



## Stay Active

Improve stamina and physical fitness

Learn about your own body

Develop strength, coordination and flexibility

## Be Creative

Explore your own ideas and bring them to life through movement

Learn performance skills and share your dance work in professional theatres

## Boost Wellbeing

Enhance cognitive skills like focus and memory

Improve mental health through movement and creative expression

## Connect

Make new friends and develop positive relationships

Work together in an inclusive and supportive group

## Develop Life Skills

Build teamwork and communication skills

Develop confidence and resilience by testing new ideas

**GeTIN2Dance** is a high-quality non-accredited dance training programme for adults who are autistic or have a learning disability



### TIN Arts

Old School House,  
Front Street,  
Framwellgate Moor,  
Durham, DH1 5BL



### Weekdays

9.30 - 3.30

Option to attend one day or multiple days per week



### £55 per session

£1,980 per year for one session a week (36 weeks a year)

## Our Approach

With over 25 years' experience, TIN Arts are experts in inclusive practice and ensure all activities are tailored to the needs and learning styles of individual participants. At GeTIN2Dance, everyone can learn and develop at a pace that suits them. Groups are small – no more than 16 participants – and are taught by two professionally-trained and experienced artists. A support worker is always on hand for pastoral care.

## A Typical Day

A typical day at GeTIN2Dance begins with a friendly group catch-up followed by warm-up and fitness sessions. Participants then take part in a dance technique class, developing aspects such as balance, coordination and control. After lunch, participants work together to create and share their own ideas through movement, taking inspiration from different themes, music, paintings or poetry. The ends with a short relaxation session before going home.

## Find out more...

Speak to your care coordinator or get in touch with us at TIN Arts to find out more and arrange a free taster session

## A New Home?

TIN Arts are exploring a move to our own home in the Spennymoor area in 2026



@tinarts



info@tinarts.co.uk



0300 1240448