

## Wheelchair Dancing: Going Somewhere in Bristol

Why should a wheelchair stop you from enjoying the exercise and fun of dancing? Whatever your age or disability, whether you're after a social night out or the chance to compete across the UK, the Concordes want to welcome you...



## The Concorde Mission Statement

The Concordes believe that the label of “disability” shouldn’t stop us from **getting out there**. We value **teamwork, friendship and dedication** above all else, and believe it’s possible to **try our best AND have fun!**



## Monday Night Practice

The Concordes meet every Monday evening (except Bank Holidays) from 7.30 - 9.30pm, at Page Hall, Staple Hill, Bristol. We enjoy social dances (suitable for everyone) as well as practicing for competitions and demonstrations throughout the year. Based on a classification system (not as scary as it sounds, honest!) our members are split into two teams:

‘A’s - those of us with stronger upper-bodies and mobility

‘B/C’s - members with less upper-body strength

**The only requirement is that you can propel your own chair, whether manual or electric.**

## Wednesday Night Practice

Some of our members also meet on a Wednesday night between 7.30 - 9.30pm for “PHAB” dancing - that’s Physically Handicapped and Able Bodied, dances for both wheelchairs and standing partners together (or “Seat and Feet” as we like to call it). Interested? Give us a call to find out more!

### What’s in a name?

The retired Concorde aircraft had strong links with Bristol, with many manufactured at nearby Filton... and we felt that it was an “uplifting” name for a dance team!



## What will you get from joining the Concordes?

- A **social night out** with a genuinely fun-loving team
- Tuition from a teacher with over 10 years experience in wheelchair dance - absolute newcomers welcome!
- The opportunity to **compete regionally and nationally** with other wheelchair dance teams across the UK. Past venues have included Cornwall and Blackpool.
- The chance to join in with **fundraisers, fun days, and demonstrations** around Bristol and beyond!
- **Tea, biscuits, chatter and cheap booze!** (Membership charges apply - see overleaf)

Why not come along and see for yourself what the Concordes are all about!

## Membership Tariff

Because the Concordes are self-funding, we do have to charge a small fee per practice session in addition to an annual membership charge for use of the Page Hall facilities. A subsidised bar is available, or for a few pence we also provide tea and biscuits. For details of the current membership charges, please contact us or check our website.

**Join the Winning Team: at the 2006 National Festivals in Blackpool, the Concordes won gold in Team, PHAB and Couple dances... and the disco freestyle, too!**



**Some of our dances:**  
Flower Waltz (social)  
Barn Dance (social)  
Evergreen (B/C)  
Don't Feel Like Dancing (Scissor Sisters)  
(A)  
Swing Low, Sweet Chariot (PHAB team)  
Money Money Money (couples dance)

The Concordes currently have 15 members who dance in wheelchairs, plus the invaluable support of many carers and assistants. Our members range in age from 8 to won't-admit-how-old! Children are very welcome - anyone with a desire to dance! Many of our members travel for over 20 miles to join in on Monday evenings, which demonstrates the dedication of our team. If you have any interest in wheelchair dancing, give us a call or just pop by. The Concordes are waiting to welcome you...



You can support the Concordes just by shopping online - make a donation without spending a penny extra by finding the Concorde Wheelchair Dancers at [http://www.easyfundraising.org.uk/find\\_a\\_cause/](http://www.easyfundraising.org.uk/find_a_cause/)



**...as featured in the BBC 1 documentary, "ONE Life: Dancing on Wheels"!**

**Interested in wheelchair dancing?  
The Concordes of Bristol invite you to join in!**

**Concorde Wheelchair Dancers  
Registered charity no. 287029**

For further information, contact:

Julia Hall, chairperson - 0117 3009615  
Email - [rob@wheelchairdance.co.uk](mailto:rob@wheelchairdance.co.uk)

[www.wheelchairdance.co.uk](http://www.wheelchairdance.co.uk)