

Introduction

FOYF is a long established arts and health programme, which has had various iterations and development.

The primary objective is to reduce falls through dance to increase strength, balance, memory and other physical health. It further aims to ensure social capital is nurtured through relationships, peer support and active social time as part of the regular workshops to improve mental health.

After 10 years+ of Falling on your Feet, the Wallsend group within our [Better Connect](#), Creative Health programme have reviewed the vision and future needs of the group.

Helix Arts is now collaborating with a core group, although it is always open to new people, to create a new vision for their choreography/dancer.

Brief

The lead artist will initiate a trust building phase to understand specific needs and interests of the group, this must include music preferences, identifying a theme for work and explore what differentiation and individual journeys are required so everyone can be challenged based on their starting points and abilities.

You will facilitate 20 workshops of contemporary dance engagement which are appropriate for participants aged 65 - late 80's.

The workshops should stretch the participants allowing them to build confidence, improve their balance and memory and be inclusive.

Delivery:

- Delivery outline reflecting co-creation points
- 1 induction/review focus group findings
- 2 introductory session to determine abilities, interest, co-creation, differentiation, narratives and agree themes for the work
- Each workshop should include minimum 90 minutes of dance and around 30 minutes of facilitated social time to enable positive relationships to develop in a supportive environment
- Monthly review notes
- 1 rehearsal (tbc based on vision, further discussion)
- 1 sharing opportunity (this will be optional to participants and work need to adapt around this)
- Engage participants in discussions and reflections on their own progress and inform choreography through lived experiences
- Encourage collective creative decisions about movement and music; increase participants confidence to share their own ideas for choreography
- Build both individual, small group and whole group structure choreography demonstrating and expressing their narratives
- Achieve Arts and health objectives; reducing slips, trips falls, increasing cardiovascular health, emotional resilience and social connections to reduce isolation
- Encourage physical independence, challenge, differentiation, experimentation and joy!

Space

North Tyneside - Currently it's long term home is Segedunum Roman Fort, Wallsend. This is subject to change.

Staff

Helix Arts will attend the first week as an introductory session and last session to support introductions and evaluation. They may also visit throughout workshops where required e.g. mid-point of programme, funders, trustees.

Participants

The group ranges between 16 - 20 participants in the group. The group members are aged between 65 - late 80's. They have a range of health needs and vary between seated and standing dance. However the eligibility is for those living independently. Chairs are there for access/fatigue. Ideally not core to choreography.

The group have been together for 3+ years, with new people joining throughout. Predominantly they attend to improve; balance; memory; lung health; mobility; socialisation

Monitoring

Prior to sessions, a block outline should be sent to the creative producer along with a risk assessment for the activity.

At the end of each session, please share a completed register and any images documenting the session (in line with photographic consent).

The artist should complete 3 artist reflection records per term reflecting upon the workshops, any additional communication as reasonable and appropriate.

A template will be provided with prompts, however other formats are welcome if preferred e.g Voice note.

Diaries/reflections are required after session **Tasters, mind point (estimated 8) and before finalising sharing (estimated 12) and upon completion.**

Project Context/information

Falling on your Feet

Falling on your Feet is a 10+ years contemporary dance programme which was developed for falls prevention.

It primarily aims to improve participants over 55's balance, mobility and flexibility. The programme also aims to reduce social isolation, reduce stigmatisation of older people's dance abilities and the development of contemporary dance pieces.

The programme is embedded as part of the **Better Connect** offer for North Tyneside.

Better Connect

Better Connect is Helix Arts' creative health programme offering regular arts sessions and creative opportunities across North Tyneside that improve health and wellbeing.

Creative Health includes both approaches and activities promoting wellbeing which use the arts, culture, music, dance, and nature-based tasks to prevent illness and improve physical, mental, and social well-being.

Better Connect helps people connect with others, create space for self-care and self-expression, share stories in a safe, relaxing, non-judgemental environment, to live healthier, happier, and more creatively.

We deliver a year-round offer of creative health with our local community locales, aiming to:

- improve people's mental and physical health and wellbeing;
- enable people to connect with others, reduce isolation and build supportive networks;
- create opportunities for everyday creativity;
- give time for self-care and self-expression;
- share stories and chat with others in safe, non-judgemental spaces;
- enable people to live healthier, happier, more creative lives.

