



"I feel the only disability in life is an apparent disregard for the possibilities we can achieve as a collective, because of a world and an audience (who can sometimes be) ignorant towards people with disabilities. For me, JMUP IN Dance Project is making steps towards breaking boundaries and building the confidence of disabled people and their able-bodied peers" – JMUp IN Participant

Where is the company based? and how will I get there?

JMUp IN(tegrated) Dance is based at the I.M.Marsh campus of Liverpool John Moores University. At present we are only able to partially fund the cost of individual's travel expenses, but are looking into this in the future. In the meantime, you will need to contact your benefit agency or local authority in order to see if they are able to support this additional cost if you are not an independent traveller.

What will I need to have for the rehearsals?

If your application is successful, all you will need is lots of enthusiasm. You will need loose clothing to move in e.g. t-shirt, tracksuit leggings and usually bare feet to dance in.

What has JMUp IN Achieved in the last 12 months?

There have been several noticeable benefits in relation to their learning and development:

- There is a greater mutual respect for the individual and a passion for celebrating the differences we have as human beings as opposed to the labels which identify us.
- Their respect for disability and its theoretical debate has improved.
- Community participants have found a greater connection with their own bodies and a desire to change habitual patterns. They embrace fitness and dance as an expressive art form. They wear their project sweatshirts with pride.
- Along the way all participants have formed lasting friendships and support each other's learning in this informal and creative environment

How can I apply?

Applications and interest from persons aged 14+ with disabilities will be given priority in the first instance. A range of dance experience or enthusiasm for dance is welcomed.

For further information and an application process application please contact Darren Carr (Senior Lecturer in Dance) 0151 231 5212 or e-mail D.L.Carr@ljam.ac.uk Or contact Darren Carr, LJMU, IM Marsh Campus Barkhill Road, Aigburth, Liverpool L17 6BD



JMUp IN(tegrated) Dance Project 2009 / 2010





JMUp IN (tegrated) Dance Project **What Is JMUp IN (tegrated)?**

JMUp IN(tegrated) Dance project is a community dance project which started in September 2007. It is made up of dance degree students and community participants. It's a great way to meet new people and explore creativity through dance. Its main focus is to attempt to break down the existence of labels and provide two hours dance activity every week for individuals from every background of life, working together as one, in a relaxed environment. The group learns to appreciate and celebrate each others' differences. The group promotes a peer approach to learning in an informal and supportive environment. Many of the community participants have had little or no experience of dance, but because of the sessions have developed many new physical and creative skills.

Each session is devoted to the development of physical, creative and social / cognitive experiences. Much of the practical work focuses on the individual's physical and expressive dance skills through contemporary dance and duet work. The creative interplay between the able bodied

dancers and the dancers with disabilities, serves to enrich the cultural and social foundation of this exciting group of people.

What will I be doing if I join the company?

The company meets every week between 4pm – 6pm (Monday) and during each session we work on warming up and preparing the body to move, then develop movement and create sequences which become work that we may (or may not) share in performance. Although we often share work in performance, nobody is forced to perform, it may be that being part of the process is enough for you. Each community participant is paired up over the weeks with a degree student to support all aspects of the rehearsals (great working friendships have developed with all company members).

In 2009 the group shared work created for stage and for camera, with works by Darren Carr, Beth Salt and Stephanie Bairét. The group were invited to the Brindley theatre in Runcorn to open a performance by the internationally renowned Stop Gap Dance Company.

“I love coming to dance every Monday, I go home and show everyone what I have done.. It makes me happy... it's my dream” – JMUp IN Community Participant.

Every company member has something in the work we create which was based on their own imagination and unique creative approach.

What is the company looking for?

JMUp IN(tegrated) Dance project is looking for individuals (male and female) with disabilities who are keen to develop physical and social skills; confidence, communication, creativity and performance skills through dance. The project will help your health and well being and give a focus for your emotions and ideas. The only real thing we are looking for is that you are willing to give new experiences a go! And commit yourself to every weekly rehearsal (16 weeks). This project is designed to meet individual needs, aspirations and experiences, and will be a valuable extension to other courses. All individuals who complete the project will be awarded a certificate of achievement, which recognises their contribution and attainment.

The company is also looking for support workers who are willing to give support to the company's rehearsal period.



“I would like to say that in just this short time and with such a large company, its fantastic and amazing what you have all achieved. I feel very moved” – Audience member December 2008