

Let yourself

go

Summer 09



DanceEast

# Welcome note

## Dear Dance Lover

We are now in the final countdown for our move to the new Jerwood DanceHouse and the fit-out is well underway and on schedule. As you can imagine all of us at DanceEast are incredibly excited about the opening of our new home and welcoming you into what will become a cultural hub in Ipswich.

In the weeks leading up to the move, our Spectacular Dancing Tent will be touring East Anglia. This tour will be the first of its kind in the region and will give you the opportunity to try out something new! Find out more about the activities taking place in the Dancing Tent on page 8.

In the coming months we will also be launching a new Friends Scheme. By becoming a Friend, you will make a valuable contribution to supporting our work, and in return for your commitment you will enjoy some exciting benefits. Please turn to page 11 to find out more.

If you missed out on getting a ticket for the two sold out performances by Rambert Dance Company why not book early for Bern:Ballett. This new and vibrant Swiss dance company will be making its UK debut at Snape Maltings Concert Hall. Turn to page 6 to find out more about this exclusive event.

We hope you enjoy this edition of our newsletter. In future, newsletters will be one of the benefits for our friends and patrons. To ensure you don't miss out, we do hope you will sign up today to one of our new schemes, and support our artistic and community outreach programmes as we launch a new era in the Jerwood DanceHouse.

Warmest wishes



**Assis Carreiro**  
Artistic Director and Chief Executive

Let yourself  
**go**  
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Front cover photo: Adrian Wienbrecht  
Above photo: Phillip Zinniger

# The Red Balloon

## at The New Wolsey Theatre

A dream-like dance to charm and excite

**This April, an original dance piece created by award winning choreographer Aletta Collins, glides into The New Wolsey Theatre, Ipswich. Collins has created an enchanting new work especially for young people based on Albert Lamorisse's cult film and children's story, *Le Ballon Rouge* (Palme d'Or, Cannes Film Festival, 1956).**

The story follows the adventures of Pascal, a young boy who discovers a stray red balloon that seems to have a mind of its own, and leads him on a journey through the streets of Paris. Life at home and school follow unexpected turns, and it is the reactions of a gang of children that finally bring about the tale's moving ending.

The dream-like dance combines adventure, charm and excitement, while exploring the innocence of childhood and cruelty of others. The joyous evocation of a 1950s Parisian childhood is brought alive through Collins' acclaimed choreography, and a new score commissioned by the Royal Opera House by composers Mieko Shimizu and Peter Morris.

Shimizu and Morris specialise in scoring for dance, theatre and film. Previous work includes music composition for BBC and Channel 4 productions, television commercials for Ford and Yves Saint Laurent's final show for Paris fashion week.

Beautiful set designs are created by Olivier Award-winning Giles Cadle, and costumes are designed by Gabrielle Dalton. Lighting is by Charles Balfour, who has designed extensively for dance, theatre and music for over 20 years.

### About Aletta Collins

Aletta Collins, choreographer of the Olivier Award winning stage productions *His Dark Materials* and *Honk!*, was born in London and studied at London Contemporary Dance School, from which she then became a dancer and choreographer with London Contemporary Dance Theatre. She was resident choreographer at The Place from 1998-99, has created work for Rambert Dance Company and has worked extensively in theatre, film and opera as a choreographer and director.

Her own company has toured in the UK and abroad and she choreographed the West End revival of *Jesus Christ Superstar*, which played at the Lyceum from 2006-08. She choreographed last year's world record-breaking mass dance which took place in Trafalgar Square as part of Big Dance 2008.

This is an ROH2 production from the Royal Opera House, On The Road, Covent Garden in partnership with DanceEast

## The Red Balloon

**Thursday 23 – Saturday 25 April 7.00pm**

**Matinee: Saturday 2.30pm**

The New Wolsey Theatre, Ipswich

**Tickets:** £7.95 - £12.95

Saturday matinee all tickets £7.95

**Box Office:** 01473 295900

or book online at [www.wolseytheatre.co.uk](http://www.wolseytheatre.co.uk)

**Special offer: four tickets for £25\***  
(must include at least 1 adult and 1 child)

## Family Dance Workshops

### Saturday 25 April

Join the Royal Opera House team before the Saturday performances for a variety of creative activities for all the family. Through movement and workshops, explore some of the themes around *The Red Balloon*, and watch your own ideas come to life.

Children should be aged 7+ and must be accompanied by an adult. Workshops start at 10.30am and 4.00pm and last approximately 2 hours.

