



Online Delivery Fact Sheet

What is East London Dance Offering?

East London Dance are now offering **FREE online dance classes, activities and coaching sessions**. See below for what's on offer:

Online Coaching Sessions

Join Laura, Amanda and young people from your dance class at our **online coaching sessions**. These sessions are a great place to reconnect with your dance friends, make new friends, build resilience, have fun and support each other.

Online Dance Classes

We may be at home, but that won't stop us dancing! Laura is teaching **free weekly online dance classes on Zoom** featuring guest dance artists. You choose the music and dance styles, we bring the moves. Keep fit, be creative and dance together to feel the best you! Follow the steps below to sign up.

Movement Mondays

Each week we will send out a **mini dance tutorial** via WhatsApp for you to learn at home. Film yourself doing the routine and send it back to be entered into weekly competitions. If we have your parents' permission, we may post your videos on our East London Dance Instagram story.

End of Term Celebration

The show must go on... online! Everyone worked really hard on their performances in the spring term, and to celebrate we have created an **online version of the End of Term Celebration**, featuring rehearsal videos from all of our youth dance groups and special messages from your teachers. If you're new to our classes, join us to see what everyone got up to last term!

Support for Parents and Carers

Parents and carers we are here for you too! If you want to have a chat with another adult, or you have any concerns about your child we'd be happy to arrange a time to talk. **Text Amanda on 07732 492410 or email hello@eastlondondance.org** to schedule a call.

We are also linked to a range of organisations who can help provide advice and support across several areas including: food banks, money, debt & housing advice, and mental health.

Newsletter

We will send you a suggested programme of other amazing dance workshops and activities hosted by our partners including ZooNation and Fight For Peace.



What You Need To Do Next?

To get you set-up we need you to do the following:

Step 1. Complete an Online Registration Form

Parents/carers will need to complete a digital registration form to sign you up to our new services. [Follow the link below to complete the registration form.](#)

www.bit.ly/OnTheMoveOnline

Step 2. Download Apps

To take part you will need to download **Zoom** and **WhatsApp**. We will send you an easy to follow guide, once you sign-up to our activity.

Step 3. Save our mobile number

This is really important. To be able to receive Movement Mondays and details about classes via WhatsApp you will need to save both of our mobile numbers in your phone

07749 384135 (Laura) & **07732 492410** (Amanda)

Once you have completed the above steps we will send you the following;

What	When	How
A Zoom link for the End of Term Celebration	After you have signed up	Via email
Zoom links and passwords to the online dance classes	Every week	Via email and WhatsApp
Zoom links and passwords to the coaching sessions	Every month	Via email and WhatsApp
Movement Monday tutorials	Every Monday	Via WhatsApp
A weekly programme update and resources	Every week <i>(along with the class Zoom links)</i>	Via email

Step 4. Save the date

Don't miss out on your session! Once you are all set-up, we recommend that you save your session times in your diary. We will also send you a **reminder before each session** via WhatsApp. We will award you a **prize** once you have attended 8 sessions.



Frequently Asked Questions

Do I have to pay for classes?

No, everything we offer is free of charge.

I don't have Wi-Fi, Internet or Data

We are calling everyone to assess your needs. We understand that our online classes rely on having either Wi-Fi, an internet connection or Mobile Data (4G). We aim to be as flexible and responsive as we can. If you don't have internet/Wi-Fi please tell our team when they call, OR get in touch via email at hello@eastlondondance.org or text Amanda on [07732 492410](tel:07732492410)

I don't have a Tablet, Laptop, Smartphone or Computer

We realise that not everyone has a computer, laptop, smartphone or tablet. If this is the case please get in touch with us via email hello@eastlondondance.org or text **Amanda on 07732 492410**. We can't promise anything yet, but we are working with partners to see how we can help.

I am having trouble setting up Zoom or WhatsApp

If you are struggling to set these apps or have questions, we are happy to offer support over the phone. Email us on hello@eastlondondance.org or text **Laura on 07749 384135** to arrange a call.

Can I still win Movement Monday if I don't want my video to be posted online?

Yes of course, we will only post your video with your permission. We are seeking parental permission in our online consent form and we let you know before we post anything.

What prizes can I win?

As soon as you attend 8 sessions (coaching and/or dance classes) you will be awarded a **Limited Edition East London Dance Black & Gold T-Shirt**. Your prize will be sent to you in the post. We also have a range of prizes for Movement Mondays including hula hoops and water bottles.

What is East London Dance doing to prevent potential risks?

East London Dance is committed to creating safe spaces for our young people. We have risk assessed all of our activities and talked to lots of youth organisations to share best practices about working online. We have put the following things in place to help prevent risks:

- All young people under the age of 18 will require signed parental permission to take part in activities via our online registration form.
- Once signed up, we will send a guide on how to make your space safe for dance and top tips.

- There will be a minimum of 2 East London Dance staff with DBS at every session.
- Once they log on to Zoom young people will need to be invited into the digital sessions from a waiting area, meaning they will be supervised at all times and East London Dance staff will know exactly who is taking part in the session. Sessions will be ended for all participants by East London Dance and no young people will be allowed to remain on the platform unsupervised.
- All young people will be required to agree to a code of conduct and the rules will be recapped at the beginning of every session.
- If bullying takes place during a session we will talk to the young people and aim to resolve any issues. If bullying then continues we will contact parents.
- East London Dance will record all sessions for safeguarding purposes, and save these securely on our server. These are for internal use only and will not be shared publicly unless consent is given.

We are happy to share a copy of our full risk assessments for each activity upon request. Email us at hello@eastlondondance.org

Why do I need to complete an online registration form?

Every organisation that provides activities for children and young people needs to gain consent from parents or carers for their child to participate. As our service has changed slightly we need you to complete a new consent form.

We use the information that we collect to be able to contact you about the programme, keep you safe and to report to our funders using anonymised data. Any information that we collect is stored on our secure online database, and we will not share it with anyone else unless we feel your safety is at risk.

How do I make a complaint, give feedback or report a concern?

East London Dance is committed to continually improving our services, if you do have feedback, suggestions or would like to make complaint please email hello@eastlondondance.org

Who will be leading the sessions?

The East London Dance Youth Dance Team will be delivering the sessions alongside guest artists. The core Youth Team is:



Laura Goodwin
Lead Artist



Amanda Brown
Youth Support Worker



Charlene Davies
Youth Dance Producer