

# DANCE MAMA

**MOVES SURREY**

PRE AND POSTNATAL PROGRAMME

2025 - 2026

## VOLUNTEER PACK



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## **Dance Mama Moves Surrey 25/26: VOLUNTEER PACK**

Thank you for taking an interest in this role. In this pack you will find information about Dance Mama, Dance Mama Moves Surrey, the volunteer role and application process. If you feel you would like more information, please don't hesitate to contact [lucy@dancemama.org](mailto:lucy@dancemama.org).

**Dance Mama™** CIC advocates and celebrates professional dancing parents, highlighting the issues that they face and providing inspiration, information and support.

We are a UK-based 'unique and vital resource,' for a growing community beyond dance professionals. We raise awareness through vibrant content and resources, and pioneer research, professional development and learning activity for parents who dance.

At the heart of our work is learning from sharing experiences of parents in dance. This core value is born out of Dance Mama's beginnings as a modest platform for stories uncovered whilst researching for an article. Founder, Lucy McCrudden, wrote on becoming a mum and being dissatisfied with the lack of industry resources for parents back in 2014. The site now holds 80+ interviews with 30 as podcast episodes and has attracted McCrudden award wins and nominations for her contribution to advocating for parents in dance. Lucy shared the helix of her own story and Dance Mama's development as a TEDx talk. Dance Mama is driven by this purpose-fuelled foundation to improve the lives of parents who dance for generations to come.

For dance professionals, it is hailed a 'lifeline' by participants. Our flagship membership programme supports parents in dance through hybrid professional development opportunities. It includes access to over 50 hours of specialist webinars and workshops with world-class experts from across dance, science, sport and medicine including our award-winning *Dance Mama Live* series (supported by Arts Council England), produced with 10 national dance organisations.

For parents in the community, we transfer knowledge and information from the professional sphere and apply it to parents who enjoy dance recreationally, who may have had previous experience or be new to artform. In collaboration with Surrey Sports Park, Surrey University, we deliver *Dance Mama Moves* with families local to us in Guildford. Parents can bring their babies with them to weekly, high quality dance experiences where dance is used as a vehicle for postnatal recovery, building community and creative expression. We continue this work in 2025/26 with support from Sport England.

Bridging both types of engagers, our commitment to research and support for parents and dance across the globe is demonstrated by our own Research Advisory Group, combined with Dance Mama co-founding the International Parenting and Dance Network (AHRC) with Texas Tech University (USA) and Queen's University Belfast (N. Ireland) in 2021.

**We help parents in dance move their worlds.**





### Overview: Dance Mama Moves Surrey

Dance Mama is working as lead partner in collaboration with [Surrey Sports Park](#), Surrey University to develop the pre and postnatal activity programme for Guildford.

Over the academic year 2025-26, 4 weekly classes (dance and strengthen and stretch) will take place in two locations in Guildford where people are experiencing socio-economic challenges. There are also a limited amount of swim passes from Surrey Sports Park for pregnant people. Our target is for 120 parents (mostly identifying as women) to engage on the programme.

A key feature is that parents can bring their babies with them to the weekly, postnatal classes, removing the barrier of childcare challenges to enable more parents access to keep moving.

This project will allow our previous pre and post-natal classes to continue, increase access to perinatal activity provision, as well as positively impact participants, their families and wider society.

### Dance Mama Moves Sessions

Dance Mama has devised a specific approach to delivering high quality dance experiences to perinatal people drawing on our own and other relevant current research. Training will be given to volunteers before sessions start in this method as well as This Mum Moves training, which is an awareness-raising session on the Chief Medical Officer Guidelines for pre and postnatal activity produced by Active Pregnancy Foundation (APF) and the Institute of Health Visiting (iHV).

For the 2025-26 iteration, we have developed two levels of classes where participants can take part at either:

- Level 1 Newbies with Babies 6 months to crawling
- Level 2 Baby On The Move with babies crawling to 14 months approximately

We are engaging Volunteers to support the dance classes so that parents can focus on their dance experience as much as their parenting responsibilities enable them to within the session.

More project details (timetables, activity descriptions and term dates) can be found overleaf and also on [www.dancemama.org/dancemamamoves](http://www.dancemama.org/dancemamamoves)

### Volunteer Role

A small group of selected Volunteers will support the Dance Artists and participants for dance sessions only (taking place on Thursdays during term time, between 9am – 12pm – see pages 5 - 7) as follows:

#### Session Set-up (approx. 20 mins)

- Arriving before the session starts to help the space to be set up safely according to the Risk Assessment and Health & Safety– e.g. making sure the space is free from obstructions, setting up chairs at the edge of the room, putting out any equipment (mats, play equipment) making sure it's clean and making sure drinking water is accessible.

#### During the session (approx. 1 hour)

- Supporting the Dance Artist to welcome participants and their children, helping them feel safe and confident in the space.
- Support the Dance Artist in taking the register.



# DANCE MAMA

- Whilst the responsibility of babies and small children lies with their parent/carer, you will need to be alert to any support you can give to families with their permission – e.g. holding a baby whilst the parent puts on a sling, whilst also being sensitive to the instructor leading the session so as not to interrupt their guidance or flow.
- Being a point of contact for any unforeseen interruptions by other people (e.g. member of venue staff entering the space without forethought).
- Taking part in the session at different points to your activity skill level.

## After the session (approx. 20 mins)

- Support the Dance Artist in closing down the session, e.g. putting away any equipment.
- Being on hand to support participants exiting the space – some may need to feed their babies/ change nappies etc.
- Report attendance of participants via the register and any other issues to the Project Lead immediately after the session.