**Tickets:** £4 adults/£3 children (ages 7+)

£12 family (2 adults & 2 children/1 adult & 3 children)

**Booking:** 01473 295900

\*Terms and conditions apply



## Swiss company premiere in Suffolk on their first visit to the UK

With a repertoire of creations by the most talked about choreographers, Bern:Ballett's UK visit premieres at Snape Maltings Concert Hall on 15 – 16 May. From classical to the cutting edge, this exclusive evening presents a mixed bill of distinct works.

Under the artistic direction of British choreographer Cathy Marston, the twelve dancers of this Swiss company are fierce in their display of versatility, technique and artistry.

Discussing the visit Cathy said "I'm thrilled to bring my company to Snape Maltings for our very first performances outside Bern. Snape is a fabulous space to perform and we've put together a programme especially for our visit that will really showcase the quality of our dancers."

Inspired by Ted Hughes' *The Birthday Letters*, Marston's *Through Your Eyes* to Shostakovich's 13th String Quartet is an intricate dance poem. In *The Fools*, Hofesh Shechter's unique movement style pulses with controlled energy, climaxing with combined wit and provocation.

The full company work *Mission Eurohell* is by Swedish choreographer Alexander Ekman, who is arguably one of the funniest and brightest names in European dance, while Karole Armitage's *Between the Clock and the Bed* is a pure celebration of beauty, with its style anchored in classical ballet.

**Friday 15 and Saturday 16 May at 7.30pm**

Snape Maltings Concert Hall

**Tickets:** £18, £15, £11, £8 (under 18s £2 off)

**Box Office:** 01728 687110 or

book online at [www.aldeburgh.co.uk](http://www.aldeburgh.co.uk)

Evening Out (meal + ticket) £25.50

**Pre-performance talk with Cathy Marston**

Friday 15 May at 6.30pm

Admission is free to ticket holders but please book in advance

Cathy Marston · Hofesh Shechter · Alexander Ekman · Karole Armitage



**Cathy Marston** was born in Newcastle-upon-Tyne, and spent most of her childhood in Cambridge before joining the Royal Ballet Upper School in 1992. As freelance choreographer/dancer, she has choreographed for the Royal Ballet, English National Ballet, the Basel Ballet, Danza Contemporanea de Cuba, and many other

companies. In 2002 Marston was made the first Associate Artist of the Royal Opera House, and went on to form her own company – The Cathy Marston Project. Marston became Director of Bern:Ballett in 2007, and she has swiftly moulded the company into a dynamic ensemble, whose celebrated reputation is already spreading across the globe.

**Hofesh Shechter** was born in Jerusalem and trained at the Jerusalem Academy for Dance and Music before joining the Batsheva Dance Company. In 2002 he came to the UK and joined the Jasmin Vardimon Dance Company, after which he has choreographed for The Place, Southbank Centre, Sadler's Wells, The Royal Court Theatre, The National Theatre and Channel Four Roundhouse.

**Alexander Ekman** was born in Stockholm, where he trained at the Royal Swedish Ballet School, and later joined the Royal Swedish Ballet. From 2002-05 he danced with Nederlands Dans Theater II. Ekman has choreographed for the Nederlands Dans Theater I and II, as well as Cullberg Ballet.

**Karole Armitage** began her professional career in 1973 as a member of the Ballet du Grand Theatre de Geneve. She has choreographed for many companies including American Ballet Theatre, the Paris Opera Ballet and Rambert Dance Company, as well as for Madonna and Michael Jackson. Karole launched her own dance company Armitage Gone! Dance in 2004.



Take advantage of this unique performance, and book your tickets now

# UK Premiere

# Bern:Ballett

Coming to a location near you this summer...

# The Spectacular Dancing Tent!

## Dance for everyone to learn, watch and enjoy

DanceEast's Spiegeltent Tour will be the first of its kind in East Anglia. This large, beautiful wooden structure features a dazzling interior of mirrored booths surrounding a wooden dance floor, creating the perfect intimate space for dance performances, workshops and classes. A range of programmes will be on offer from children's workshops to tea dances for the over 60s and cabaret nights, along with performances by national and international dance artists. The tent will be an opportunity to try something different in a fun and relaxed environment. If you have never experienced dance, then the Spectacular Dancing Tent is the perfect place to start! The tour is taking place in rural and urban areas across East Anglia including Christchurch Park – Ipswich, Easton Farm Park and the Abbey Gardens in Bury St Edmunds.

### What's on

Highlights of the tour include a **Lullaby Concert** for the under 5s with the City of London Sinfonia. This will give youngsters an introduction to classical music and dance, there will also be a unique performance of *The Polar Bear* by **Los Kaos**. The polar bear is a fully animated pod puppet, operated inside by a highly skilled performer – who controls all the movements, facial animations and also the live sounds. As part of the Children's Folk Festival, Morris Men will be dancing in and outside the tent, and *High School Musical* and *Mamma Mia!* workshops will also be on offer.

