

## WELCOME TO THE KILDARE DANCE & HEALTH SEMINAR 2018

Kildare County Council Arts Service is delighted to announce our Dance & Health Seminar Programme **19 & 20 July 2018**

Curated by Ailish Claffey, this seminar is the final event in a yearlong project which has looked at a framework of training for dance artists in the area of dance and health, as well as building awareness and connections in this important and recognised field.

The Dance and Health programme has hosted three events, nationwide, which has enabled dance artists to develop their skills in the area of dance and health, developed professional networks by enabling connecting with colleagues doing similar work around the country. Participants have the opportunity to explore the many facets of dance and health working on a theoretical and practical level through discussion and movement with national and international experts in venues around Ireland.



### Dance & Health Seminar (Thurs 19th & Fri 20th July)

Develop your skills and grow your professional network by connecting with colleagues working in the field of dance and health. Featuring leading national and international experts, this event is for both dance and healthcare professionals

Speakers include:

- **Peter Lewton-Brain (Belgium)**, Director of International Association of Dance Medicine & Science
- **Clare Guss West (Switzerland)**, Co-founder of the European Dance & Creative Wellness Foundation
- **Tim Joss (UK)**, CEO & Founder, Aesop
- **Professor Desmond O'Neill (Ireland)**, Specialist in geriatric and stroke medicine, based in Tallaght Hospital & Trinity College Dublin
- **Dr. Emily Jenkins (UK)**, Founder of Move Dance Feel
- **Dr. Richard Coaten (UK)**, founder of the world's first 'Centre of Excellence in Movement Dance & Dementia'
- **Dr. Ronan Collins (Ireland)**, Director of Stroke Services and Consultant in Geriatric and Stroke Medicine at Tallaght Hospital
- **Dr. Jenny Elliot (Northern Ireland)**, Chief Executive at ArtsCare
- **Dr. Hilary Moss (Ireland)**, Senior Lecturer in Music Therapy at the World Academy of Music & Dance, University of Limerick

## Dance & Health Seminar - Programme 19 & 20 July 2018

### Thursday 19th July

- 9:00 Registration
- 9:30 -9:40 Welcome address - Lucina Russell and Ailish Claffey
- 9:45-10:05 Warm-up with Deirdre Murphy
- 10:10-12:30 **WORKSHOP** / Emily Jenkins (UK) / Move Dance Feel

*This workshop will provide an insight into Move Dance Feel; a creative dance project for women affected by cancer. The project was set up in 2016 and is currently running in three cancer support organisations across London. The workshop will be both practical and discursive, as Emily shares research findings and elements of practice that are specific to working in this context. Emily uses dance to foster connection; enabling participants to better connect with them self, with the art form, and with others.*

- 12:30-13:30 Lunch
- 13:30-16:00 **INTERACTIVE LECTURE/WORKSHOP** / Clare Guss West

*The dancer's way - "How can we know the dancer from the dance?" W. B. Yeats*

*In this interactive lecture/workshop, Clare Guss West (Dancer, Teacher, Choreographer, Somatic Energy Practitioner [Chi Kung], Researcher & Author) leads an exploration into the dancer/teacher relationship and the elements of the artist's approach - 'the dancer's way' - that inspire a global wellness cohesion within the individual. Clare shares practical teaching tools that apply across a broad spectrum of contexts, from enhancing beginner skills learning to professional level proficiency; to rehabilitation and to facilitate movement and learning for those with special needs and special challenges.*

- 16:15-17:30 **PANEL DISCUSSION/** Invitation to Collaboration  
The benefits of dance as an art form - creating dance with all

Panel includes:

Ailish Claffey / Curator

Paul Johnson / Chief Executive, Dance Ireland

Lucina Russell / Arts Officer, Kildare County Council

Melanie Scott/ Arts Officer, Tipperary County Council

Dr. Hilary Moss /Senior Lecturer in Music Therapy at the World Academy of Music & Dance, UL

