

## **Dance for Parkinson's Associate Dance Artist**

### **English National Ballet and Mayflower Theatre**

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 repertoire. The Associate Dance Artist will plan and deliver classes in Southampton, in collaboration with the core artistic team.

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.

As a representative for English National Ballet and Mayflower Theatre - Affiliated Hub Partner for delivering Dance for Parkinson's, you will be expected to be able to impart a wide range of knowledge about the partnership, English National Ballet, its Engagement Department, the season's repertoire and English National Ballet's Dance for Parkinson's approach. Excellent communication skills are essential.

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#### **The freelance Associate Dance Artist will:**

- Demonstrate a working knowledge, understanding and interest in teaching dance to people living with Parkinson's
- Attained a high standard in ballet and contemporary technique
- Be able to adapt ballet and contemporary repertoire, so that the important / relevant aspects are made clear to all participants, whilst retaining the essence of the ballet
- Be experienced in working creatively in community contexts
- Maintain a positive approach at all times
- Possess excellent interpersonal skills

#### **Responsibilities**

- Embody the English National Ballet model and delivery approach to teaching Dance for Parkinson's
- Advocate for English National Ballet and Mayflower Theatre Hub Partnership and for the Southampton-based Dance for Parkinson's programme specifically
- Attend professional development training at ENB, rehearsals and English National Ballet performances (as appropriate) to acquire knowledge and insights of the repertoire for planning the sessions
- Adopt an integrated approach to delivery, working collaboratively with the Associate Musician, the Dance for Parkinson's Facilitator and the core artistic team
- Develop creative ways to contribute to the aims of the class including structured improvisation
- Undertake the required amount of preparation and plan to deliver work to the highest standards
- Deliver sessions with confidence, clarity and flexibility - responding to the needs of the participants
- Select appropriate repertoire in collaboration with the Associate Musician for teaching people with Parkinson's, retaining the essence of the ballet
- Accompany the group of participants to see English National Ballet performances, as appropriate
- Brief volunteers at the start of every session outlining the content of the session and their roles and responsibilities
- Maintain regular communication with staff at Mayflower Theatre and English National Ballet

## **English National Ballet**

### **Background**

English National Ballet has been bringing world-class ballet and music to the widest possible audience for over seventy-five years. We are a pioneering Company at the forefront of ballet's growth and evolution: celebrating tradition whilst striving to innovate and develop the artform. ENB is also a UK leader in creative learning and engagement practice, building innovative partnerships and community programmes. English National Ballet is committed to artistic excellence and to sharing ballet with as many people as possible, across the UK and around the world.

### **Engagement Department**

Our industry-leading creative health, learning and participation opportunities continue to inspire participants, audience members, creators and performers with our productions. Across the year, ENB connects with tens of thousands of adults, children and young people through this work.

In 2025/2026, our Dance Health programmes, Dance for Parkinson's and Dance for Dementia, will be delivered at our studios in East London, nationally, and online. Alongside this, our inclusive work with schools, children and young people will offer unique opportunities to inspire the imagination and explore our productions.

English National Ballet's Dance for Parkinson's programme has been running since 2010. Classes take place at ENB's studios at the Mulryan Centre for Dance and in partnership with hub partners: Royal Albert Hall in London, DanceEast in Ipswich, Liverpool Hope University in Liverpool, Oxford City Council and MuMo Creative in Oxford and affiliated hub partner National Dance Company Wales in Cardiff.

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/)

## **About Mayflower Theatre, Southampton**

Mayflower is committed to providing exceptional theatre and arts experiences for everyone, both in Southampton and beyond. Our main hubs of performing excellence are our two venues, Mayflower Theatre and Mayflower Studios. Both venues have a shared vision for their place in Southampton and work together under the Mayflower brand to provide inspiring experiences which spark a love of theatre.

Mayflower offers a diverse and inclusive programme of shows and events and sees more than 520,000 people visit each year. We present family shows, dance, musicals, music, comedy, circus, cabaret, spoken word, and visual arts. We are community focused. We put participation at the heart of everything we do. We work with the best touring companies and local artists. With these companies, we present a diverse, vibrant, high-quality artistic programme. We pride ourselves on our own Mayflower Made productions and co-productions.

**KEY DATES**

Attend a practical workshop and interview at Mayflower Theatre, Southampton	Monday 29 June 2026	Mayflower Studios is located at: 142–144 Above Bar Street, Southampton, Hampshire, SO14 7DU
Attend a planning day in London/Southampton for delivery of 4 in-community workshops	TBC	
Delivery of 4 in-community sessions	SEPTEMBER TBC	Southampton area
Attend a planning day in London with all ENB DfP hubs	Monday 7 September 2026	English National Ballet, Mulryan Centre for Dance (London)
Dance for Parkinson's 5 weekly sessions commence	TIMES Sessions with run from 13:00 – 15:00pm  AUTUMN term dates: Wednesday 4 November 2026 Wednesday 11 November 2026 Wednesday 18 November 2026 Wednesday 25 November 2026 Wednesday 2 December 2026  N.B Artists will be required to arrive at least 30 mins prior to a session starting	Mayflower Theatre, Southampton
Theatre visit – Romeo & Juliet working stage rehearsal visit	Thu 3 - Sat 5 Dec 2026	Mayflower Theatre, Southampton
Attend a planning day in London with all ENB DfP hubs	DECEMBER DATE TBC	English National Ballet, Mulryan Centre for Dance (London)
Dance for Parkinson's 10 weekly sessions commence	TIMES 13:00- 15:00pm  SPRING term dates: Wednesday 13 January 2027 Wednesday 29 January 2027 Wednesday 27 January 2027 Wednesday 6 February 2027 Wednesday 10 February 2027  Wednesday 24 February 2027 Wednesday 3 March 2027 Wednesday 10 March 2027 Wednesday 17 March 2027 Wednesday 24 March 2027  N.B Artists will be required to arrive at least 30 mins prior to a session starting	Mayflower Theatre, Southampton