Some of our annual Summer Schools for children will also be held in the Spectacular Dancing Tent, which will provide a fun way to enjoy dance, make friends and learn new skills during the holidays.

Audiences have an opportunity to experience a selection of evening performances, with works by dance artists such as **Tim Blowfield**, **Maresa von Stockert** and **Sonia Sabri**. The latter will be bringing **Indian Classical Dance** to life inside the Dancing Tent. The **Cal'donias Swing Dance Society** will be leading an introductory **Lindy Hop workshop**, ideal for those keen to learn the basics. Other dance workshops include **Tango**; **Egyptian Belly Dancing**; **Hip Hop**; **Flamenco** and **Morris Dancing**. On the 30 June the Royal Opera House will be screening a live broadcast of *La Traviata* in Christchurch Park, and we will be running a series of workshops in the weeks leading up to this for the over 55s, which will culminate in a performance before the screening of this famous opera.

### Dates and venues

**Ipswich** Ip-art, Christchurch Park  
27 June – 12 July

**Stowmarket** Museum of East Anglian Life  
15 July – 26 July

**Easton** Easton Farm Park  
(near Wickham Market)  
29 July – 2 August

**Colchester** Castle Park  
5 August – 16 August

**Bury St Edmunds** Abbey Gardens  
17 August – 30 August

Visit DanceEast's website for more details including opening times, location and programme of events.





Pictured Christian Huckstep, Gavin Napier, Robin Townley and Assis Carreiro  
Photo: Mike Kwasniak

# Jerwood DanceHouse

**Fit-out is now well on its way and on schedule for DanceEast to open its doors to the public this September. DanceEast's Building Project Director, Robin Townley, updates on the progress of the fit-out so far.**

"Morgan Ashurst, DanceEast's main contractor, commenced works in November 2008 and are now at the halfway point. The developer handed the shell and core over to DanceEast last October, and since starting work, Morgan Ashurst have been fitting all the structures, plant, heating and electrical services.

One of the first jobs was to install the large concrete acoustic floors in each of the four dance studios. These reinforced concrete slabs are 150mm thick and sit on springs 50mm above the foundations. Each studio is a room within the shell and core structure, which is built off this floating slab. As a result, the studios are acoustically insulated from the structural frame of the building. In the Studio Theatre a large steel structure has been erected to support the lighting and sound equipment required for the presentation of performances. This steel framework also sits on the floating concrete slab".

## What is the site looking like at the moment?

"All the internal block work walls have now been completed and the layout of all the rooms can clearly be identified. Drylining and plastering is taking place and the myriad technical systems of cable trays, ventilation ducts, pipes and drains have been fixed to the underside of the concrete ceilings."

## What has been the most challenging aspect so far?

"Getting some of the larger quantities and pieces of building materials into the building. To construct the floating concrete slabs, 338 tonnes of concrete had to be pumped into the building through a 6 inch diameter pipe passed through a window opening. To form the steel framework in the Studio Theatre, dozens of beams and columns have had to be manoeuvred into the building, the biggest of which were head beams which were 11.5m long and weighed 1.25 tonnes each."

## What has been the most exciting moment?

"Jacking the concrete floors up. It seems incredible that such a large slab of concrete can be supported on springs and form a stable foundation for a whole room to be built on to."

## The next step?

"The countdown to the handover which is on schedule for 24 July, when the freshly cut keys will be handed to the DanceEast team!"

## introducing: The Friends Scheme

**There is good news amongst the doom and gloom, Britain's newest DanceHouse is opening this autumn! With only £10k still to raise and the builders busy with the fit-out, the dream is fast becoming a reality. From the autumn, dance lovers will have access to a 200-seat studio theatre, three further dance studios, a fitness suite, bar, café and dancewear shop – all located under one roof, in a purpose-built building on the Ipswich waterfront. It will give unprecedented access to dance in the East of England, from performance and professional development to classes and workshops for the whole community; this will be a building that we can all be proud of!**

We know that many of our supporters want to be closely involved with life at the DanceHouse and so we are launching a Friends Scheme to allow everyone to do just that. By becoming a Friend, you will be making a valuable contribution to the work that we do and in return there will be some exciting benefits including priority booking for performances, free classes and an annual party!\* Best of all, we also have some exciting plans for the new building that we hope our Friends will be at the heart of.

We want the Friends Scheme to be as inclusive as possible so the membership fees will be kept at affordable levels, including special rates for families and junior Friends. So why not be a part of a group who all share a passion for dance?

For more information on how to join our Friends and Patrons Schemes please contact **Maggie Powell** on **01473 295240** or email **maggie.powell@danceeast.co.uk**

\*Please note that this will be the last newsletter that we send out to our general mailing list, future editions will be available by post only to friends and patrons.



