

DANCER IN RESIDENCE

Duration: 1 month - Summer 2024 (Exact Dates are Flexible according to Dancer Availability)

Work Pattern: Flexible 3 days a week with some weekend days.

Location: KYN Bickley

Project Fee: £4,000

KYN Bickley, a care home located in Bickley, Bromley, is seeking a Dancer in Residence for their summer Life Enrichment and Wellbeing Programme.

Background

KYN offers an elevated approach to older adult care. Our homes prioritise individualised journeys built around the needs and interests of our residents, in beautiful surroundings, with life-enriching practices. Focusing on the cornerstones of good health – preventative intervention, nutrition, mental stimulation, and active social life – our aim is to not only materially improve the wellbeing of our residents, but to also enhance their quality of life.

The promotion of physical activity is an essential pillar of care, and we offer an embedded programme which includes yoga and Pilates, seated sports, and movement and music sessions. Residents also have the opportunity to work one-to-one with a dedicated physiotherapist.

We would like to further expand our offering and work with a Dancer in Residence, to develop creative and innovative approaches to movement, which help residents find the joy in gentle exercise, without the pressure of a formal rehabilitation session. Our aim with this project is to increase confidence to participate in physical activity and promote a culture which places value in small moments of movement every day.

Programme Outline

The Dancer will develop a month-long programme and legacy materials which support our vision for personalised care. They should be tailored and responsive to the interests, needs, aims, and abilities of our residents.

It should respond to three of the Life Enrichment Team's key care outcomes:

Promoting physical activity: Our programme of physical activity will help our residents to maintain bone, muscle, and joint health, leading to improvements in strength, mobility, coordination, alertness, and concentration.

Building social connections: Our Life Enrichment programme will encourage social interaction and connection, to help residents to feel engaged, included and appreciated, reduce feelings of loneliness and isolation.

Reducing anxiety and stress: From creative workshops to recreational therapy and physical activities, our life enrichment programme will help to boost emotional resilience and reduce symptoms of anxiety, stress, and depression.

Responsibilities

The Dancer in Residence will be expected to undertake the following duties:

- Ongoing consultation with residents to ascertain their interests and preferences.
- Consultation with KYN's designated physio.
- Group dance and movement sessions.
- One-to-one sessions for those who are unable to, or do not feel confident to, participate in group activities.
- Carer training sessions which incorporate new movement exercises.
- Monitoring and evaluation of activity.
- Risk Assessments for the activities being delivered.

Post Project, the Dancer will deliver:

- An end-of-project evaluation
- The development of materials which enable the continuation of the project, post-residency by the care team. This aspect can be delivered after the month's main block of work.

Support Offered by KYN to the Dancer in Residence

- A KYN induction and an onboarding and training process.
- Consultation with KYN's dedicated Physiotherapist.
- Consultation with KYN's Head of Dementia.
- Ongoing support from the Life Enrichment team at both Head Office and Home level.
- Assistance with the development on an Evaluation framework.
- All group dance activities will have support from a member of the Life Enrichment team and care staff.

Key Requirements and Specification

The Dancer in Residence must have strong technical dance skills and a creative practice. They should be an excellent communicator, able to engage and motivate older adults with a variety of abilities, to participate in Dance activity.

We are open to applications from across all disciplines of dance.

Essential Criteria

- Dance degree or equivalent training
- Demonstrable experience planning and leading dance sessions using a range of strategies that will enable progression in residents' skills, confidence, and ability
- Strong verbal communication skills, that engage participants in dance
- An approachable manner and the capacity to relate to and communicate with people of different backgrounds, abilities and experiences
- An understanding of, and commitment to, inclusion, access, and equality of opportunity
- Adherence to all policies and procedures relating to Safeguarding and Protection, and Health and Safety in the workplace.

Desirable Criteria

- Teaching qualification in dance
- Experience with older adults and/or vulnerable groups

Requirements to Work

To ensure the Dancer in Residence can work autonomously across the home; before commencing work, they will be required to undertake and evidence:

- An enhanced Disclosure and Barring Service Check (DBS).
- Completion of a KYN induction and basic statutory and mandatory training, to ensure Safeguarding and Protection, and Health and Safety in the workplace.

Fee

The £4,000 project fee includes: planning, delivery of activity, evaluation, production of resource materials and mandatory induction and training.

To Apply:

Please send your CV and a cover letter which outlines:

- The insight and experience you would bring to this role.
- Your motivations for working with this particular group.

To: Jessica.shiel@kyn.co.uk

Deadline for Applications: 30th April

ABOUT KYN

KYN is a brand-new care home company focused on offering an elevated approach to care: Individualised journeys built around the needs and interests of our residents in beautiful surroundings with life-enriching practices.

We believe that a fulfilling, meaningful, engaged, and contented life can be enjoyed at every stage of our existence. We are therefore passionate about enriching the mind, body, and spirit of our residents and offer a wealth of opportunities to create, watch, listen, participate, and enjoy.

Our first home, KYN Bickley, opened in February 2023. KYN Bickley is an 86-bedroom home offering each resident an elegant and comfortable bedroom, communal areas for dining and reclining; and inviting outdoor terraces overlooking landscaped gardens bordered by woodland. We have a further two care homes in development in London.

KYN is passionate about enriching the lives, minds, and bodies of our residents, and cultural, physical, spiritual, and emotional engagement is integral to our care. Our residents choose life enriching activities that interest them, giving each person absolute autonomy over their day.

The move into a care home can be challenging, causing many to feel disconnected, low in mood and confidence, and lacking a sense of purpose. Encouraging residents to pursue activities they enjoy can help them find a sense of routine and familiarity. However, entering a new environment also creates a unique opportunity for residents to explore different interests and pursuits.

With each activity, we aim to exceed societal expectations of what older adults are capable of but also exceed the expectations of the residents themselves. Facilitating moments of surprise and celebration each day, residents will be able to discover new positive aspects to their identity, within a safe and nurturing environment.

For more information about KYN, please visit:

[KYN | Luxury Care Homes | Personalised Holistic Care](#)

Instagram: @KYNhomes