



## FREE DANCE SESSION

Take this booklet along to a participating dance provider (shown by £ in the directory section) and receive a free first dance session. New participants only.

If you require further information on our Move Up dance initiative please contact Louise Rose, Arts Development, Cannock Chase Council, 01543 464 395 or email [louiserose@cannockchasedc.gov.uk](mailto:louiserose@cannockchasedc.gov.uk)

This leaflet can be provided in Braille, on audio cassette tape/disk, large print and in the following languages on request to Cannock Chase Council on 01543 462621.

Bengali, Gujarati, Chinese, Urdu, Punjabi and Polish.

আপনি অনুরোধ জানালে এই সংক্রান্ত তথ্যের বাংলা অনুবাদের ব্যবস্থা করা যেতে পারে।


如有要求的話我們可將此文件翻譯成中文

વિનંતી કરવાથી તમને આ દસ્તાવેજ તમારી માનુષ્યાધારમાં મળી શકે છે.

ਜੇ ਤੁਸੀਂ ਚਾਹੋ ਤਾਂ ਇਹ ਪਰਚਾ ਤੁਹਾਡੀ ਬੋਲੀ ਵਿੱਚ ਮਿਲ ਸਕਦਾ ਹੈ

یہ دستاویز آپ کی زبان میں، گزارش پر دستیاب کی جاسکتی ہے۔

Ten dokument jest dostępny na żądanie w twoim języku

? =  01543 462621

[www.cannockchasedc.gov.uk](http://www.cannockchasedc.gov.uk)



## MOVE UP

## ARTS DEVELOPMENT'S GUIDE TO DANCE IN THE DISTRICT

### INSIDE:

- LOCAL DANCE CLASSES
- HEALTH BENEFITS OF DANCE
- JOINING A DANCE CLASS

FREE DANCE SESSION  
WITH THIS BOOKLET



South Staffordshire   
Primary Care Trust

change  
4 life

# FROM BALLROOM TO BELLY DANCING!

Dance can keep you fit both mentally and physically. From just dancing with the kids at home to joining a dance class, taking part in dance can bring enormous benefits to your health and wellbeing. Whatever your age, shape, size, religion, disability or gender - anyone can have a go.

Welcome to Move Up! Cannock Chase Council's dance initiative, in partnership with South Staffs PCT.

In this booklet you'll find information on many of the local dance providers in our area. If you've never joined a fitness or dance class before, we've also included information on what to look out for when you join a class to make sure you have the best experience possible. We've even included information on the many health benefits that you will receive if you take part in dance activity.

Don't forget to look out for our 'dance stars' too - these are people from across the district who all come from a variety of backgrounds but share a common love of dance - and we hope you will too!

## DID YOU KNOW!

Dance may burn up to 400 calories an hour - as many as cycling and swimming

*'All my family are into dance, and I love having the chance to win lots of trophies!'*

Greg, 11

*"We've been doing dance for years, it's great to mix with friends and keep fit. You can come on your own, as everyone's friendly and it's not just for women!"*

Janet, 65 & Colin, 71

*I've always enjoyed dancing. It keeps you fit, you can have a laugh and a joke, and I live on my own - so it's company.*

Mary 83



# DANCE YOUR WAY TO BETTER HEALTH

Dance has many physical, emotional and mental benefits. Here are just a few to show you what can be achieved by 'stepping out':



**DID YOU KNOW!**  
Research has shown that some Alzheimer's sufferers may be able to recall memories when they dance to their favourite music

# BE SAFE, BE INFORMED!

## DID YOU KNOW!

Dancing improves balance so reduces the risk of falls

A good dance provider will welcome questions about their classes and the safety of their environment. However, if you are going along to a dance class for the first time, look out for the following things:

- Are participants advised to exercise within their own ability and should they feel unsure, uncomfortable or unwell to stop exercising immediately?
- Is there a 'warm up' and 'cool down' part to the class?
- Do you complete a register/ sign in sheet when you enter the class?
- Is there access to toilets at the venue?
- Are you asked for emergency contact numbers and about any medical conditions?
- Are you advised to bring own drinks or are there drinking facilities available?
- Qualifications will vary depending on the style of dance you decide to have a go at, speak to the tutor first and find out their experience
- Has permission been requested if photographs/ recordings are to be taken?

*'I can have the banter here. I meet up with my mates. It's great exercise and a good laugh.'*

Sarah

If you are looking for a dance class for your child to attend also be aware of the following:

### Are the staff and volunteers suitable to work with children?

All staff and volunteers should go through a proper recruitment process which includes interviews and references; and where appropriate, police checks.

### Is there a written code of behaviour?

All organisations should have a written code of behaviour, which outlines good practice when working with children.

An environment which allows oppressive behaviour such as bullying, shouting, racism and sexism is not acceptable.

### How does the organisation manage staff and volunteers?

There should be someone in charge who supervises staff and volunteers.