Photo: Wendy Hicks

## Q&A Ipswich activities move to the

# DanceHouse

From September, DanceEast's Ipswich class programme will move from Northgate Arts Centre into the brand new Jerwood DanceHouse. Emma Reed answers a few of your questions about this move and explains the positive impact it will have.

### Will I still be to do the classes I currently attend?

Yes, all our current classes will move with us though a couple of classes may happen at different times.

### What new classes will there be?

To begin with most of our new classes will be during the day and at weekends but we will add more as we go, and as we find out what you are enjoying! Upon opening we hope to add some things that you have already been requesting, including Adult Tap, lots more Yoga, Pilates and fitness classes, Advanced Ballet, Advanced Contemporary and taster classes.

### I can't take my children to after school classes, will you have a Saturday programme for them?

We will be running a full Saturday programme which will cater for all age ranges and abilities. More details will be available nearer the time.

### Will the DanceCards still be used in the DanceHouse?

We will be continuing with DanceCards in the DanceHouse but they will become an electronic swipe card. However, we will honour the old style DanceCards for 12 months, then we will phase them out.

### Can I use the building even if I'm not coming to classes?

The café and shop will be open to anyone, not just people attending our activities. We also hope that you will visit the building to see the performances we will be presenting.

### Will the classes still be drop-in classes?

Yes, but not all of them. The open classes will be supplemented by more activities that will require booking such as six week courses, in particular dance styles and one-off workshops.

### Will there be parking? Will there be a place to drop people off?

We are still finalising the parking arrangements but aim to have a range of parking options available within easy, well-lit walking distance of our front door. There is a large layby outside the entrance to the DanceHouse which can be used as a drop off point at any time for up to 10 minutes.

“There will be four dance studios all with their own sound systems and pianos and fully sprung dance floors tailored to the uses of each space.”

### What other facilities will there be in the DanceHouse?

The facilities in the DanceHouse will be fantastic. There will be four dance studios all with their own sound systems and pianos and fully sprung dance floors tailored to each space. All studios have mirrors (and blinds to cover them as required), ballet barres and cubby holes for shoes and belongings. Each studio is close to changing rooms and these all have lockers, toilets and showers. The Studio Theatre will have retractable seating for 200. There will also be a large café, a dancewear shop and a bar. There will be lots of large, open communal spaces with sofas and bean bags, a lift and gallery. There will be plasma screens around the building to keep you up to date on all our activities. We will also be able to facilitate corporate hires and conferencing as well as hiring out a therapy room and Pilates studio.

### How do we find out more about the new DanceHouse?

Firstly, visit our website where you can find out all about our plans. Secondly, come along to some of our activities so you can see the sort of things we will be doing in the DanceHouse. Finally, put the 10 and 11 October in your diaries as this will be our **DanceHouse Open Weekend** where we will be offering free tasters from across our class programme and free performances all day long – we hope to see you there so we can show you around the new building.



Photo: Wendy Hicks

“The facilities in the DanceHouse will be fantastic.”

# Masterclasses and Workshops



## Masterclass with Richard Alston Dance Company

Richard Alston Dance Company is the UK's most avidly followed contemporary company. The Company performs a unique combination of the innovative and the entertaining. In building its repertoire, Richard Alston Dance Company focuses on new choreography but combines this with the re-creation of past works from Alston's career.

**Martin Lawrance**, the Company's Rehearsal Director, leads this one off workshop. The session will start with a warm up and technique class, there will then be the opportunity to develop contemporary dance technique and gain an insight into the choreographic and artistic process of Alston's works.

**Age:** 16+ years  
**Venue:** Northgate Arts Centre  
**Date:** Saturday 6 June  
**Time:** 2.00 – 4.00pm  
**Cost:** £10/£8 concessions

## La Traviata Workshops with the Royal Opera House On The Road

How can opera inspire dance? Join us in exploring the themes and dances of *La Traviata*, Verdi's famous opera of love and betrayal, and develop your own response through movement. Working in Ipswich with practitioners from Royal Opera House Education and DanceEast tutor Mary Davies, you will create a new dance piece based around this beautiful operatic work. You will also have the chance to perform for family and friends before the live broadcast of the opera, direct from the Royal Opera House to the BP Summer Screen on 30 June in Christchurch Park.

This project will be part of The Spectacular Dancing Tent programme.

