

## **LABAN GUILD TUTORS working on THE LABAN GUILD CREATIVE DANCE LEADERS COURSE**

### **ARLINE BALMER, Dip.PE, B.Ed, MA (Arts in the Community)**

Arline was taught the fundamentals of Laban's work at the Ulster College of Physical Education and continued her learning with Helen Lewis, a Czechoslovakian dancer, teacher and choreographer, who had been taught by Milca Mayerova, one of Laban's pupils, performing with Helen Lewis's Modern Dance Group. She also completed the Laban Guild Stage 1 and Stage 2 Community Dance Leaders Courses. Arline taught dance and physical education for ten years at post-primary level and later the dance modules on a Performing Arts course at an FE College. At this time she was also a part-time lecturer in dance at the University of Ulster, and provided professional development courses in dance for primary and post-primary teachers. For five years she was one of the Youth Dance tutors for a youth dance network across Northern Ireland.

Until 2009, Arline was the N. I. Education and Training Inspectorate's specialist inspector of physical education, including dance. More recently, she has helped with the assessment of students on the Community Dance Leaders Courses in Ireland and has been the external examiner for the 'Art of Dance' module in 'Creative Dance and Movement as a Tool in Health and Disability Programme validated by the University of Ulster.



### **EILEEN BOYD**

Eileen's academic qualifications include the City and Guilds 7303 Further and Adult Education Teacher's Certificate, a Certificate in Community Development and a Post Grad. Diploma in Sport and Leisure Studies. Her professional qualifications started with the Keep Fit N.I. Laban based Teachers Certificate in Recreative Movement and Dance and went on to include qualifications to teach many sections of the community, including children, the elderly and disabled. She also trained as a Fitness Instructor with the YMCA and went on to become first an assessor and then a verifier for such courses, gaining the CYQ level 3 certificate as an advanced instructor in Physiology and Anatomy. Her special interest is in how the body moves in dance and exercise, and her experience in delivering the physiology and anatomy units on various dance and fitness courses has allowed her to apply her knowledge to the

practical issues of delivering sessions in a safe way, tutoring on four previous Laban Guild courses. She extended her understanding of Laban's principles by completing the Laban Guild Community Dance Leaders course in 1993 and went on to develop her interest in creative work and choreography, working with a range of community groups, both for their own personal development and for performance.

### **MICHELLE CAHILL, Dip. Dance Theatre**

Michelle currently teaches dance and movement studies at Dundalk Institute of Technology and Marino College of Further education, and co-facilitates the Macushla Dance Club – weekly dance classes and events for over 50s in the North Inner City. She has taught dance in many primary and secondary schools in Dublin, most recently a collaborative arts project with Larkin Community College, Dance Ireland and Dublin City Gallery, Hugh Lane. She teaches for the annual Flip Flop International Children's Theatre Festival, Dublin and is a regular tutor at the Kildare Dance Summer School. Michelle started full time dance training at Dorothy Steven's Academy, West Yorkshire gaining advanced levels in classical and modern dance. She continued her training at the Laban Centre, London (LABAN) graduating with a Diploma in Dance Theatre. She danced professionally in the U.K. and Spain for a number of years before returning to Ireland. She has a certificate in Community Dance Leadership from the Laban Guild and was a participant in the Laban Guild's Phoenix Project, a professional development training course led by Anna Carlisle. Michelle is currently undertaking a post-graduate diploma in dance at the University of Limerick, funded by an arts bursary from Dublin City Arts Office.

### **PAMELA HARLING –CHALLIS, B.U.S (Distinction), M.F.A**

Pamela's experience with Laban's work began at University of New Mexico studying under Elizabeth Waters, soloist with Hanya Holm; Bartenieff Fundamentals and Effort Shape were via Laban Institute of Movement Studies; Labanotation with the Dance Notation Bureau; Dance Leaders Courses with the Laban Guild and Choreological Studies at Trinity/Laban. She has applied her knowledge of Laban's work and principals in her role as an A Level

