

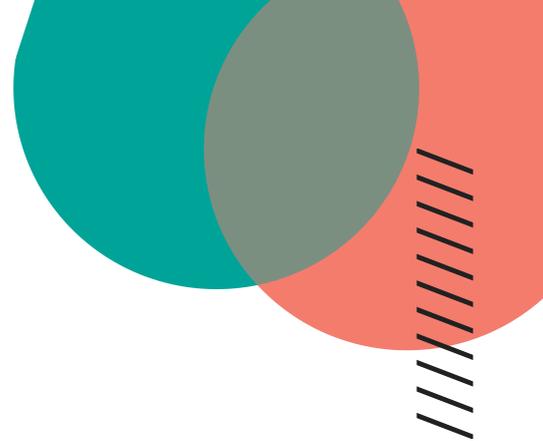
DANCE FOR NEUROLOGY



TELLING REAL LIFE
DIFFERENTLY

DANCE ACTIVITY FOR
HOSPITALS, COMMUNITY
SUPPORT, ARTS FOR HEALTH

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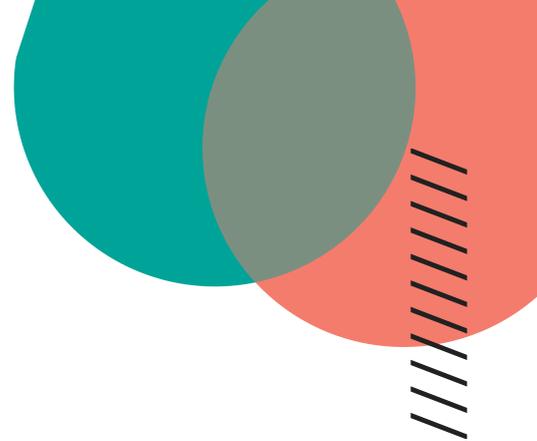
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DANCE FOR NEUROLOGY



WHAT IS IT?

Specialist dance sessions designed to complement physiotherapy rehabilitation for neurodisabled people with conditions like MS and acquired brain injuries.

Dance for Neurology sessions tailor movement and dance exercises to the needs and abilities of neurodisabled people (including those who are profoundly disabled) in order **to increase range of movement, improve cognitive attention, and provide social connection.**

This **low-cost, non-medical, high-impact** healthcare intervention is led by CoDa's dynamic Director, a professionally trained dancer and safeguarding specialist. Care, clinical and support staff, as well as carers and family members, are always integrated in delivery to ensure sessions are **effective, relevant** to participant needs on the day, **and energising** for everyone. Sessions are suitable for delivery in-person and online for hospitals and community settings.

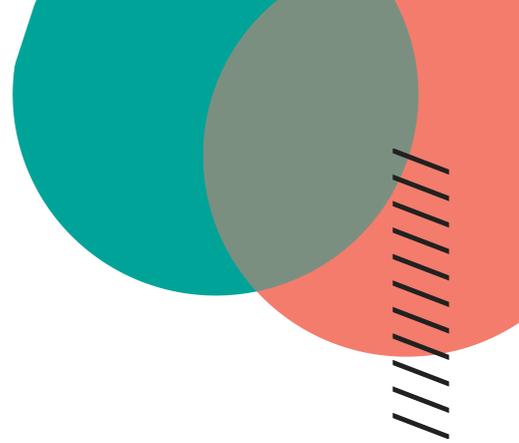
AND DIGITAL DANCE?

Uses virtual and augmented reality tools to amplify the physical, social and emotional benefits of Dance for Neurology activity.

CoDa are funded to research and pilot a new intervention that supports people with limited movement, cognition and communication to dance and express themselves through VR and AR. Using innovative technologies to **turn physical movements into 3D painting and sculpture**, participants are encouraged to safely explore **novel movement patterns** in response to the visuals they create, while staff and carers have a unique opportunity to witness participants' movement abilities and expressiveness in surprising new ways.



WHO ARE WE?



CODA DANCE COMPANY

A unique charity that aims to tell real life differently.

We tell stories through dance that are real and celebrate life in a way that makes a difference.

