



Common Ground is an established professional dance company- led by Deaf artists. Workshops led by our Artistic Director, Denise Armstrong, are now available to YOU.

All our workshops are designed individually and can be anything from half a day to a full week culminating in a performance or “sharing”, depending on your needs.

Our workshops take their inspiration from a range of sources including:

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| Visual Arts | Cultures and Civilisations |
| The Human Body | Elements |
| Themes (e.g. the sea) | Colours |
| Environmental Issues | Images of the self |

Children and young people benefit enormously from our workshops in a number of ways:

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| They have FUN! | Communication Skills |
| Self Expression | Exercise |
| Creative Challenge | Spatial Awareness |
| Teamwork | Emotional Release |
| Introduction to new culture (Deaf culture) | |
| And many more..... | |

Our workshops are designed to be accessible to all, regardless of age or ability. We have worked with groups of severely disabled young people as well as groups from mainstream schools.

There are specific advantages to young people with learn mental health problems from our workshops – more details overleaf.

Workshops are led by one or more of our professional dancers and often use a live musician.

*Workshops start from £300 –
we are always happy to discuss costs!*

For further information or to explore your workshop needs, please contact us at info@signdance.com.

Positive benefits of our workshops:

- ↪ Non-verbal means of self expression
- ↪ Opportunity to explore creative expression
- ↪ Communication barriers broken down
- ↪ Introduction to gestures and signing – particularly significant for those with speech and language difficulties.
- ↪ Workshops can use external stimulus to explore the internal – such as emotions.
- ↪ Content and method of workshops is derived directly from the individuals taking part – this means that individuals with restricted movement will contribute equally to the workshop
- ↪ Performing their work, or ‘sharing’ it with friends and family can increase self esteem and give a strong sense of accomplishment.
- ↪ Dance can help individuals feel connected with their own body

Group sizes

Workshops usually have 10 – 25 participants, although we happily work with larger or smaller numbers.

Venue

We require a warm room with plenty of space to move in. If possible a wooden or sprung floor is fantastic.

Staffing

Workshops will usually be led by two of our Company dancers – more if the group is large. For groups with specific access or support needs we would discuss provision of additional staff.

For further information or to explore your workshop needs (with no obligation), please contact us at info@signdance.com

To find out more about us – www.signdance.com