

Dance Base - About Project

Hi, I'm Vicky, I'm one of the dancers with the outreach team at Dance Base.

Dance Base is unique within Scotland for providing inclusive and accessible opportunities for a wide range of community groups and professional companies.

In addition to this, many of the classes are free of charge, but what makes Dance Base stand out the most, is it's passion and enthusiasm to deliver dance to all people, regardless of age, race and ability.

The key stages of the various Dance Base projects are about initiating and establishing good working relationships with relevant groups and organisations, exploring ways to address everybody's priorities.

Once the project is underway, we have the capacity to let the work develop naturally as participants' confidence and self-esteem grows.

The final stages of the project culminates in dance performances, dance films or exhibitions, with each person involved having had creative ownership throughout the whole process.