

The Art of Recovery

A Dance, Movement and Creative Health Symposium



Image: Rob Clark and Antonia Grove in in VDT's Art of Attachment (2018) Photo: Bosie Vincent

Thursday 8 January 2026

Northern School of Contemporary Dance
98 Chapeltown Rd, Leeds, LS7 4BH

Welcome

Welcome to **Art of Recovery; Creative Health, Movement and Dance Symposium** at Northern School of Contemporary Dance (NSCD), brought to life via a new partnership between Vincent Dance Theatre, Sidney De Haan Centre for Arts and Health and NSCD. As facilitators, artists, academics and sector leaders we are evolving practices that stretch the facilitation of movement and performance skills into therapeutic, wellbeing and health contexts. We have identified a need to develop our skills to ensure our creativity is purposeful and safe. Today is a genuine space for exchange; of knowledge, teaching and facilitative practice and of the skills and approaches we use to translate lived experience into trauma informed art work. Today presents an opportunity to learn, listen, question and consolidate the needs of our sector in order to develop creative health practice safely with our communities. Your input today is vital to develop a shared understanding of what practitioners need now and to shape where movement-based Creative Health practice could go next.

We look forward to sharing ideas with you today.

Dr Charlotte Vincent, Professor Angela Pickard, Darren Carr.

	SCHEDULE FOR THE DAY	
9.30	Registration Tea/coffee Photo Consent/Permissions	Foyer/Café
10.00	Welcome Darren Carr , Vice Principal & Director of Higher Education at NSCD Overview of Arts and Health to Creative Health: Where are we now? Professor Angela Pickard , Director of Sidney De Haan Centre for Arts and Health Overview of Dancer's Wellbeing and Trauma Informed Practice Dr Helen Kindred , Director of Studies at NSCD Ali Coleman , Head of Student Support and Wellbeing at NSCD Georgia Cooper , Specialist Trauma and Attachment Psychotherapist and Well-being coordinator at NSCD	Riley Theatre
10.30	Creative Health Practice vs Production Dr Charlotte Vincent , Artistic Director / Chief Executive, Vincent Dance Theatre (VDT) CONTENT WARNING - THIS WORK CONTAINS GRAPHIC DESCRIPTIONS OF PHYSICAL AND SEXUAL ABUSE AND DOMESTIC VIOLENCE (suitable for 14+ with adult supervision). a work made in collaboration with women in recovery from substance misuse (See further info and credits below)	Riley Theatre
11.20	BREAK / walk to next sessions (5 mins)	Foyer/Café
11.25	Facilitated Discussion 1 about Art of Attachment screening Group 1: Antonia Grove (VDT collaborator / performer) & Leah (non-professional performer) discuss working with lived experience from a performer-collaborator perspective, including opportunity for Q&A. Group 2: Dr Charlotte Vincent (Artistic Director / Choreographer) discussing making Art of Attachment with professional and non professionals, safeguarding within the creative process and her approach to socially engaged practice, including opportunity for Q&A.	Studio 2 Riley Theatre
11.55	REFRESHMENT BREAK (15 mins) and groups rotate spaces	Foyer/Café
12.10	Facilitated Discussion 2 about Art of Attachment screening Groups 1 & 2 rotate	Studio 2 Riley Theatre
12.40	Practical Mindful Movement Session with Antonia Grove	Riley Theatre
13.00	LUNCH (included as part of your booking)	Café / Foyer Studio 2

14.00	2 x Knowledge Exchange Discussion Groups Facilitated by Professor Angela Pickard (Group 2) and Sophie Simpson (Group 1) Groups to discuss and feedback on these questions: <ul style="list-style-type: none"> • Where are we now with creative health practice and production in movement and dance? • Where do we want to be? • What do we need to create a sustainable creative health practice for movement and dance? Refreshments available throughout this sessions	Riley Theatre Studio 2
15.30	COMFORT BREAK (10 mins)	
15.40	Plenary Session facilitated by Dr Charlotte Vincent <ul style="list-style-type: none"> • What do we want to action? 	Riley Theatre
16.20	Evaluation	Riley Theatre
16.30	End. Wellbeing support and breakout spaces available until 17.00	

Vincent Dance Theatre

Art of Attachment (2021)

Art Of Attachment explores notions of home, family and belonging and considers the impact of trauma on women's lives. This hard hitting production on film makes explicit the devastating impact of adversity, including physical, sexual and emotional abuse, on women and girls which can result in substance misuse later in life. **Art of Attachment** celebrates the everyday resilience of those whose stories demand to be heard. CONTENT WARNING - THIS WORK CONTAINS GRAPHIC DESCRIPTIONS OF PYHSICAL AND SEXUAL ABUSE AND DOMESTIC VIOLENCE (suitable for 14+ with adult supervision).

Directed and Designed by Dr Charlotte Vincent | Film Maker Bosie Vincent | Soundtrack Jules Maxwell | Text by Wendy Houstoun | Performed by Antonia Grove , Robert Clark, Vikki, Annette, Leah with Anna Clasper understudying for Louise.

Art of Attachment was oridginally commissioned by Oasis Project and funded by Wellcome Trust and Arts Council England Lottery Funding, supported by Dr Cath Lambert, Professor of Sociology at University of Warwick (ESRC Impact Acceleration Award) and by Arts Council England, through VDT's National Portfolio Organisation funding. www.vincentdt.com

Your Wellbeing

A wellbeing space is available on the First Floor, opposite Studio 7, for you to use whenever you need to - to rest or take time out. Refreshments are available in this space. Head of Student Support, Ali Coleman will be available all day, offering 1-2-1 wellbeing support, with access to a private space in NSCD Wellbeing Suite, should you need it. Please find local and national support organisations below if you need support after the event.