Examiner/Moderator and University Lecturer and Senior Teaching Practitioner in Performing Arts, teaching dance, film and production. Laban's approach to movement has been invaluable informing her research consultancy, artistic production and the facilitation of the creative activity of students and colleagues. Publication contributions include *Work Placement Tool Kit* (2008) LCACE and *Creative User: the new market for interactive digital art* 'Sweaty Bodies at the Centre of the Development of Digital/Art/Technology' (2004) Shinkanses/Future Physical. Pamela is currently External Examiner, Laban, for BA (Hons) Dance Theatre; member of the Board of Directors of Norfolk Dance; founding member of Mohican Blue, a collaborative artist collective; core member of Moving Arts East; and professional member of The Foundation For Community Dance. Pamela has received support for her choreographic work in the USA from the National Endowment for the Arts and Creative Artist Program Service, and in the UK from the Arts Council England, East.



**WENDY HERMELIN, Cert. Ed.**

Wendy is an experienced dance teacher, choreographer and textile artist. She has worked here and abroad in education and the community with a very wide range of ages for over thirty years. After being trained to use Laban's principles as a dance teacher at Trent Park, Wendy taught in primary schools before becoming a support teacher for dance in Somerset. She co-ordinated and directed many dance performances, often with cross-curricular themes. She has also worked as a movement specialist on many youth drama plays, several of which were chosen to be performed at the south bank in London through National Connections – a youth drama festival run by the National Theatre. She has also directed and choreographed large group movement choirs for community groups, as well as having tutored on the LinC and Laban Guild courses for many years. She combines her dance teaching with developing her textile art, exhibiting her work in Dorset Arts Weeks, the Beaminster Festival and at various galleries in the

South West in Dorset, Somerset, and Cornwall. She runs occasional Dancing into Elemental Art and Dancing Stitches workshops, linking the creative elements of various art disciplines to produce dances and artifacts, as well as regular community dance classes. Recently she ran a year long Arts Council funded history project, Threads of Memory Footprints of Time, with four primary schools and an adult community group, culminating in dance performances in which the performers wore costumes they had made and performed in front of large panels they had designed and stitched.



**MEL HORWOOD, A.R.A.D., B.A. (Hons), Cert. Ed., M.A. (Choreography)**

Mel lives in North Suffolk near Lowestoft. She began her dance career as a professional ballet dancer in Sweden and then joined a Dance in Education Company based in London. After having three children Mel returned to dance, becoming involved in community dance and completing Stages 1 and 2 of the Laban Guild Community Dance Leaders Course. Mel worked in a variety of community contexts and later moved into education, where she taught in both secondary and further education. She has set up and taught G.C.S.E., A level and B.Tec. dance courses and is an Examiner of A. level Performance Studies for the OCR Board. Mel gained a Professional Diploma at the Laban Centre and has recently completed a Masters Degree in Choreography at Middlesex University. She is a member of the Laban Guild Training Committee and is Chair of Moving Arts East, an artist led initiative aimed at promoting dance opportunities in North Suffolk. Mel is now combining her interest in film making with Dance in the Community.

**JANET LUNN, B.Ed.**

Janet Lunn is a highly experienced dancer, teacher and choreographer. She studied Laban Dance from 12 years old at one of the few schools to offer it in the 1960's. She gained a B.Ed at Leicester College, now De Montfort University, where she studied dance with Dr. Violet Bruce, a student of Rudolf Laban. She performed liturgical dances from a very early age at different venues including De Montford Hall and Coventry Cathedral. She was one of the lead dancers at the Laban's birth centenary celebration led by Joan Russell, and has participated in three large movement choirs in the Royal Albert Hall. In October 1999 she choreographed and performed a choreutic space study inside an icosahedron in the Royal Albert Hall, representing the Laban Guild at the PEA Centenary Celebration. Currently she teaches in a primary school, acts with an amateur drama company and leads workshops on movement and physical theatre and community dance for groups of all ages. She is Chair of the Laban Guild Training Committee and is involved in designing and refining new courses, tutoring, assessing and moderating.