**Age:** 55+ years  
**Dates:** Mondays, 1, 8, 15, 22, 29 June (10.00am - 1.00pm)  
**Rehearsal:** Tuesday 30 June (2.00 - 5.00pm)  
**Performance:** Tuesday 30 June (6.00pm)  
**Cost:** £30

To book a place please contact DanceEast on **01473 639230** or email **bookings@danceeast.co.uk**

# Summer Schools

DanceEast's series of Summer Schools are a great way for children to learn new skills, make friends and keep fit over the summer holidays. We have a wide range of courses around Suffolk which cover different age groups and dance styles. Booking is essential and there is an 'early bird' booking discount so do take advantage of this.

### Ipswich

**Age:** 12 – 16 years  
**Date:** Monday 17 August – Friday 21 August  
**Time:** 10.00am – 4.00pm  
**Cost:** £50

### Ballet Summer School, Ipswich

**Age:** 10 – 12 and 13 – 16 years  
**Date:** Thursday 30 and Friday 31 July  
**Time:** Thursday 9.00am – 12.00pm (10 – 12 years)  
1.00 – 6.00pm (13 – 16 years)  
Friday: 10am – 5pm for both age groups  
**Cost:** £50

(Young people interested in this class might also be interested in our weekly Ballet Enrichment class, please contact DanceEast for more details)

### Stowmarket

**Age:** 6 – 9 years  
**Date:** Wednesday 22 July – Friday 24 July  
**Time:** 9.30am – 12.30pm  
**Cost:** £25

### Stowmarket

**Age:** 9 – 13 years  
**Date:** Wednesday 22 July – Friday 24 July  
**Time:** 2.00 – 5.00pm  
**Cost:** £25

### Felixstowe

**Age:** 6 – 13 years  
**Date:** Monday 27 July – Wednesday 29 July  
**Time:** 10.00am – 3.00pm  
**Cost:** £35



Photo: Mike Kwashiak

### Haverhill

**Age:** 6 – 9 years  
**Date:** Thursday 6 August – Friday 7 August  
**Time:** 10.00am – 3.00pm  
**Cost:** £25  
To book call Haverhill Arts Centre on 01440 714140

### Haverhill

**Age:** 10 – 14 years  
**Date:** Monday 3 August – Wednesday 5 August  
**Time:** 10.00am – 3.00pm

### Early bird booking –

Receive 10% off all bookings made before Friday 26 June. To book a place please contact DanceEast on **01473 639230** or email **bookings@danceeast.co.uk**

# The DanceEast Academy

**The DanceEast Academy is a scheme that offers young people the opportunity to access high quality dance training as part of the Department For Children, Schools and Families' Music and Dance Scheme.**

The first year's intake has been progressing well. Lucy Hegarty, DanceEast Academy Manager notes;

"We are delighted with the progress made by this year's cohort of Academy students and we feel lucky to be working with such a talented and dedicated group. The students have worked hard on their technical training in the first half of the year, as well as taking part in workshops and watching performances with Wayne McGregor | Random Dance and Rambert Dance Company. At Easter, students will work with **Luca Silvestrini** and **Will Tuckett** to make new pieces that they will perform in the summer and autumn, and we are looking forward to seeing them shine on stage. This year's recruitment work is well under way and we are looking for some more super talented young people to join the group from September 2009."

**There is still time to apply for the DanceEast Academy!**

The closing date for applications is Friday 24 April. For more information please contact DanceEast on **01473 639230** or email **academy@danceeast.co.uk**.

**To get an insight into what the Academy is like we talked to from two DanceEast Academy Students:**

## Olivia Olphin

**Describe what you would do on a normal Sunday at the Academy.** After we have warmed up, the first part of the day is made up of a contemporary and ballet technique session. After lunch we again have either a contemporary or ballet technique session, depending on what we have done in the morning. In the second part of the day we have classes in dance health, Pilates, creative dance and jazz. Sometimes there are exceptions in the daily routine, like when professional dancers have come in to teach us.

**What challenges have you faced and overcome since joining; have the tutors been supportive with these?**

When I joined the Academy I had only been dancing for a year. My biggest challenge was to improve my posture. Along with the Academy tutors, I created an Individual Training Plan, which included exercises to help improve my posture. Thanks to the tutors, my posture is much better and I now find ballet a lot easier.

**What have you enjoyed most during your time at the Academy?**

The most enjoyable time I've had at the Academy was when two of the dancers from Random Dance Company taught our contemporary and creative class. I liked it because I had the chance to do things I had never done before and we had to learn fast. Being part of the Academy is a great opportunity; I have met many new people and am learning new skills all the time.

**Do you have a favourite dancer?**

I really like the dancers in Rambert Dance Company, with their expressive and elegant movements. I thought the *Eternal Light Tour 2009* was AMAZING!

**Do you still have time to do your homework and see your friends?** DanceEast is a big commitment especially for me because I live in Bedford, so on Sunday, if my friends are going to the cinema I always have to pass, but I don't mind because I love dancing and that is what I want to do.