## Benefits

- Supporting a successful project that greatly supports new mums and their families in the local community.
- Taking part in a project that is delivered by organisations contributing to a global movement of keeping mums active during the perinatal period for multiple wellbeing benefits.
- Training will be given on our methods and practices.
- For those interested in a career in active community practices, this opportunity will give you direct insight and connections to help you build your career.

## Applicant requirements

We are looking for people with the following experience:

- Caring for newborn babies, older babies and very young children.
- Knowledge of health and safety with babies and new parents.
- Dance experience is not essential, but an appreciation, respect and interest in being active through the perinatal period is essential.
- Experience of working or volunteering in a community setting.
- An understanding of the needs and experiences of new parents.
- Possess an open and proactive attitude with a friendly and helpful manner with participants and staff.
- Enhanced DBS checks will be carried out if the applicant does not already have one.
- Live local to Guildford and able to be self-sufficient getting to and from our venues.

## Application process

- Interested volunteer applicants should complete the Google Form below by **Monday 19<sup>th</sup> January 2026, midnight**.  
<https://forms.gle/BdXcQtRNDdR6qzrY7>
- Volunteer positions will be subject to interview and DBS check status.
- Interviews will be held via Zoom from **20<sup>th</sup> January 2026** with notification of result soon after.



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## PRE & POSTNATAL PROGRAMME

IN PARTNERSHIP WITH ACTIVE WELLBEING

JOIN US FOR FUNDED,  
SPECIALIST ACTIVITY  
FOR PREGNANT AND NEW MUMS  
IN YOUR COMMUNITY

ALL ACTIVITY IS **FREE** TO THOSE ELIGIBLE - CHECK SITE FOR DETAILS





**FOR MORE INFORMATION AND TO BOOK:**

[activewellbeing@surreysportspark.co.uk](mailto:activewellbeing@surreysportspark.co.uk)

[www.dancemama.org/dancemamamoves](http://www.dancemama.org/dancemamamoves)



### Timetable - during school term time

DAY	TIME	ACTIVITY	VENUE
MONDAY	18:00 - 19:00	STRENGTHEN & STRETCH FOR BABY 	ST PETER'S SHARED CHURCH HALL GU1 1NP
THURSDAY	09:30 - 10:30	DANCE MAMA MOVES LEVEL 1 - NEWBIES 	WESTBOROUGH CHURCH HALL GU2 8DA
THURSDAY	10:45 - 11:45	DANCE MAMA MOVES LEVEL 2 - BABY ON THE MOVE 	WESTBOROUGH CHURCH HALL GU2 8DA
FRIDAY	10:00 - 11:00	STRENGTHEN AND STRETCH WITH BABY 	ST PETER'S SHARED CHURCH HALL GU1 1NP



FREE SWIMMING AVAILABLE DURING PREGNANCY - SURREY SPORTS PARK

CLASS TYPE GUIDE:



= Sessions for pregnancy



= Sessions for postnatal - bring your baby





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## PRE & POST NATAL PROGRAMME IN PARTNERSHIP WITH ACTIVE WELLBEING

CLASS TYPE GUIDE:  = Sessions for pregnancy  = Sessions for postnatal - bring your baby

### DANCE MAMA MOVES - LEVEL 1 NEWBIES (WITH BABIES 6 WEEKS TO PRE-CRAWLING)

Thursdays 9.30 - 10.30am, Westborough Church Hall, GU1 1NP



### DANCE MAMA MOVES - LEVEL 2 BABY ON THE MOVE (WITH BABIES CRAWLING - 14 MONTHS APPROX)

Thursdays 10.45 - 11.45am, Westborough Church Hall, GU1 1NP



Dance Mama's specialist and experienced team (Lucy McCrudden, Founder and Laura Harvey, Lead Dance Artist) will lead you through these fun and accessible movement sessions aimed at postnatal women with their babies in tow.

These supportive classes will include a safe and effective warm-up and cool down, moves to an uplifting playlist that will help support your recovery and build your activity levels as well as give you the opportunity to be expressive through dance. Whilst the focus is on the grown-ups, all caring needs (e.g. feeding/changing) will be given the time and space needed during the session as we help you move through new parenthood.

Split into two levels to help support you as your baby learns to move as you deepen your skills to groove!

### STRENGTHEN & STRETCH FOR BABY



Mondays 6pm - 7pm, St Peter's Shared Church Hall, GU1 1NP

Antenatal exercise based on movements to build strength, stamina & birthing techniques with Lisa Upton, Atma Alchemy.

### STRENGTHEN & STRETCH WITH BABY



Fridays 10am - 11am, St Peter's Shared Church Hall, GU1 1NP

Fun baby bonding time with playful movement & songs. Gentle exercise for mums to regain strength & energy after baby's birth with Lisa Upton, Atma Alchemy. Non-mobile babies are welcome to attend with their mums.

### PREGNANCY SWIM



Various times at Surrey Sports Park

We are able to offer a limited amount of swim passes for pregnant participants in the programme. Please contact us direct on [activewellbeing@surreysportspark.co.uk](mailto:activewellbeing@surreysportspark.co.uk) for further information.



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	Dance Mama Moves Surrey Pre and Postnatal Programme				
	<b>Term Dates</b>				
		<b>2025</b>		<b>2025</b>	
		<b>Spring Term</b>		<b>Summer Term</b>	
		week commencing		week commencing	
	<b>JAN</b>	5	<b>APR</b>	13	
		12		20	
		19		27	
		26	<b>MAY</b>	4	BANK HOL
	<b>FEB</b>	2		11	
		9		18	
	<b>HALF TERM</b>	16 - 20	<b>HALF TERM</b>	25 - 29	
		23	<b>JUN</b>	1	
	<b>MAR</b>	2		8	
		9		15	
		16		22	
		23		29	
	<b>EASTER</b>	30	<b>JUL</b>	6	
	<b>APR</b>	6		14	

