



Newsletter

News and updates from Unbound Dance Theatre

January 2026

Hello everyone,

Happy New Year!

As we step into 2026, we are really pleased to share some updates from Unbound Dance Theatre.

After a full and rewarding autumn, it feels good to pause, reflect, and look ahead to what's coming next.

Autumn highlights



We've had another brilliant autumn term of workshops, with participants coming together each week to move, share, and explore. Alongside our regular sessions at Yorkshire Dance, we also enjoyed a visit to the **Henry Moore Institute** to experience *Beyond the Visual* (pictures above). The exhibition, showing pieces from Blind and Visually Impaired artists, offered new and accessible ways to engage with arts for BVI people. The exhibition is on until April 2026, details [here](#).

Our free, ongoing workshops are always open to new members, and we'd love to welcome more people into the space. If you know anyone who might enjoy moving, dancing, and connecting in a supportive environment, please help spread the word. Everyone is welcome to join us every other Friday at Yorkshire Dance.

You might also have spotted us on **ITV Calendar** in December, when a news crew visited our workshop at Yorkshire Dance - with guide dogs and babies in the studio - it was a busy but joyful snapshot of the space we create each week; you can hear directly from some of our regulars by watching the clip below.



What's next?

Looking Ahead: Fireflies at Dawn Returns

We're excited to share that *Fireflies at Dawn* will be back on tour next spring, with our first confirmed date at **Leeds Playhouse!**

We're delighted to be bringing this work to a venue in our home city that champions bold, socially engaged performance, and to be taking this next step in the life of the piece. Touring *Fireflies at Dawn* is about more than performance alone, it's about connection, access, and creating space to be together.

You can find the listing and book tickets [here](#). We'd love for you to join us.

We'll be sharing full details, including further tour dates and ticket information, very soon.

[Leeds Playhouse Info](#)

Supporting Our Work

As we look ahead to the year to come, we're gently fundraising to support our ongoing work and upcoming projects. If you're able to contribute, even a small donation makes a real difference and helps us continue creating accessible dance work and free participation opportunities.

If it feels right for you, you can support us [here](#):

[Support Us](#)

Workshops 2026

Dates of upcoming workshops at Yorkshire Dance, Leeds:

- Friday 16th January 2026
- Friday 30th January 2026
- Friday 13th February 2026
- Friday 27th February 2026
- Friday 13th March 2026
- Friday 27th March 2026
- Friday 24th April 2026
- Friday 8th May 2026
- Friday 22nd May 2026
- Friday 5th June 2026
- Friday 19th June 2026
- Friday 3rd July 2026
- Friday 17th July 2026

All workshops are from 10-11.30am.

To sign up, simply hit the button below to drop us an email to:

info@unbounddancetheatre.com

[Sign up](#)



Wishing You a Wonderful Festive Season!

As the year comes to an end, we'd like to thank you for all your support throughout 2025. 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!

With warmth,
Sandrine and the Unbound Dance Theatre Team

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](#)

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.com or connect with us on social media to stay updated with all the latest news and events. Thank you for your continued support!



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