

# Participant Handbook

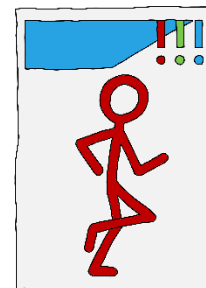
## GeTIN2Dance



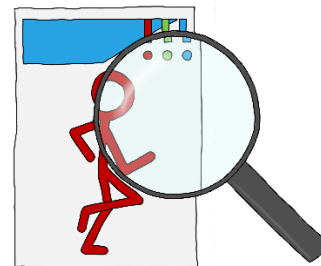
Welcome to GeTIN2Dance.



This is your participant handbook.



Here you can find important information about TIN Arts and GeTIN2Dance.



# Contents

Contents .....	2
About TIN Arts .....	3
Meet the TIN Team – Tess and Martin .....	4
Meet the TIN Team – Artistic Staff .....	4
Meet the Team – Support Staff .....	5
Meet the Team – Office Staff .....	5
You can contact TIN Arts by .....	5
About GeTIN2Dance .....	6
How we help keep everyone safe TIN Arts .....	8
Arriving at GeTIN2Dance .....	9
Going Home .....	10
What to wear to GeTIN2Dance .....	11
What to bring with you to GeTIN2Dance .....	12
Medication .....	12
Attendance .....	13
When you are at TIN Arts, we would like you to: .....	14
Agreement .....	15

# About TIN Arts



TIN Arts is an organisation in Durham in the North East of England.



We deliver dance programmes



And sometimes other arts activities too.



Our address is:

TIN Arts  
Old School House  
Front Street  
Framwellgate Moor  
Durham  
DH1 5BL



## Meet the TIN Team – Tess and Martin

Tess is the  
Artistic  
Director.

Tess is in  
charge of all  
dance and  
arts activities  
at TIN Arts.



Martin is the  
Executive  
Director.

Martin is in  
charge of  
running the TIN  
Arts business.



## Meet the TIN Team – Artistic Staff

The **Artistic Staff** are dance or arts practitioners who lead dance and performing arts activity. They will help you learn to perform and be creative.



Tertia



Kelsey



Rosie



Jeremy



Yuvel



Maria



Rachel

## Meet the Team – Support Staff

The **Support Staff** help you while you are in your class. You can go to them if you need someone to talk to or if you are feeling ill.



Gertie



Lynne



Dianne

## Meet the Team – Office Staff

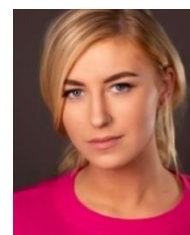
The **Office Staff** help Martin and sometimes they might contact you.



Claire



Katharine



Katie

## You can contact TIN Arts by

Phone: 0300 124 0448



Email: [info@tinarts.co.uk](mailto:info@tinarts.co.uk)



Facebook: [@tinarts](https://www.facebook.com/tinarts)



# About GeTIN2Dance

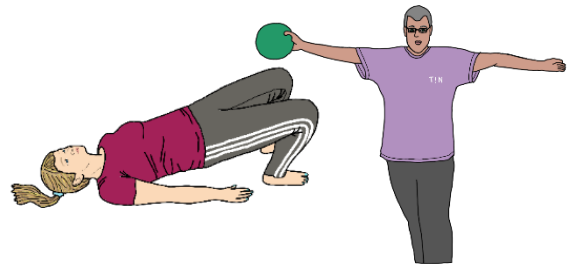
Our GeTIN2Dance classes are for adults who are autistic or have a learning disability.



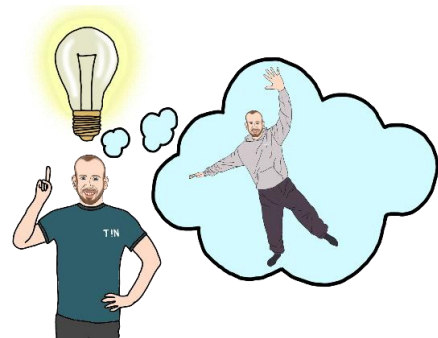
At GeTIN2Dance you will learn how to dance and perform.



We will help you learn new skills.



We will help you share your ideas.



We will give you the chance to perform.



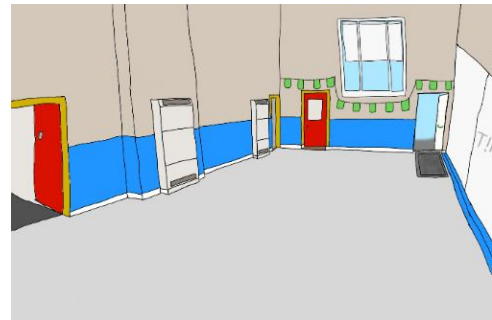
---

Classes take place from Monday to Friday.



---

Classes take place in the TIN Arts dance studio.



---

Classes start at 9.30 and finish at 3.30.



---

There will be up to 16 participants in each GeTIN2Dance group.



---

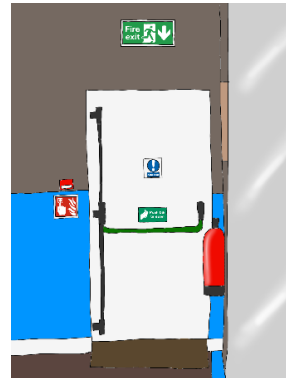
There will be three people from the TIN Team with each group:

- 2 dance or arts practitioners
- 1 support worker



# How we help keep everyone safe TIN Arts

We make sure you know where the fire exits are and what to do if the fire alarm goes off.



We clean the dance studio and any equipment we use regularly.