Local Support:

Mindwell www.mindwell-leeds.org.uk

Leeds Mind www.leedsmind.org.uk

Leeds Survivor-Led Crisis network www.lslcs.org.uk

Dial House: Supports people in crisis or emotional distress.
From 6pm daily **0808 800 1212**

Dial House @ Touchstone: Supports people from Black & Minority Ethnic backgrounds.
Tues/Thurs 6pm to 12am **0113 249 4675**

SARSVAL www.supportafterrapeleeds.org.uk
Free helpline **0808 802 3344**

Leeds Nightline: Listening and information service for students in Leeds **0113 380 1285**

National Support:

The survivors Trust www.thesurvivorstrust.org
For all survivors of rape or sexual abuse & violence, no matter when this took place. **0808 801 0818** (freephone)

NHS **111** (select mental-health option)

Samaritans 24/7 free, confidential listening for anyone in distress, loneliness, crisis or suicidal thoughts **116 123**



DR CHARLOTTE VINCENT (SHE/HER)

Founded in 1994, VDT produces the work of Artistic Director Charlotte Vincent work on stage and on film. Over the past ten years, Vincent has aligned her 'community' participation practice with her making process to create new socially engaged productions involving professional and non-professional collaborators which is then distributed and applied in arts, non-arts and creative health contexts. Her PhD from Canterbury Christ Church University reflects on the therapeutic aspects of her socially engaged practice, informed by her training in Trauma Informed Practice, Mental Health First Aid and Therapeutic Parenting.



PROFESSOR ANGELA PICKARD (SHE/HER)

Angela Pickard is the first Professor of Dance Education in the UK and Director of the Sidney De Haan Research Centre for Arts and Health and the Centre for Sport, Physical Education and Activity Research, at Canterbury Christ Church University. She brings a unique combination of dancer, teacher, community practitioner and academic, knowledge and understanding. She researches particularly in the fields of dance education, dance science and dance and health/wellbeing.



DARREN CARR (HE/HIM)

Vice Principal & Director of Higher Education, NSCD. Darren is a first-gen graduate from a working-class, care-experienced background. A choreographer, teacher/facilitator, leader and researcher, he champions inclusive dance training, peer learning and creative communities, securing major grants to open doors for the next generation of dance artists.



ANTONIA GROVE (SHE/HER)

Participation Producer and longterm performer/collaborator with Vincent Dance Theatre, Antonia co-produced this symposium. Antonia is an independent artist, choreographer, lecturer, researcher, facilitator and award-winning performer with 27 years' experience leading Contemporary Dance and cross-artform collaborations. Her work centres around overarching themes of power, disguise, and visibility, exploring chaos, disorientation and risk-taking from gendered perspectives. She works extensively with marginalised, mixed ability and multi-generational groups in and around Brighton.



DR HELEN KINDRED (SHE/HER)

Director of Studies, NSCD. Helen is a dance-artist, scholar whose work over the past 30 yrs has moved in layers of performance, community engagement, artistic leadership, choreographic practice-as-research, and pedagogies of dance, somatic practice, and well-being. Helen's teaching philosophy centres on relational and inclusive ways of being in the world. Her research practice builds on the practice and philosophy of Bartenieff Fundamentals; engaging with people and Place, environments of exploration and play through improvisation. Helen is co-Artistic Director of Dancing Strong Movement Lab.



GEORGIA COOPER (SHE/HER)

Georgia is a textile artist and costume designer who went on to qualify as a therapist and more recently an attachment focused family psychotherapist working with severely traumatised children and their adopted and foster families. For 30 years she has used art and creative activities to support young people's well-being in many different contexts and communities, from marginalised young women to teenage cancer patients and young dancers in training, primary school children to teenage parents and those who have experienced CSE. During 25 years as a therapist at NSCD, Georgia has supported over 500 dancers with their mental health during their dance training.



ALI COLEMAN (SHE/HER)

NSCD Head of Student Support. Ali trained as a Psychotherapeutic Counsellor working predominantly with marginalised women and young adults across charities in Leeds, before joining NSCD in 2017, initially as a volunteer counsellor. Since then, she has expanded her role into managing the Student Wellbeing Service and now heads up the NSCD student support offering which encompasses the Wellbeing, Physiotherapy, English language, Financial, Learner and Neurodivergence support services.



SOPHIE SIMPSON (SHE/HER)

Sophie Simpson has held a dance and delivery development role with the local council and a regional team officer role with a North East community interest company. She founded SS Dance and Wellbeing. SS Dance and Wellbeing is focused on improving mental and physical health within Yorkshire communities through the implementation of dance movement and 1:1 wellness coaching. Sophie also leads sessions for the Dance On programme with Yorkshire Dance. Dance On is a programme that focuses on improving the health and wellbeing of older people through dance.



LEAH N (SHE/HER)

Leah collaborated with VDT in 2018 to devise Art of Attachment, performing live at the Attenborough Centre for Contemporary Arts in Brighton and then filming the work for the consequent film installation. She now works as a Probation Officer, specialising as domestic abuse and stalking lead.

Thanks to Tom Ryalls, Katie Bough and Gemma Morris (VDT), NSCD Marketing Dept and Ellie Brown (SDH)

www.vincenttdt.com

www.nscd.com

[Sidney De Haan Research Center for Arts and Health](#)