This work is a strategic programme for Helix Arts and it is monitored and evaluated as part of our core quality framework and will have evaluation, including external parties as key points.

Artist brief

Artists will:

- Deliver 2x blocks of 10 workshops (See timetable)
- Each session deliver up to 90 minutes of dance and facilitate 30 minutes of social time
- Take part in 1x induction meeting including a review of participant focus group reflections
- Engage participants in discussions and reflections on their own progress and inform choreography through lived experiences
- Encourage collective creative decisions about movement and music; increase participants confident to share their own ideas for choreography
- Build both individual, small group and whole group structure choreography demonstrating and expressing their narratives
- Achieve creative health objectives; reducing slips, trips falls, increasing cardiovascular health, emotional resilience and social connections to reduce isolation
- Encourage physical independence, challenge, differentiation, experimentation and joy!
- Work closely with partners to review and reflect
- Provide high quality evidence of the process and outcomes
- Will instigate interim reflection and review work.

The artist must be able to demonstrate the following skills and experience:

- Ability to lead engaging creative workshops and/or sessions that are of the highest quality
- Ability to work successfully both independently and as part of a project team
- Ability to monitor and review their project plans and develop them accordingly as the project progresses

The successful applicant will be subject to the Enhanced DBS, must hold or obtain public liability insurance for a minimum of £5 million, and ensure equipment is insured against loss or damages from fire, theft and other usual risks for the duration of the contract.

The Contract

Fees

The fees are based upon £150 per half day.

2x 0.5 day planning and preparation = £300

20x 0.5 day delivery of workshops (up to 90 minutes of dance and 30 minutes of social time) = £3,000

2x Review meeting at end of each block (expected to be no more than 1hr at £50 per meeting) = £100

Total Fee = £3400

Planned timetable

August - September 2026	Artist recruitment and onboarding
October - December 2026 Tuesday's 1pm - 3pm Full timetable to be agree with artist on appointment. Anticipated start date of 6 October 2026 Location TBA	Term 1 of 10 Workshops Session 1 - 4 Trust Building and getting to know the group to inform co-choreographed vision. This should include: • Group selection of music • Co-creation of theme and dance focus • Mix of dance activities such as teaching set choreography and points for improvisation • Setting of end goal e.g. sharing with friends & family or larger performance Session 5 Mid-way point and group check-in Session 6 - 9 • Development of 1 or 2 co-choreographed pieces in line with agreed vision and goal Session 10 Potential sharing & finalisation of creative output.
January - March 2027 Tuesday's 1pm - 3pm Location TBA	Block outline and formatted to be agreed in November/December 2026 in line with group feedback and end of term review meeting.

Safeguarding

You must adhere to our Safeguarding Policy and Safeguarding Procedure.

The documents below summarise the key points about safeguarding when working or volunteering with Helix Arts. They **do not replace** the [Safeguarding Policy](#) or the [Safeguarding Procedures](#) which should be read to find out more information.

The documents can also be shared via links to documents on our website. The links are:

[Regular size](#) Safeguarding overview

[Large print](#) Safeguarding overview

When you have read the policy and procedure, **you must complete our [Safeguarding Questionnaire](#).**

Designated Safeguarding Lead:

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Appendix

Our Organisation

Helix Arts specialises in the development of projects and initiatives exploring the role and potential of the arts in a social context. Long-term partnerships, particularly with the public and voluntary sectors enable Helix to produce projects designed to engender broad participation, collaboration and sustainability. Established in 1983, Helix Arts has charitable status and is revenue funded by Arts Council England, North East.

Helix Arts works with artists, in partnership with public and voluntary sector organisations, to create opportunities for people to participate in high quality arts activity.

Our Vision is based on our belief that participation in creative activity is fundamental to the well-being of individuals and communities and therefore should be accessible to all.

Our Mission is to increase equality of opportunity for people to participate in the arts and our focus is on those who currently have least opportunity including: children and young people at risk; unemployed adults and employed people on low incomes; people living in deprived neighbourhoods; those with special educational needs; and people with poor health, particularly the elderly.

We work across a range of art form areas including visual arts, film-making, creative writing, graphic design, animation, street dance, music, DJing and MCing, photography, drama and textiles.