Our staff have experience and training in lots of different things including:

- Professional dance
- Teaching
- First aid
- Safeguarding
- Working with vulnerable adults





## Arriving at GeTIN2Dance

You will need to organise your own transport to come to GeTIN2Dance and go home again.



Please arrive at 9:30 am.



Come to the back of the building.



If you are travelling by car, your driver **must** wait with you until you are handed over to a member of the TIN team.



Please don't arrive early to GeTIN2Dance.



If you have a problem before 9.30, you can knock on the door, and we will help you.



# Going Home

GeTIN2Dance sessions finish at  
3:30 pm.



When your transport arrives a  
member of staff will call you.



It's a good idea to have a  
shower or a bath after dancing.

You've been working hard!



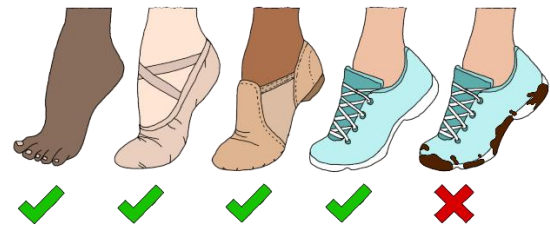
# What to wear to GeTIN2Dance

Please wear comfortable clothes you can move around in easily.



You can wear dance shoes or you can dance in bare feet.

Outdoor shoes are not allowed because they make the floor dirty.



Remember you will be close to other dancers so please:

- Use deodorant
- And choose clean clothes



# What to bring with you to GeTIN2Dance

Please bring a bag with you to each GeTIN2Dance session.

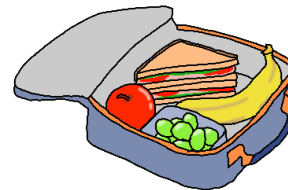


In your bag, we would like you to bring:

- A bottle of water



- A packed lunch

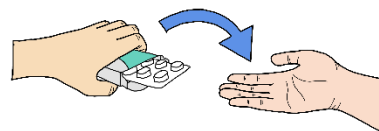


- Any medication you need



## Medication

Please give all medication you bring to TIN Arts to a support worker.



Please don't keep medication in your bag at TIN Arts.

This helps keep other people safe.

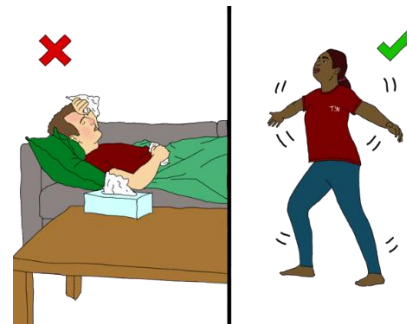


# Attendance

It's important that you do your best to come to all GeTIN2Dance sessions unless you are ill.



If you are feeling unwell, please do not come to TIN Arts.



You must not come to TIN Arts if you've had sickness or diarrhoea.

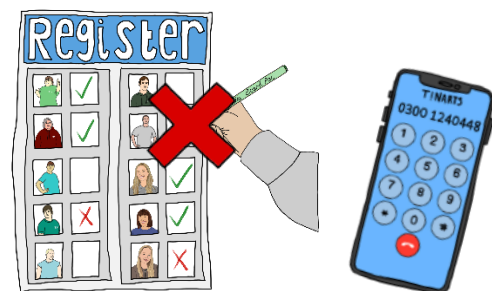


You need to wait for 48 hours until you come back to TIN Arts after you've had sickness or diarrhoea.



If you are going to be off, or you are going to be late, please tell us.

This is so we don't worry about you.

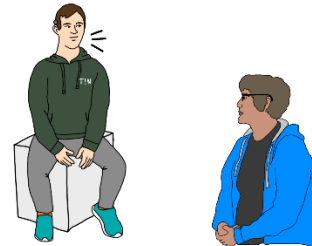


# When you are at TIN Arts, we would like you to:

Do your best to always arrive on time.



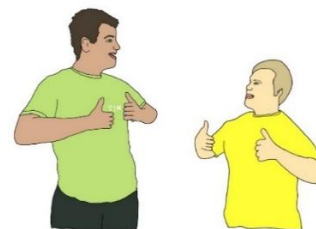
If you hurt yourself or feel ill or upset, please tell a support worker.



Always work your hardest.



Work together with other people in your group.



Be kind to everyone at TIN Arts.

Listen to everyone.



Make sure your mobile phone is switched to silent during sessions.



Have fun and be yourself.

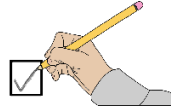


# Agreement

Please fill in this form and send it back to TIN Arts.

Please tick to agree

**I agree to...**



Do my best to come to all  
GeTIN2Dance sessions, unless I am ill.

☐

Do my best to always be on time.

☐

Stay home if I am ill and stay home for  
48 hours if I have diarrhoea.

☐

Tell TIN Arts if I am going to be off or if I  
am going to be late.

☐

Always work my hardest.

☐

Work together with other people in  
your group and be kind to everyone  
at TIN Arts.

☐

Listen to everyone.

☐

Tell a support worker if I hurt myself or feel ill or upset.

☐

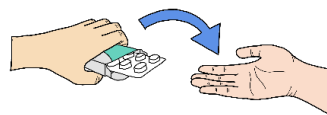
Keep my bag neat and tidy.

☐

Wear the right clothes and shoes for dance.

☐

Hand in any medication to a support worker.

☐

Make sure my mobile phone is switched to silent during sessions.

☐

Have fun and be myself.

☐

Participant's name: \_\_\_\_\_

Date: \_\_\_\_\_

Signed (participant): \_\_\_\_\_

Signed (caregiver): \_\_\_\_\_

