



# Inclusive Dance at Able Day Care- Cwmbran

## Overview

At UDOit Dance Foundation, inclusivity isn't just a value — it's a commitment. For the past three years, we've proudly run a weekly inclusive dance class at ABLE Day Care in Cwmbran, ensuring that every adult, regardless of ability, has the opportunity to experience the joy and empowerment that dance brings.

Whether participants use wheelchairs, need additional support, or follow routines independently, our mission is simple: dance is for everyone.

## Led with Care & Creativity

These sessions are delivered weekly by our incredible coach, Kara Herridge, whose passion and energy have played a huge role in the programme's success. Kara has built a safe, fun and inspiring space where every participant feels seen, celebrated, and encouraged to express themselves through movement.

## What we're seeing

Over time, Kara and the team have witnessed powerful progress in participants:

- Improved balance and coordination
- Increased ability to follow instructions
- Boosts in confidence and social engagement
- A sense of pride and ownership in every class

The group's energy is contagious — the room is always full of music, movement, and genuine joy.



## What the class looks like

- Age group: 20+ (Adults)
- Weekly attendance: 15–20 participants
- Format:
  - 30 minutes learning a choreographed routine to popular music
  - 30 minutes of free movement with props like balance beams, parachutes, and sensory items
- Environment: Supportive, adaptive, and full of laughter, creativity and connection.

## What's next?

- Preparing a summer performance at the local Cwmbran carnival
- Regularly taking part in seasonal pantomimes, performing confidently in front of live audiences
- **The Big Dream: To one day audition for Britain's Got Talent — and we fully believe they could do it!**



## IMPACT

Our inclusive sessions offer more than just physical benefits. They create:

- A sense of belonging
- Moments of independence and choice
- A platform to express emotions, build friendships, and shine on their own terms



## Why It Matters

This class is a shining example of UDOit's core belief: ***Dance is a universal language, and everyone deserves the chance to speak it.***

Together with ABLE Day Care and the incredible work of Coach Kara, we're not just creating routines — ***we're building confidence, connection, and joy through movement.*** And we're just getting started.