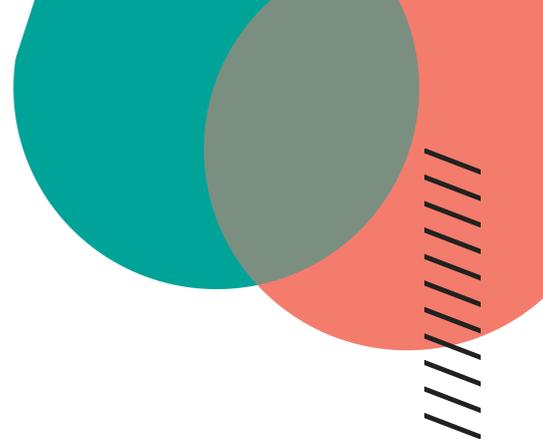
Since 2013, CoDa have been **specialists in Dance for Neurology** and have engaged over 1500 participants since 2017. CoDa currently provide the Dance for Neurology service at Royal Hospital for Neuro-disabilities, delivering 3 workshops per week to 40+ patients who have Acquired Brain Injury (ABI). Out of these around 75% are paralysed, with little to no use of lower limbs, and around 50% are non-verbal. CoDa's **exemplary inclusive methodology** enables all participants to engage on their own terms, working in a person-centred way to deliver experiences that are meaningful and improve lives.

CoDa also create **professional artistic outdoor and immersive performance** that amplifies the lived experiences of neurologically disabled people and advocate for empathy and understanding towards difference in society. In particular, for the last 4 years, we've been using dance and new creative technologies (like VR, AR and 360 video) to illuminate the unusual symptoms of neurological conditions and the impact these have on mental health and familial relationships.



Through the joy and humanness of movement, we facilitate important conversations that are relatable, honest and accessible.

WHO IT'S FOR



WHO

Neurodisabled People

WHY

Neurodisabled people experience **involuntary detachment of the person from their body**.

Dance as a physical practice offers a positive, non-medical, non-target driven space for people to reconnect with their body as it is in the moment. Validating all the body's movements and expressions can alleviate shame, depression and grief about the brain/body's deterioration.

Carers

Neurological disabilities create **involuntary disruption to families as they adapt to meet the demands of care**. Dance for Neurology sessions offer moments of respite to carers when their neurodisabled family members take part, and moments of support and connection when they take part themselves.

Specialist Clinicians

Often **assumptions around disability can limit patient progress** (eg that people are broken and in need of fixing). Dance offers a holistic alternative route into physical rehabilitation. Greater understanding between the Triangle of Care, incl clinicians, can improve care provision and rehabilitation outcomes.



BENEFITS

WHY THIS IS IMPORTANT

An established body of research exists demonstrating the physical, social and emotional benefits of dance, while there is a growing body of research demonstrating the benefits of extended realities (ie VR and AR) in health care settings, including physical rehabilitation.

Research conducted by CoDa in partnership with UCL Research Fellow & Royal Hospital for Neuro-disabilities Research department indicates that **Dance for Neurology significantly increases energy levels in patients** during and after sessions. CoDa's ongoing monitoring and evaluation since 2013 - made up from a combination of observations from artists, clinicians and support staff, combined with participant feedback - demonstrates that **sessions also increase/improve:**

- **Mood**
- **Energy levels**
- **Fluidity of movement**
- **Balance**
- **Social connection**
- **Confidence**
- **Self expression**

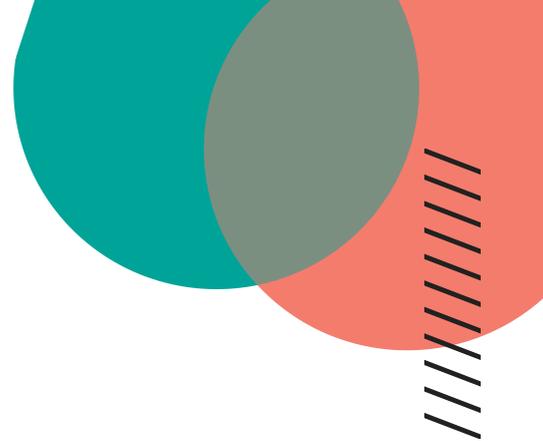
Digital Dance enables people to be more than the body they are. We anticipate that the immediate feedback loop of physical action into visual effect will encourage people to move in novel ways in a safe environment and to potentially establish new neural pathways in the brain.

- VR in physiotherapy settings can innovate existing interventions, offering **value for money** and **increases in:**
 - **engagement & compliance**
 - **exercise duration**
 - **positive emotions toward physical therapies**
 - **alleviate perceived pain**
 - **reduce the perceived difficulty** of rehabilitation exercise.

[Reference](#)



WORKING WITH YOU



LONG TERM ENGAGEMENT

CoDa is committed to building **authentic** relationships with the communities and organisations we engage. We are keen to build long term relationships that offer activities over extended time frames, allowing us to **build trust** and craft projects that closely **align with organisational outcomes and objectives**. This could look like CoDa delivering a one-off introductory workshop, later delivering a short project over a couple of weeks, then later still developing a bespoke program of delivery over a 12 week project.