### Do they offer regular training to staff and volunteers?

Apart from skills training, all workers should have training in child protection and health and safety.

### How can children and their parents or carers voice their concerns?

Organisations should tell you where to go and what to do if you or your child have any worries. If you are unhappy about the way your concern is dealt with, contact any of the organisations listed overleaf.

### How does the organisation provide for intimate care needs?

In the case of very young children, or those with a disability, you should check out routines for toileting, feeding and administering medication.

### Does the organisation have a health and safety policy?

Find out if there is a leader qualified in first aid; that there is a first aid box; and that the premises have passed fire regulations.

### What are the arrangements when children go on outings?

You should be informed of arrangements - including transport to and from - for every outing no matter how long or short, and your consent should be requested.

Please remember all organisations working with children should have a child protection policy including a statement, and guidelines about keeping children safe.

Have Fun & Be Safe, Volunteer Development Agency & NSPCC Publication

*'We've made lots of friends at our classes, and it gives us something to do outside of school'*  
Claire, 8 and Jordan, 7

## What is Health Fit and why be part of it?

Health Fit is a programme for adults that has brought together all sorts of activities that suit you individually – regardless of your age, ability or the exercise you prefer to do.

A range of activities are available for you to choose from including swimming, dancing, the gym, sports and walking groups to name but a few!

As well as many health benefits, being part of the Health Fit programme offers loads of other benefits including:

- The chance to try new activities – taster sessions available for some activities
- The opportunity to learn new skills or refresh old ones
- Having fun with friends and meeting new people
- A range of costs to suit all
- Activities for beginners and improvers
- Quality activities that are delivered to an agreed standard

### Getting started

You can find all Health Fit activities listed on the Health Fit Activity Catalogue at:

[www.southstaffordshirepct.nhs.uk](http://www.southstaffordshirepct.nhs.uk) and follow the links to:

- Your Health
- Health Fit

The catalogue includes lots of activities that are happening in your local area. It is being updated all the time, so please visit the site regularly to find out what's new. If you do not have access to the internet at home, you can get online at your local library.

For further information on leading a healthier lifestyle & support becoming more active speak to your GP and ask about your local 'Health Trainer Service'

### DID YOU KNOW!

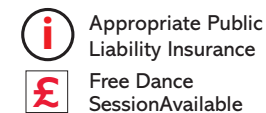
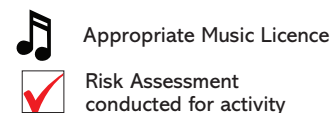
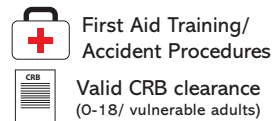
Belly-dancing may have begun as an exercise to help women prepare for giving birth as it strengthens the muscles women use during childbirth.

If you are currently involved in delivering physical activity sessions to adults in the community and would like your sessions to be advertised and included in the Health Fit programme or may be interested in developing further sessions please contact Marie Fitzpatrick – Physical Activity Development Officer, SSPCT for further information.  
Call 01785 619011.

*'We started dancing on holiday and had a great time, so we found a beginner's ballroom class near home. Now we teach our own dance classes'*  
Janet and Terry



# DANCE DIRECTORY



Cannock Chase district has a large number of different dance classes taking place in community centres, leisure centres and church halls. The classes don't cost the earth and you don't need any fancy equipment to take part. Look out for special dance events at youth centres, theatres or on [www.cannockchasedc.gov.uk](http://www.cannockchasedc.gov.uk)

## 2R DANCING ACADEMY

**Style:** Old Time, Classical, Ballroom Modern Sequence,  
**Location:** Cannock, Heath Hayes, Hednesford  
**Ages:** 5 years +  
**Tel:** 07918 718703, 07726 308595  
**Email:** [info@2rda.co.uk](mailto:info@2rda.co.uk)  
**Website:** [www.2rda.co.uk](http://www.2rda.co.uk)



## BRIAN AND ANGELA MILLS SCHOOL OF DANCE

**Style:** Freestyle, Street, Rock'n'roll, Latin American, Ballroom, Salsa, Classical Sequence, Wedding Dances, Show Dance  
**Location:** Cannock  
**Ages:** 4 years +  
**Tel:** 01543 574307, 07951 702006  
**Email:** [joy.cornock@talktalk.net](mailto:joy.cornock@talktalk.net)



## CANNOCK CHASE WHEELCHAIR DANCERS

**Style:** Disability Dance  
**Location:** Cannock  
**Ages:** Any Age  
**Tel:** 07837190088



## CANNOCK FOLK DANCE CLUB

**Style:** English and American Country Dancing  
**Location:** Cannock, Rugeley  
**Ages:** 16 years +  
**Tel:** 01543 574602  
**Email:** [vickyabaker@hotmail.co.uk](mailto:vickyabaker@hotmail.co.uk)  
**Website:** [www.areyou dancing.com/cannockfolkdanceclub](http://www.areyou dancing.com/cannockfolkdanceclub)



