



Newsletter

Read about our news and latest updates.

December 2024

Hello everyone,

As we approach the festive season, the Unbound team is taking a moment to reflect on what has been an incredible year. This autumn has kept us busy with our workshops for the blind and visually impaired community, and it has been a joy to dance, connect, and grow together.

As we wind down for the holidays, we're also celebrating a special milestone—Unbound Dance Theatre has turned one! It's been an incredible year of creativity, collaboration, and inclusivity, and we couldn't have done it without your continued support.



Last month's highlights

This autumn, our workshops for the blind and visually impaired community have been going strong, and we're so grateful to the National Lottery Community Fund and Yorkshire Dance for making them possible. It's been a joy to continue welcoming participants into the studio, sharing the power of movement and building connections through dance.

In November, we were proud to be part of International Consent Day, where we shared insights about consent in the dance industry. These important conversations help us reflect on our practices and contribute to creating a more inclusive and supportive environment for everyone.

We're also thrilled to announce that Unbound has become an Associate Artist with the University of Leeds! This partnership will allow us to continue our work with echome technology as we deepen our research into innovative approaches to inclusive practice. We're excited about what lies ahead as we explore the possibilities of merging technology and accessibility in dance.



Spotlight: Chris McCausland Wins Strictly Come Dancing!

We're absolutely thrilled to celebrate Chris McCausland's historic win on Strictly Come Dancing! As the show's first blind contestant, Chris's incredible journey has been nothing short of inspiring.

Here's what our Artistic Director Sandrine Monin had to say: *"I am so delighted for Dianne and Chris and in awe of their partnership and the way they have shone a light on how dancing with a sight impairment or blindness is not only achievable but is such a rich experience. Every week, we have been cheering them on, following some early training I ran at the start of the series with the Judges and the Production team."*

We've learned a lot as a company since launching and running our regular dance workshops with our participants in Leeds and across Yorkshire. Most important of all is the sheer joy dancing can bring and the immense changes it can have on our mental health, outlook and confidence. It has been incredible to watch Chris' journey on Strictly Come Dancing and has shown everyone how through dance we really can begin to break down barriers, change perceptions and create safe and supportive spaces, where everyone can move their bodies and dance!"

What's next?

We're excited to announce that our community workshops will be continuing in January in Leeds! These sessions are open to blind and visually impaired individuals who want to experience the joy of movement, connect with others, and explore dance in a supportive and inclusive environment.

Full schedule and sign-up details below.

Workshop Info



Annual Review 23/24

What a year it has been!

November 2023 marked the birth of Unbound Dance Theatre — with one vision: to liberate lives through movement.

Over the past twelve months, we've danced, created and facilitated conversations, bringing our mission to life in ways we could only dream of.

Take a look at our annual review and take a moment with us to celebrate and also reflect on everything we've accomplished: performances that moved audiences, collaborations that pushed boundaries and a community that has supported and inspired us every step of the way.

Annual Review

We can't wait to continue sharing our work and connecting with more of you in the future. Your support has been instrumental in helping us bring inclusive and meaningful dance experiences to life. If you believe in the power of dance and the importance of accessibility as much as we do, we invite you to consider making a donation. Every contribution, no matter how small, makes a significant impact and enables us to expand our workshops, reach more communities, and continue creating performances that touch hearts and minds. Thank you for your continued support.

Make a donation



Wishing You a Wonderful Festive Season!
As the year comes to an end, we'd like to thank you for all your support throughout 2023. From all of us at Unbound, we wish you a joyful Christmas and a festive season full of warmth and happiness. We can't wait to see you in the new year!

Get in Touch

We hope you're as excited as we are for all the wonderful things happening at Unbound Dance Theatre this month! If you have any questions, suggestions or just want to say hello, we'd love to hear from you. Feel free to reach out to us at info@unbounddancetheatre or connect with us on social media to stay updated on all the latest news and events. Thank you for your continued support!



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