*Getting my homework finished is not a problem because I can do it on a Saturday or when I get home from an Academy session.*

**Are you excited about the move into the DanceHouse?**

*I am so excited to be moving into the DanceHouse; It all seems so unreal right now but it's not that far away. I can't wait to see what we will be doing in the years to come.*

## Chris Hazell

**Describe what you would do on a normal Sunday at the Academy.** We are taught a variety of dance styles, the main ones being contemporary and ballet. We also have classes in dance health, jazz and creative technique.

**What experience of dance, if any, did you have before joining the Academy?**

*I had experience in street and contemporary dance, but was less experienced with other dance styles. The first year has been a challenge for me, but I am enjoying myself and learning so much.*

**What have you enjoyed most during your time at the Academy?** Jazz! Because it's one of the more relaxed types as you can move more freely. It is also great to meet lots of new people and make new friends.

**Do you have a favourite dancer?** I don't have a favourite dancer as such, but think the *Billy Elliot* character is great! Watching that film inspired me to work harder at my dancing, and it made me realise that anyone can go on to do amazing things.

Photo: Lucy Hegarty





# B'jewelled Ball Sparkles

On 14 March DanceEast's B'jewelled Ball, sponsored by Clydesdale Bank, proved to be a night to remember, with first class entertainment and an exceptional auction, which netted a staggering £70k+ for the Red Shoe Appeal.

Guests were welcomed with a Salthouse Harbour Hotel sponsored champagne reception in a glittering setting, filled with eye-catching floral displays by the creative Calla's Floral Designs of Ipswich and glittering CD chandeliers.

**Tamara Rojo** of The Royal Ballet graced the stage with a beautiful performance of a new piece by Ipswich born Royal Ballet dancer, **Liam Scarlett**. The award winning **New Art Club** closed the evening's performances with their usual antics by getting all 400 guests up dancing in a cleverly improvised game of heads and tails "with balls".

Luminaries from the worlds of the arts and sport attended the event, including the evenings compère ITVs **Nina Nannarm**, guest speaker Ex England Football Manager **Graham Taylor**, West End star and Dancing on Ice judge **Ruthie Henshall**, Broadway star **Tim Howar** and ITFC's **Fabian Wilnis**.

Through the generosity of guests and sponsors, funds raised at the B'jewelled Ball leaves just £10k left to be found to complete the purpose built Jerwood DanceHouse, to guarantee the delivery of world class facilities that the East of England can be proud of for generations to come. Speaking on the evening, DanceEast Director, Assis Carreiro said,

"The DanceHouse will be beautiful, majestic, practical and comfortable; but most importantly it will be the people that inhabit its spaces that will make it come alive. Raising capital funds is one big challenge. But, once our doors open, our biggest challenge will be to ensure this DanceHouse has a vibrancy that is infectious and captures everyone's imagination."



"It was a great night. So many people have helped DanceEast in supporting this wonderful evening which has **raised over £70k for the Jerwood DanceHouse.**

We now look forward to the opening



Photos: Nick Day and Peter Payne



Photo: Finno Speed

# DanceEast in the Community

## Get Movin' Update

Launched in September 2008, Get Movin' with DanceEast is now in its second term. Working with Stowhealth Surgery, with funding support from Suffolk Strategic Partnership, participants between the ages of 9 and 18 years have been enjoying weekly dance sessions in creative dance with DanceEast tutor **Sarah Franklin**. This has allowed the young people to make new friends, improve their self-confidence and most importantly it has got them moving! Parents are invited along, allowing whole families to learn together about the changes they can make through physical activity and diet.

The programme of regular classes will continue until April, at which point DanceEast will encourage and support participants to sign up to regular activities in their local area, primarily through DanceEast classes which are delivered in Ipswich, Stowmarket & Bury St Edmunds. This is DanceEast's first venture into using dance specifically in health-related settings and it is hoped that this scheme can be rolled out to other surgeries across Suffolk. The benefits of this project are already apparent in the participants self confidence.

## Junior Springboard

The success of Springboard, DanceEast's class for adults with physical and learning difficulties, has led to this summer launch of Junior Springboard this summer. This lively class for young people with learning and physical difficulties will provide an opportunity to learn new dance skills and be creative in a safe environment. If you know of anyone who might be interested in coming along to these Monday classes please contact DanceEast on 01473 639230 for more details.