**NOELEEN McGRATH, B.A. (Hons), P.G.C.E., Dip. Act.**

An experienced drama and dance teacher, Noeleen began her working life professionally as an actress and dancer

for six years, but decided to re-train as a drama teacher. She has subsequently taught at St Louise's, Belfast; been Head of Performing Arts at N.W.R.C, Derry, teaching dance, movement and acting; Head of Drama at Dominican College, Portstewart, teaching drama to A level and directing and choreographing school shows and currently works with the Creative Youth Partnership on a selection of dance-drama educational projects in primary schools. She has also worked on an educational dance project with trainee teachers at Limerick University. She runs her own theatre school, "Round of Applause" on the North coast of Ireland and is an examiner for A level Performing Arts. Noeleen has completed both Stage 1 and Stage 2 of the Laban Guild Community Dance Leaders programme, has taught on the Laban based summer school in Maynooth, and is a teacher and assessor on the Laban Guild Dance Leaders Course.

#### **CAROLINE MUMMERY, A.I.S.T.D., B.A.(Hons)**

Caroline was born and educated in Woodbridge, Suffolk. During her professional career she toured extensively, where her main experience was in television, film and cabaret.

Caroline is movement director and co-founder of two youth drama companies. She is Artistic Director for Junior Splinters and a core dance teacher for Dance East (Suffolk Dance Agency).

Much of her work reaches out into the community where she teaches students of all ages and abilities. She runs a regular Contemporary Dance Class for adults at The Cut in Halesworth.

Caroline successfully completed The Laban Guild Stage 1 and Stage 2 courses in Community Dance and has tutored on the Stage 1 course in Essex, the Stage 2 course for Powys Dance in Wales and has presented other workshops and displays for the Laban Guild.

Caroline now has a first class degree in Performing Arts. Her most recent qualification is as an Arts Award Leader for Trinity Guildhall. Caroline is also a founder member of Moving Arts East.

#### **UMA O'NEILL, M.A. (European Dance Theatre Practice)**

Uma O'Neill began her studies with the Laban Guild Dance Leaders Stage I & II in 1999 at nineteen; at that time she was one of the youngest students accepted by the Guild. In these early years of study she also held two apprenticeships, the first shadowing and teaching alongside an AQA Examiner with GCSE Dance, the second with an International Sherborne Association Lecturer within community dance for young people with learning needs and/or physical disabilities. Uma went on to study for her M.A. at LABAN, London. Her career as a Freelance Performer, Choreographer, Director and Teacher spanning eight years in the North East Wales Region has seen her undertake a great diversity of work, including Dance Development Officer/Practitioner for the Wrexham Borough with North East Wales Dance, Choreographer for Dance Alive (community dance) and WISP Dance Club (special educational youth dance group), Founding Member of North Wales Dance Collective (training choreography and performance group for professional dance artists), Dance Teacher at Flint High School teaching A Level Dance and Dance on the A Level Performing Arts course.

Most recently Uma was invited to be a member of The Phoenix Project run by the Laban Guild where she has had the opportunity to study with Anna Carlisle, Walli Meier, Valerie Preston-Dunlop, Geraldine Stephenson and Warren Lamb.

#### **MICHAEL PLATT, B.A. (Hons), M.A.**

Michael is the Learning and Teaching Adviser for Social and Emotional learning for Suffolk Inclusive School Improvement service, providing creative learning opportunities for young people in and through the arts, training for teachers and the development of resources to support the dance curriculum. Michael also works nationally and internationally as a teacher and choreographer. He is the director of Suffolk Youth Theatre, one of the regions most innovative youth groups, with whom he has developed a unique performance style fusing drama, dance, music and design. Over several years Michael has enjoyed a rich relationship with DanceEast, the National Dance Agency for the Eastern Region, choreographing large-scale site-specific community dance performances in a variety of venues across Suffolk. He has recently collaborated with film maker Peter Anderson to create Soil Dances – a dance film shot entirely on location in farms and factories in Mid Suffolk, with 150 young people from the local community.

Michael is a tutor for the Laban Guild and is particularly interested in the collaboration between professional artists and young people and the integration of the arts.

