

Find Your Beat

**Saturday 11 May 2024, 10-11:30am
at The Barbican Theatre, Plymouth**



Do you love to dance?

Do you love live music?

If so, we have the perfect opportunity for you!

Find Your Beat is an inclusive dance training programme for those who love live music and dance, aimed at Disabled and Neurodivergent girls/women, aged 10-19. Delivered by Far Flung CIC, supported by the Make Moves Fund.

We are running our 2nd free taster session at the Barbican Theatre Plymouth:
Saturday 11th May 2024, 10-11.30am.

This will be a great opportunity to learn new dance skills and make new friends. It can be scary joining a new group, so we welcome you to come and say hi, you don't have to take part straightaway – you can take your time – we understand!

If you are interested in coming along please get in touch by emailing Clair Sargeant:
farflungdt@gmail.com

*If you would like an easy read document, or a visual story for the event and venue we can send this over on request.

If you are new to the group – please fill out the booking form at:
<https://forms.gle/GLhzCdf519pECCEaA>



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Join us for a **free** taster session:
Saturday 11th May 10-11.30am
Barbican Theatre Plymouth

To find out more or to book a place contact: Clair Sargeant
farflungdt@gmail.com



Additional info about the project:

During June through to August 2024 we will be offering 15 places on a free dance training programme based at the Barbican Theatre that will result in a performance parade at the West End Carnival. Where we will work with an artist to make costumes and puppets as part of the summer school.

The programme will give the young people an opportunity to learn new skills, develop confidence and train in inclusive dance techniques accompanied by live music. We are interested in meeting young people ages 10-19.

The sessions are delivered by highly skilled Disabled and non disabled dance practitioners who have worked professionally in disability arts for nearly 10 years. If you are interested in all the above, come along to the taster session and see what you think!

To book a place for this free workshop please contact
Clair: farflungdt@gmail.com

*If you have any specific access requirements please get in touch.