TRIAL SESSION

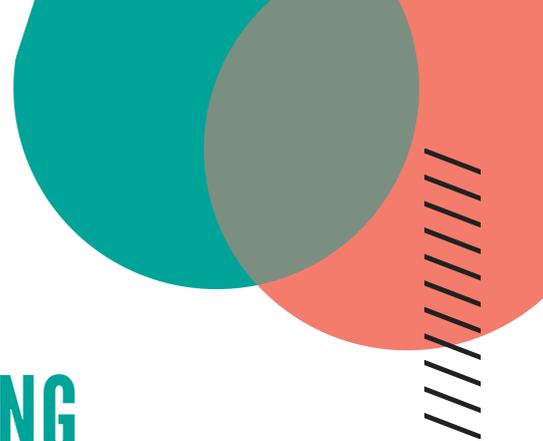
CoDa's Dance for Neurology service at Royal Hospital for Neuro-disabilities is funded by The National Lottery Building Communities Fund. Our work in communities is funded by Disability Rights UK, Clothworkers and Aviva for delivering Dance for Neurology and Digital Dance for Neurology activity. This means we can offer a **complimentary trial session** with our expert dance leaders as an opportunity to get to know the company, our unique inclusive methodology and witness the impact Dance for Neurology can have. It also means we can subsidise some of the costs for delivering short projects.



FUNDRAISING

You may want to offer your community an extended programme of activity that over stretches your available budget. We're always happy to **work with you to source additional funding** to deliver the most exciting and impactful projects we can. We are also able to **subsidise some delivery costs**.

WHAT ELSE



FILM



REWired

- 35-minute performance
- On-demand screenings
- Available now



AS THE FLOOR SHIFTS

- 2x Episodes (each <10-mins), available now
- Online & live distribution
- Via screens or headsets
- Episode 3 in research, available Summer 2022

DISCUSSION



POST-SCREENING DISCUSSIONS

- How the work was made
- How neurodisabled people fed into the creation process
- Opportunity for people with lived experience of neurological conditions to share experiences
- Facilitated by counsellor.

TRAINING



STAFF TRAINING

- Creativity with movement
- Safeguarding
- using new technologies in health care settings

“Seeing my symptoms brought to life through light and dance was fascinating.

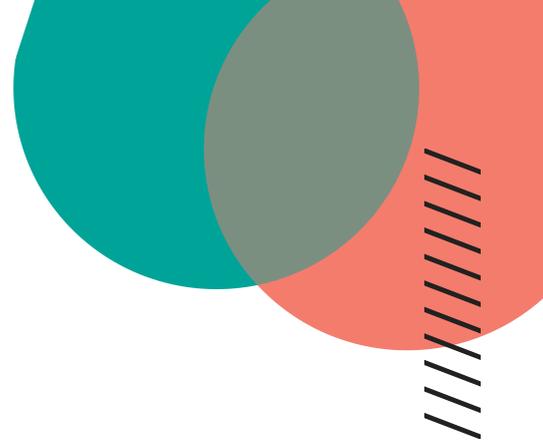
I’ve never been able to fully explain it, but I really felt the dancers showed what it feels like for me each day.

Everyone should see this to understand what it’s like to have MS.”

- Tom, participant living with MS



WHAT ELSE



REWired ON-DEMAND

REwired is an immersive performance which fuses dance, 360° projection mapping and architectural sound, delivered on demand via YouTube, to tell the hidden stories of people who live with conditions like MS, Parkinson's and Acquired Brain Injury.

Imagine, you're waiting at the bus stop. Your vision blurs, the floor shifts beneath you like quick sand. You go to stand up but are unable to move. The air seems heavy but you can't speak to let anyone know. When your brain says one thing, and your body says another, how do you get up and carry on?

Dancers, a multi-media artist and composer react to each other live, creating spontaneous moments that emulate how the body reacts to the unique symptoms of neurological conditions.



[PROMO TRAILER](#)



[FULL PERFORMANCE](#)

AS THE FLOOR SHIFTS R&D

ATFS is a series of digital dance short films that shed light on specific symptoms of neurological conditions and the impact they have on people and their loved ones. The episodes combine dance performance with motion capture, augmented reality and mixed media design to exciting and thought provoking visual experiences.

CoDa are working with industry leaders in digital performance - Megaverse (collaborators), Collusion (mentors) and DanceEast (research partner) to continue and expand this research. CoDa invite special interest audiences to collaborate in our research by testing the new episodes, feeding back on which is most impactful and accessible.



[BEHIND THE SCENES](#)

"Seeing her not being able to stand up, that's me getting up out of bed every day. I don't talk about it but that's my truth."

- Audience member, living with MS



CONTACT US

WE'D LOVE TO
WORK WITH YOU

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