can create sense of community in Filwood Community Centre, a central-community point in South Bristol.

Building on the already established 'Knowle West Wishes' project Penny and Helen worked in partnership with other stakeholders, including local schools, to create 'Everybody Dance Now' - a regular programme of community-based dance activities.

The project launched with a video encouraging local people and school children to learn five easy dance moves and to submit their own 'bling-tastic' dance moves.

They programmed a series of carnival themed workshops with fun, uplifting dance activities that explored 'community spirit', 'positive vibrations' and carnival craft. This culminated in a final performance outside Filwood Community Centre.

Helen and Penny were able to secure further funding for a performance at Lunar New Year Celebrations at the Bristol Museum and Filwood Community Centre in 2022 as well as continue activities and an additional six months of community dance workshops.

39 sessions
120 live audience members
20 performances from YP
64% of workshop attendees identified as BAME



A group of adults and children are dancing in a large, bright hall with a wooden floor. The room has large windows with blue vertical blinds on the left and a kitchen area with white cabinets on the right. The scene is captured with a blue color overlay. The text "DANCE HUBS" is prominently displayed in white, bold, uppercase letters, with "Strengthening Bristol's Dance Offer" in a smaller white font below it.

DANCE HUBS

Strengthening Bristol's Dance Offer

DANCE HUBS

Four organisations were commissioned to be 'dance hubs' to develop dance practice and strengthen the dance offer in the city

Professional dance artists were commissioned to collaborate with organisations to develop a new programme of activity focusing on four key areas: young people, health, audience and, professional development.



YOUNG PEOPLE

Creative Youth Network (CYN) worked with Helen Wilson of Rise Youth Dance to explore ways in which the dance sector can support emerging young dance practitioners.

They devised a programme of micro-commissions, offered with professional support for young choreographers to develop new work.

The commissions were awarded to Francesca Nicol and Silas Grocott Cain, Alice Smith and Mariana Marcelino. As part of the commissions, the artists shared work in progress to audiences including programmers, artists and producers.

Helen also worked with CYN and young artists to establish a flagship annual Youth Dance Conference aimed at supporting best practice and skills sharing



AUDIENCE DEVELOPMENT

Arnolfini worked with Raquel Messeguer to explore ways in which the organisation could better meet access needs for audiences, artists and staff.

Raquel delivered a programme of online and in-person activities to unpick barriers to access. This included an integrated dance workshop lead by Adam Benjamin & Raquel, tied into The Galleries' 'Picture of Health exhibition' as well as an Unpacking 'Well-being' session with Arnolfini core team and board members.

Raquel's work with Arnolfini led to a cultural shift in how the organisation embed access for all to the visual arts centre.



HEALTH

Trinity Community arts worked with dance practitioner Julia Thorneycroft to explore ways in which a building-based organisation can develop opportunities for dance in a health model.

Julia and Trinity explored ways to build upon the community-based offer at Trinity and how the organisation can support regular activity for local residents, targeted at those who are experiencing challenging circumstances due to ill health.

Julia also developed a flagship Dance in Health Network creating a space for cross-sector organisations to meet, share events and opportunities, plan ways to work together and to have central point of communication for the dance and health network

Julia supported Moving Bristol Producer to establish a Dance in Health Conference for peer learning across the Dance and Health Sector.



REFLECTIONS: PRODUCER DEBORAH BADOO

"A highlight of my time with BDF was the setting up of a Dance in Health training and performance event held at Trinity, Bristol. The dance and health sector is thriving in Bristol and the event was extremely well attended and there was clearly a huge appetite for more activities and training for this aspect of dance, including the development of a city-wide network of dance, health and wellbeing practitioners.

Dance and Health covers a huge range of activities from working with those living with dementia, those recovering from strokes, those living with Parkinson's strokes, people dealing with mental health issues, dance and disability, dance with elders and dance and wellbeing from which a huge range of participants can benefit.

Many aspects of the Moving Bristol have left a legacy which is being built upon by those engaged with the project. For example, as a result of the connection of Raquel Meseguer with Arnolfini, Arnolfini has made accessibility a core principle of its operation, the partnership with Southmead Hospital and dance for dementia patients continues with Rachael James of The Original Spinners"



IMPACT

Artists talked of building trust with their hosts and how this continued relationship enables future collaborations:

"I do think that the success of arts on referral has built trust and confidence in this work." [Artist Reflective Diary]

The most successful residencies and partnerships were where the artists had existing relationships with their host partners and had shared values and goals:

"I feel like there is a commitment to try and integrate this into the whole organisation." [Artist Reflective Diary]

Barriers of engagement included Covid-19 but also the nature of some of the residencies and delivery meant that artists were working with some of the hardest to reach participants:

"I'm aware how so many things are stopping people attending and how some people aren't getting back to me." [Artist Reflective Diary]



A group of young women are performing a dance or fitness routine on a grassy area in front of a brick building. They are wearing blue and black outfits, including headbands and arm warmers. Some are holding blue and yellow scarves. The background shows a multi-story brick building with many windows and a few parked cars. The scene is outdoors on a sunny day.

TRINITY:

#GetInvolved

Trinity Community Arts Ltd, Trinity Centre, Trinity Road,
Bristol, BS2 0NW
info@trinitybristol.org.uk • 0117 935 1200

www.trinitybristol.org.uk

Reg Charity No. 1144770 / Company No. 4372577