Dr. Ronán Collins/ Director of Stroke Services at Tallaght Hospital

## **Friday 20th July**

9:00 Registration

9:30-10:00 Warm-up with Deirdre Murphy

10:00 -10:45 **TALK /** Dr. Richard Coaten (UK)

*Building bridges - Dance Movement Psychotherapy and the dance of relationship and connection with people with dementia and their carers.*

11:00-12:30 **WORKSHOP/** Dr. Richard Coaten (UK)

*Movement, dance and play; building bridges and the dance of relationship and connection for and with people with neuro-degenerative conditions.*

12:30-13:30 Lunch

13:30 - 14:40 **Dance and Ageing Well**

Key points:

- Current challenges and opportunities in health.
- The arts' contributions to health improvement – how to realise their full potential, including how to achieve national coverage.
- The particular role of dance.

**Chair: Clare Guss West**, Co-founder of the European Dance & Creative Wellness Foundation

Presentations include:

**Professor Desmond O'Neill**, Specialist in geriatric and stroke medicine

Title: ***The role of dance in falls prevention***

**Tim Joss**, CEO & Founder, Aesop

Title: ***Dance to Health***

Description: Health professionals and dance artists working together to improve a nation's health

**Peter Lewton-Brain**, Director of International Association of Dance Medicine & Science

Title: ***Simple things to keep going better***

*Description:* Appreciating the need to keep the body's internal connective tissue sheaths sliding and moving to avoid the extremities overworking, causing pain and dysfunction.

14:45- 16:15 **A Moving Lecture /Dr. Jenny Elliot** (details to follow)

16:15 Closing remarks Lucina Russell and Ailish Claffey

[Please see our website](#) for biographies of speakers and any changes to planned programme or workshops

**Venue:**

The Kildare Dance and Movement Summer School takes place at Loftus Hall, St Patrick's College, Maynooth University, Co. Kildare. <https://www.maynoothuniversity.ie/location>

**Dates & Times:**

**Dance & Movement Mon 16th - Weds 18th July, 2018** 9:30am - 4:30pm  
**Dance & Health Seminar Thurs 19th & Fri 20th July, 2018** 9:30am - 4:30pm

**Tickets:**

There are a range of ticketing options for this year's summer school to suit most budgets:

5 day / Full Week Pass\* / 16-20 July / €160.00

3 day / Dance and Movement Pass\* / 16-18 July / €110.00

2 day / Dance and Health Pass\* / 19-20 July / €80.00

1 day / Day Pass\* / Open to any day of your choosing / €45.00

\*includes tea, coffee and light lunch



*"As curator of the 2018 Kildare Dance & Movement Summer School and the Dance & Health Seminar (as part of The Invitation to Collaboration Scheme), it gives me great pleasure to be part of a vibrant community coming together to celebrate the unique radical and human act of dance. Together we will delve with curiosity and rigour, embodying and examining the art of dance and the relational expertise of the dance artist."* Ailish Claffey, Curator

*"The Dance & Health Seminar provides a timely and engaging opportunity to explore some facets of dance and health related issues affecting those working in the dance and healthcare professions. Creating bespoke opportunities to grow professional networks by connecting with colleagues, the Dance & Health Seminar combines discussion, presentations and practical sessions bringing together key national and international experts to share and learn."* Paul Johnson, Chief Executive, Dance Ireland

*"This year's Summer School programme reaffirms the Arts Service's commitment to dance, arts, health & well-being and capacity building for artists and communities over many years. Come join us on a week of discovery!"*

Lucina Russell, Arts Officer, Kildare County Council

**BOOKING:**

<https://www.eventbrite.ie/e/kildare-dance-and-health-summer-school-2018-tickets-47017515655>

For more information:

<https://kildaredance.weebly.com/home.html> Email [arts@kildarecoco.ie](mailto:arts@kildarecoco.ie) Tel: 045-448328

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Comhairle Contae Chill Dara  
Kildare County Council



Comhairle Contae Thiobraid Árann  
Tipperary County Council

