

## Welcome to the QB Ballet for Brain Injury program!

### Program Overview

QB Ballet for Brain Injury is a tailored dance program designed to engage people living with a brain injury, and their carers/family/support worker in ballet. Ballet for Brain Injury has been designed in partnership with Hopkins Centre, Griffith University, Citrine Sun Entertainment and health practitioners, aiming to use ballet-based movement, music and artistry to enable participants to experience the enjoyment, creative expression and wellbeing benefits dance can bring.

A 10-week pilot program was conducted in Term 2 2021 to creatively develop the program, accompanied by initial research to inform the teaching approach and continuation of classes.

### Program Details

Classes will be held every Saturday from 10am – 11am

Cost: \$25 (cost is inclusive of bringing a support worker/family member and informal morning tea following the class)

Location: Queensland Ballet Studios, 34 Beesley St, West End 4101

*Queensland Ballet's building is accessible for people with various mobility requirements. The class studio is on ground level, with direct access via the guest carpark. There is a disabled bathroom onsite.*



### Why get involved?

Arts-based movement approaches are increasingly recognised as accessible, holistic, and potentially empowering resources for brain injury patients and others who experience disability. Dance has been shown to help people surviving brain injury to re-inhabit their bodies and cope with emotional, cognitive and physical impairments that can result from brain injury. Due to the artistic and creative nature of ballet and other dance forms, brain injury participants can experience freedom to use their own life experience to inspire movement and create dances.

### Carer/Support Worker/Family Member Expectations:

1. Each participant is expected to participate with a carer/support worker/family member each week. Whilst recommended for continuity, it does not need to be the same carer/support worker/family member each week.

2. The carer/support worker/family member is required to also participate in the class equally, alongside the participant. This creates an equal space where everyone in the class is learning and engaging at their own level to form a sense of community for all involved.
3. If a participant would like to partake in the class without a carer/support worker/family member this must be discussed with the Teaching Artists and will be decided at the discretion of Queensland Ballet.

### **Footwear/Clothing**

1. All participants, carers/support workers/family members can dance barefoot, in dance shoes, or supportive footwear as required. Please do not wear socks for safety reasons.
2. Please wear comfortable clothing that you can move in to participate in the class.

### **Before the First Class**

Before you attend the first class, please read through this information pack and complete the participant information form (available [HERE>>](#)). This can be returned via email to the below contact details or returned at your first class.

This form just ensures we are able to provide you with the most enjoyable and safe dance experience, and also understand your goals and motivations in attending the class.

Please note that by participating in the program, you are in agreement with QB Dance Classes Terms & Conditions (available [HERE>>](#)).

### **Contact Details**

For any program enquiries please contact QB's Dance Classes Team at [community@queenslandballet.com.au](mailto:community@queenslandballet.com.au) or 07 3013 6666.

