

<i>Two-day training package: Day one</i>	
Time	Activity
10:00am – 10:15am	<b>Registration</b>
10:15am – 11:00am	<b>Introduction</b> – Akademi staff will provide an overview of their outreach projects and outline the day's sessions.
11:00am – 12:00pm	<b>Living with dementia: seminar</b> – A discussion on the various forms of dementia, possible symptoms and how it can affect ability and communication.
12:00pm – 12:15pm	<b>Break</b>
12:15pm – 1:15pm	<b>Living with chronic lung and heart conditions: seminar</b> – An in-depth discussion regarding the different types of lung and heart conditions and the affect these can have on the body and movement.
1:15am – 2:00pm	<b>Lunch</b>
2:00pm – 3:30pm	<b>Dance and dementia: practical workshop</b> – How to lead a dance workshop specifically for those living with dementia.
3:30pm - 5:00pm	<b>Dancing with chronic conditions: practical workshop</b> – Focussing on the key things learnt in the information session, you will explore exercises and how to adapt movement for this target group.

<i>Two-day training package: Day two</i>	
Time	Activity
10:00am – 10:15am	<b>Registration</b>
10:15am – 11:15am	<b>Young people and SEN: seminar</b>
11:15am – 12:45pm	<b>Young people and SEN: practical workshop</b> – Exploring the best practices when working with young people, looking closely at SEN groups.
12:45pm – 1:00pm	<b>Break</b>
12:15pm – 1:15pm	<b>Props and music: practical workshop</b> – Looking at how we can engage participants through the use of various props and genres of music.
1:15am – 2:00pm	<b>Lunch</b>
2:00pm – 3:00pm	<b>Lesson planning: seminar</b> – How to prepare for and plan your dance workshop for a range of settings and discussing the key things to consider.
3:00pm - 4:30pm	<b>Sharing/Scenario session</b> – You will have the opportunity to explore and share what you have learnt over the two days through a variety of given scenarios.
4:30pm – 5:00pm	<b>Closing</b>