#### **DEE STOTT, Cert. Ed.**

Over the years Dee has amassed over 20 years of teaching experience in a wide variety of subjects, to just about every age and ability level that exists, in many and varied settings. Dee 'discovered' Laban about 18 years ago as a participant in a Community performance group with Powys Dance. She went on to train as a Community Dance Leader with the Guild and Powys Dance, completing both Stages 1 and 2. Dee went on to teach dance at Ludlow School at Key Stage 3, where dance was compulsory for all pupils as part of Performing Arts, and instigated GCSE dance, and the Laban Foundation Course at Key Stage 4. Dee has also tutored on more recent Stage 1 courses, and is in the process of becoming a fully fledged assessor. Dee is currently the Manager of Powys Dance, and runs a weekly dance group for 'mature' dancers (well in age anyway) called Still Alive & Kicking!

### **SUSANNE THORNTON M.A.**

Susi was a dancer and choreographer, is an actress, and teacher using Laban's fundamental movement principles as a creative tool in movement and dramatherapy. She was co-director of the Laban International Courses masterminding and teaching at its Summer Schools. Susi is part of the Psyche and Soma team run by the Sesame Institute, was the Movement tutor on their full time Dramatherapy and Movement Course held at the Central School of Speech and Drama, London, which incorporates the Laban Fundamentals. She has been teaching movement and dance at home and abroad for many organizations including the Art of Movement Studio in Addlestone, where she had trained with Lisa Ullman, the Keep Fit Association, the Maynooth Summer Course and the Laban Guild. She is one of the team of teachers who initiated the Laban Guild CDTC Stage 1, and with Anna Carlisle, pioneered the formation and development of the CDTC Stage 2 in Suffolk and Belfast. In amateur theatre Susi acts in major roles and directs. She recently choreographed the Chorus in 'The Bacchae.' Her particular love is dance drama and she uses Shakespeare as a strong stimulus. She is very interested in the movement as an expressive force and the therapeutic use of myth.

Susi assisted Sam Thornton in two big Choir Dances representing the Laban Guild that were performed at the Royal Albert Hall. She works as a qualified counsellor, psychotherapist, supervisor and has been a trainer of counsellors. She administers and teaches on the Creative Arts Supervision Training Course recognized by Sesame. She has trained in Action Profile theory and practice.



### **ANN WARD, B.A. (Hons.)**

Ann was previously Head of the Art Department and Lecturer in Dance at an FE College in Northern Ireland. She has thirty years' experience of teaching a variety of subjects, particularly movement and dance, to all age groups, including young adults with learning difficulties, post "A" level students preparing for university entrance, mature students and numerous community groups, covering all ages and abilities. Ann began studying Laban's principles under Lisa Ullmann and other tutors from the Art of Movement Studio working at LinC, and has continued her studies ever since. Whilst in Ireland she was a member of the Advisory Panel for the Performing Arts for the Arts Council of N Ireland and also worked closely with the Arts Council of Ireland in Dublin, setting up Laban Guild Training Courses in both North and South. She was also Chair of the Training Committee for Fitness N Ireland for five years. Now back in England, Ann is the Courses Officer for the Laban Guild, involved in teaching, setting up new

courses and writing and piloting new schemes of work. She has written both the Leadership and Marketing manuals for the Laban Guild Dance Leaders Course, with an emphasis on professional responsibility.

### **HEIDI WILSON, B.A. (Hons), M.A. (Dance Studies)**

Heidi is currently working part time for Powys Dance as a Dance Practitioner primarily responsible for educational developments. She also works part time as a lecturer on the dance degree at the University of Wales Institute Cardiff. This course has a particular focus on dance in the community and dance in education. Previous work in the field of community dance includes two years as West Suffolk Dancer in Residence under the umbrella of Suffolk Dance (1993-5) and two years as the initial arts worker with the Gateshead Elderly Arts Project (1991-1993). Heidi has a Masters in Dance Studies from the University of Surrey (2000), a Diploma of Credit Artists in Schools, Anglia Polytechnic University (1995), BA (hons) Theatre, Dartington College of Arts(1990), Dance Leaders in the Community: Stage 2: Laban Guild (1995). Heidi is an occasional tutor and assessor for the Laban Guild and was guest editor of Movement and Dance (Autumn 2002, Winter 2003).