

## Dance for Parkinson's Associate Dance Artist

English National Ballet and Mayflower Theatre, Southampton

Mayflower Theatre, Southampton and English National Ballet, two of the UK's leading arts organisations, are widening opportunities for people living with Parkinson's to enjoy the benefits of dance with the launch of Dance for Parkinson's at the Mayflower Theatre summer 2026.

English National Ballet's Dance for Parkinson's is an evidence-based dance programme established in 2010 and delivered in London and at other locations across the UK through its affiliated Hub Partners. It offers people the chance to experience the joy of dancing to live music, socialising and meeting new people, seeing dance performances, and extending unique opportunities to meet creatives and world-renowned guest artists. Classes welcome people living with Parkinson's, along with their families, loved ones and carers.

### Who you are

We are looking to recruit a highly experienced, passionate and committed freelance Associate Dance Artist to join our team and to co-lead our Dance for Parkinson's classes in Southampton drawing on the themes, choreography, artistic concepts and music from English National Ballet's varied repertoire.

You will have significant professional dance teaching experience including delivering dance for different groups such as adults, older people, people with Dementia, Parkinson's and disabilities. You will be confident in your standard of ballet and contemporary technique, demonstrating a high level of competency, and be able to select appropriate dance material from the repertoire to develop, adapt and plan the class content in collaboration with a musician.

Applicants must be prepared to deliver work in Southampton and to travel to London for training at English National Ballet's studios The Mulryan Centre for Dance.

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Applicants must be available for the timeline as attached in the supportive information document.

For more information on English National Ballet's Dance for Parkinson's Programme, visit:

[www.ballet.org.uk/move-with-us/dance-for-health/dance-for-parkinsons/](http://www.ballet.org.uk/move-with-us/dance-for-health/dance-for-parkinsons/)

### Application Process

Please apply with an introductory email stating your interest in the role and how your skills and experience meet the requirements. Attach a current CV and the details of two referees.

Applicants will be required to undertake an enhanced DBS and to obtain their own public liability insurance.

### Please send your application to:

Email: [participationcallout@mayflower.org.uk](mailto:participationcallout@mayflower.org.uk)

**Closing date for application: 25 May 2026**

Please note applications will be viewed by both Mayflower Theatre and English National Ballet

### Recruitment Process

Shortlisted applicants will need to be available to participate in a practical workshop at Mayflower Studios, Southampton on **Monday 8 June 2026** (full day availability is required). English National Ballet and Mayflower Theatre are committed to equal opportunities and encourage applications from all sectors of our society. Please note that applicants C.V's will be shared with both ENB and Mayflower