

# The Youth Dance Recovery Project



**A FREE 8-week after school dance offer  
for your students starting in September 2021**



This project is brought to you through a partnership between Arts Partnership Surrey and Active Surrey and is part of the Surrey Dance 21 programme.

**This is a FREE eight-week offer,  
extendable to 16 weeks for an extra £1250.**

Two dance artists will run free dance sessions for students from your school for 1 hour per week for 8 weeks at no cost to you or to your students. If you wish to extend the programme to a 16-week offer, the cost will be £1,250.

The dance sessions will be fun, child-led and facilitated by experienced, professional dance artists. The sessions could culminate in a performance after eight weeks if that is what the children wish.

We know from recent data that:

- Childhood activity levels have fallen
- Child mental health has worsened
- Resilience and loss of social skills have become an issue for some

We are working together to celebrate and showcase dance in Surrey throughout 2021 and beyond.

Dance is a vibrant, expressive and creative artform that inspires, brings people together, aids learning, strengthens communities, increases physical activity, improves fitness, alertness and mental wellbeing.

***'Science shows that just 10 minutes of dancing provides a thorough work out for the body and brain, raising the heartbeat to cause a release of feel-good endorphins, connecting us to our emotions and reducing stress levels. Dancing quite simply makes us feel more alive'. - Dr Peter Lovatt.***



**Surrey Dance 21**  
[www.surreydance21.com](http://www.surreydance21.com)

To find out more contact:  
**Lucy Murray, Surrey Dance 21 Project Coordinator**  
E-mail at: [lucy.murray@farnhammaltings.com/](mailto:lucy.murray@farnhammaltings.com/)



**surrey  
dance 21**



**ACTIVE  
SURREY**