## Dance in Hospitals

For several years, DanceEast has been going into Ipswich and Colchester hospitals each week to deliver dance on the children's wards. At Ipswich, Claire Findlay, DanceEast's Community Dance Artist, works closely with the Play Specialist Co-ordinator to work out the best type of approach for each individual child. Sessions take place either at the child's bedside, in the play room or the hospital school room. Claire focuses on relaxation exercises with patients as well as looking creative dance to make the children's hospital experiences more enjoyable. These activities enable children to focus on something fun, helping to relieve their fear and distract them from their treatments.

"DanceEast has contributed greatly to the recuperation and rehabilitation of sick children for several years. Children are distracted from their treatment and are able to use the relaxation skills taught to help them cope on a daily basis with invasive intervention, both medical and surgical. DanceEast has become a valued part of the inter-disciplinary team on a Wednesday morning. The age range is from birth upwards, and extended families also benefit from this important and what has now become essential service ensuring the children have a positive hospital admission. DanceEast staff have always shown sensitivity, empathy and flexibility in their approach but most of all they display a sense of fun."

**Keren Brooke** Ipswich Hospital Play Specialist Co-ordinator

# PULSE FRINGE FESTIVAL

28 May to 13 June 2009

The annual PULSE Fringe Festival, hosted by The New Wolsey Theatre in Ipswich, is a spring-board for fresh artistic voices, as well as a home for risk-taking and cutting edge performances from established artists. The Festival provides a platform for the development and presentation of new work by regional, British and international artists, nurturing artistic ambition and excellence across a range of art forms including theatre, dance, comedy, music, event led visual arts, physical theatre and circus led work.

Festival Director **Stephen Freeman** said "PULSE attracts work in all genres, from opera to physical theatre, and just like audiences at the Edinburgh Fringe I'm really pleased that our audiences understand that Fringe is an opportunity to see the very best new work, to support new talent and make a real contribution towards the development of work by participating in post-show discussions.

A number of dance companies new to the East of England will be presenting work at PULSE alongside some familiar faces. On Friday 29 May Canadian dancer/choreographer **Melanie Demers**, who was chosen by DanceEast to present her work in the UK following the annual Reperages at Danse a Lille. Melanie Demers thought-provocative, political and yet poetic work, *Les Angle Morts*, is a duet where contemporary dance and theatricality intertwines to create a work which questions our ability to understand the world from another point of view and challenge us to see from every angle, even the blind spots, the small details that make us all the same. The programme will also include a new work by **Seeta Patel**.

The full **PULSE 09** programme will be announced on 20 April when tickets also go on sale. Visit [www.pulsefringe.com](http://www.pulsefringe.com) for full details.

To book tickets call The New Wolsey Theatre Box Office on **01473 295900**



Photo: Wendy Hicks

# HIGH VOLTAGE 9

In June DanceEast presents its 9th High Voltage Showcase. This annual celebration of dance in the East of England will bring together DanceEast's own dance companies and groups from around the Eastern region. Across two evenings two programmes will be presented. Tickets are now on sale from The New Wolsey Theatre, so don't miss out on these great evenings of dance.

Friday 26 and Saturday 27 June, 7.00pm

**The New Wolsey Theatre, Ipswich**

**Ticket prices:** £5 adults, £3 concessions, £13 family (2 adults & 2 children or 1 adult & 3 children)

To book call **01473 295900**



# Heather Eddington

**After a performance of Heather Eddington's *A Blank Canvas* at Platform East, DanceEast's showcase of new dance works from the East of England, DanceEast announced the appointment of Heather Eddington as Associate Artist.**

Heather's training began at The University of Birmingham, where she gained a BA First Class Honours in Dance and Theatre Arts. She then went on to study dancefilm on The Dance for Screen course directed by David Hinton at London Contemporary Dance School.

State of Flux Dance Company, founded by Heather in 2003, is dedicated to the creation of fresh, exciting and original work through a fusion of dance, film and design. Heather's sensitive, quirky and adventurous style generates an accessible and enjoyable dancefilm experience.

*A Blank Canvas* blends the mediums of dance, film, animation and sculpture into a dancefilm installation. A recent review observed, "The message was one of journeys – the ones we take from birth to death – and how we start life as blank canvases, only for experiences and emotions to overlay themselves on top, to create, as the narrative said, 'a portrait of ourselves'". East Anglian Daily Times.

With ongoing support from DanceEast for her research and development, Heather is also an Escalator Artist, an Arts Council England (ACE), East scheme investing in artists to produce high quality professional work within the eastern region.

Heather has been involved with DanceEast since 2000 and has created numerous works that have been showcased over the years in various Platform East evenings, and has also worked on a number of community and education projects. Heather has worked with dance artists Delphine Gaborit and Nyanda Yekwai and in May 2007 worked alongside New Art Club to create a dancefilm for DanceEast's Red Shoe Appeal. Heather has shown her work in a range of venues including The Place, The Wolsey Studio, The Junction and Sainsbury Visual Arts Centre.