## CEROC MIDLANDS

**Style:** Ceroc  
**Location:** Cannock, Hednesford, Rugeley  
**Ages:** All Ages  
**Tel:** 01827 383616  
**Email:** [aquariusballroom@aol.com](mailto:aquariusballroom@aol.com)  
**Website:** [www.cerocmidlands.co.uk](http://www.cerocmidlands.co.uk)



## CHASE SCHOOL OF DANCING

**Style:** Ballroom, Basic Latin, Specialists In Traditional Old Time, Modern Sequence  
**Location:** Heath Hayes, Hednesford  
**Ages:** Adults  
**Tel:** 01543 502982  
**Email:** [mikemazurka@talktalk.net](mailto:mikemazurka@talktalk.net)



## COLIN & RITA CORBETT DANCECOOL/ UK BEST SOUNDS AROUND – MUSIC FOR DANCES

**Style:** Ballroom, Latin, Sequence, Rock'n'Roll, Line Dancing  
**Location:** Cannock, Hednesford  
**Ages:** 16 years +  
**Tel:** 01889 583595  
**Email:** [colinrita@dance255.fsnet.co.uk](mailto:colinrita@dance255.fsnet.co.uk)



## DANSE 4 HEALTH

**Style:** Belly Dance  
**Location:** Rugeley, Cannock  
**Ages:** 15 years +  
**Tel:** 07792814607  
**Email:** [danse4health@yahoo.co.uk](mailto:danse4health@yahoo.co.uk)



## GRAHAM AND DENISE DARBY

**Style:** Ballroom, Latin, Social Sequence  
**Location:** Heath Hayes, Hednesford  
**Ages:** Adults  
**Tel:** 01543 502722  
**Email:** [graham.darby@uwclub.net](mailto:graham.darby@uwclub.net)  
**Website:** [www.grahamdarbysmusic.com](http://www.grahamdarbysmusic.com)



## GRUNDY SCHOOL OF DANCE

**Style:** Classical Sequence/ Modern Sequence  
**Location:** Cannock  
**Ages:** Adults  
**Tel:** 01922 413473



## PAUL & CAROL BROWN

**Style:** Up-to-date Modern Sequence  
**Location:** Cannock  
**Ages:** Adults  
**Tel:** 01922 691625  
**Email:** [c.brown.a@blueyonder.co.uk](mailto:c.brown.a@blueyonder.co.uk)



## STARDUST DANCE ACADEMY

**Style:** Ballroom, Latin  
**Location:** Cannock, Hednesford  
**Ages:** Adults  
**Tel:** 01902 306909  
**Email:** [info@stardustdanceacademy.co.uk](mailto:info@stardustdanceacademy.co.uk)  
**Website:** [www.stardustdanceacademy.co.uk](http://www.stardustdanceacademy.co.uk)



## STARS ACADEMY OF YOUNG PERFORMERS

**Style:** Free Style, Hip Hop, Show Dance, Rock'n'roll  
**Location:** Hednesford/ Rugeley  
**Ages:** 4 - 18 years  
**Tel:** 07920 864767, 01543 879372  
**Email:** [starsacademy@live.co.uk](mailto:starsacademy@live.co.uk)



## STUDIO 5

**Style:** Ballet, Tap, Modern Jazz, Street, Acrobatics, Adult Tap, Ballroom  
**Location:** Rugeley  
**Ages:** 2½ - adults  
**Tel:** 01889 584387  
**Email:** [info@studio5stageschool.co.uk](mailto:info@studio5stageschool.co.uk)  
**Website:** [www.studio5stageschool.co.uk](http://www.studio5stageschool.co.uk)



## SUNDANCE SCHOOL OF DANCE

**Style:** Freestyle, Rock'n'roll, Ballroom, Latin, Street, Hip Hop, Cheerleading  
**Location:** Rugeley, Armitage  
**Ages:** 3 years +  
**Tel:** 01889 570033  
**Email:** [info@sundanceschoolofdance.co.uk](mailto:info@sundanceschoolofdance.co.uk)  
**Website:** [www.sundanceschoolofdance.co.uk](http://www.sundanceschoolofdance.co.uk)



## TRIPLE M DANCE ACADEMY

**Style:** Burlesque, Line Dancing, Zumba, Dance Workout (Choreography)  
**Location:** Cannock  
**Ages:** 16 years +  
**Tel:** 07881 538780  
**Email:** [info@triplemdanceacademy.co.uk](mailto:info@triplemdanceacademy.co.uk)  
**Website:** [www.triplemdanceacademy.co.uk](http://www.triplemdanceacademy.co.uk)



Every effort has been made to provide up-to-date information on dance providers. However, we recommend that you contact providers who may have achieved further accreditations since publication.