

Meet Catherine, a fantastic dancer who has been attending TIN Arts for many years. She is a member of Thursday's GeTIN2Dance group and has performed in Best Foot Forward on numerous occasions. Taking place at Durham's Gala Theatre, Best Foot Forward is TIN Arts' annual showcase performance featuring work created and performed by artists with a learning disability or who are autistic.



Although Catherine found rehearsals for Best Foot Forward to be challenging at times, she believed that the group definitely improved. With the support of the TIN staff and fellow dancers, she had been able to work on her balance, which is something she had struggled with. These improvements naturally developed her flexibility as well. Being able to perform and hold certain dance moves was her favourite part of rehearsals.

Tertia, one of Catherine's dance teachers, highlighted how she is much more confident with turns and rolls now, as well as travelling from floor to standing. In rehearsals, TIN staff broke movements down into smaller components and went over them slowly. This massively helped Catherine's memory of the dance alongside her confidence, which could be low at times.



Catherine felt nervous about performing in front of a live audience; it was the first time in 4 years due to the pandemic! However, she knew that once they got going, she would be fine. Speaking to Catherine after the performance, she thought the show went well. Tertia acknowledged how Catherine felt extremely happy that she was able to support

and assist other dancers in the performance. Catherine herself described the whole team as feeling like a family, especially when

everyone sang her happy birthday! Although there were some challenges on the night, such as navigating the dark wings at the side of the stage, she overcame all obstacles and felt very proud of herself. Next year's Best Foot Forward is already a definite for Catherine, with her suggesting a potential fashion show theme.

Catherine's mum, Joan, has noticed the positive impact that Catherine's attendance at TIN Arts has had for her, emphasising how Catherine 'never complains.' Joan enjoyed the entire Best Foot Forward performance and was particularly fond of the outfit choices picked out for Catherine. For Joan, Catherine has always been a confident individual and consistently comes away from her TIN Arts classes and performances on a noticeable high. Overall, she highlighted the wonderful work that TIN Arts continues to do and looks forward to seeing Catherine in the next Best Foot Forward performance.



*“The people here are fab; they just understand you.” - Catherine*