In February half-term, Heather led a three day dancefilm course with J.S Youth Dance Company, giving them the chance to create their own dancefilms. Throughout the three days, Heather worked with the dancers to teach all the components of making a film, from the choreography through to the camera work and editing, giving them all the skills they needed to become dancefilm makers themselves. At the end of the course, parents and friends were invited to the premiere viewing of the films created. The course was a great success with some budding dancefilm artists in the making!

## About DanceEast

**DanceEast is one of the UK's leading dance organisations, bringing first class dance participation and performance opportunities to the East of England.**

**DanceEast** supports professional dance artists and companies through training, research, development and performances with regional, national and international partners. Initiatives include the DanceEast Academy, the region's Centre for Advanced Training in dance, which prepares young people for a professional career in dance.

Innovative work includes Rural Retreats, international think tanks bringing together existing and future dance leaders, and Snape Dances, a partnership with Aldeburgh Music which brings some of the most exciting national and international dance companies to Suffolk.

**DanceEast's** community, outreach and education work takes dance to schools and hospitals each week, as well as to people with learning and physical disabilities, Looked-After Children, and communities with little or no access to dance.

### Have we got your email address?

**Be the first to find out the latest news, updates and box office information by giving us your email address.**

Email [info@danceeast.co.uk](mailto:info@danceeast.co.uk) with the word 'Subscribe' in the subject box and please include your name and postcode.

Your email address and any other details you give us will be used to inform you of opportunities from **DanceEast** only, and will not be passed on to third parties. You will be able to unsubscribe from our e-mailings at any time.

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Join us on Facebook

This DanceEast newsletter is also available in large print in a text format. Please call 01473 639230 for a copy.

Designed by: **White Space Design**



**DanceEast** accepts no responsibility for any loss of property or personal injury at its events. We reserve the right to substitute artists and vary the advertised programme if necessary. No refunds can be given unless a class is cancelled. You must inform us of any medical conditions when you enrol. You are advised to consult your doctor before changing your physical activity regime.

# Drop-in classes for adults & children

Northgate Arts Centre, Ipswich

From Tots and Co. for the very young taking their first steps, to Glorious! for the more mature, DanceEast has a range of dance classes to suit people of all ages and abilities. No experience is required, all you need to do is turn up and have fun. Class fees are just £5 for adults, £4 concessions and £3.50 for under 14s. (Please turn up at least 15 minutes before the class starts to register).

<b>Tots &amp; Co.</b> <i>(with accompanying adult)</i> Tuesdays	1 – 3 years 10.30 – 11.30am
<i>Adults pay £5 and up to 2 tots go free. £3.50 for additional tots</i>	
<b>Sprinkles</b> Mondays	3 – 7 years 4.15 – 5.15pm
<b>Swerve</b> Tuesdays	7 – 11 years 4.30 – 5.30pm
<b>Kinect</b> Wednesdays	11 – 14 years 5.00 – 6.15pm
<b>Street Jazz</b> Thursdays	11 – 15 years 5.00 – 6.15pm
<b>Young Contemporary</b> Wednesdays	14 – 18 years 6.30 – 7.45pm
<b>Junior Springboard</b> Mondays	11 – 15 years 6.00 – 7.15pm
<b>Jazz</b> Thursdays	16+ years 6.30 – 7.45pm
<b>Contemporary Dance</b> Tuesdays	16+ years 8.00 – 9.30pm
<b>Contemporary Technique</b> Wednesdays	16+ years 8.00 – 9.30pm

*(This class is for improvers, developing flexibility, strength and alignment)*

<b>Egyptian Belly Dance</b>	16+ years
Beginners: Thursdays	6.15 – 7.30pm
Improvers: Thursdays	7.45 – 9.00pm

<b>Adult Ballet</b>	16+ years
Beginners: Mondays	6.00 – 7.15pm
Improvers: Mondays	7.15 – 8.45pm

<b>Glorious!</b>	55+ years
Wednesdays	6.30 – 8.00pm

<b>Yoga</b>	16+ years
Mondays	11.15am – 12.45pm
Thursdays	8.00 – 9.15pm

*(Please bring a towel or blanket)*

<b>Pilates</b>	16+ years
Beginners: Tuesdays	6.30 – 7.45pm
Improvers: Tuesdays	8.00 – 9.15pm

*(Please bring a towel or blanket)*

## DanceCard

Make the most of your money and enjoy dance with a DanceCard

- Buy 10 classes and get 2 FREE
- £50 adult
- £40 concessions  
(student/senior citizen/income support)
- £35 children under 14

The DanceCard is valid for 12 months and 12 sessions

call: **01473 639230**  
for more information