vincent dance theatre

Traineeship in Socially Engaged Movement Practice 2026

INFORMATION PACK

Photo: Bosie Vincent

Traineeship in Socially Engaged Movement Practice

As part of Vincent Dance Theatre's ongoing commitment to providing Continued Professional Development opportunities for independent artists, we are inviting Expression of Interests for our new **2026 Traineeship in Socially Engaged Movement Practice**.

This is a training and mentoring opportunity for an early career dance or movement practitioner to develop their skills in facilitation and the creation of socially engaged work with young people and women at risk.
The successful applicant will gain hands-on experience shadowing and supporting VDT's Artistic Director (Charlotte Vincent) and Participation Producer (Antonia Grove) as they lead two community-focused initiatives based in East Brighton.

VDT is offering a bursary of £2,500 - £3,000 to enable the successful applicant to engage with different areas of company activity. This traineeship follows on from our successful Traineeship programme in 2024, with Lucy Clark and Catherine Sleeman.

> *'Looking back, working with Charlotte was a pivotal point in my development as an artist and I'm forever grateful for the opportunity I had.'* **Lucy Clark, VDT Trainee, 2024**
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> *'Over the past few months, I've started playing with movement and text and landscape in a way that feels actually true to me, and I credit Charlotte with sparking this inside me.'*
> **Catherine Sleeman, VDT Trainee, 2024**

About Vincent Dance Theatre

Vincent Dance Theatre produces work with people whose voices are often unheard, using socially engaged, trauma-informed and place-based practice to support creative health, deepen participation in the arts and challenge conventional models of how performance work is made and who it is made for. VDT's work is inclusive, collaborative and imbued with robust safeguarding at every stage of our process. We prioritise in working with young people and women at risk, placing the female experience centre stage to provoke debate around equality of opportunity and highlight the need for social change, especially around violence towards women and girls (VAWG).

VDT's 2026 Programme

The two main strands of activity the trainee would be involved in are:

- A new programme of Free, Inclusive Movement Sessions For Young People at Moulsecoomb Hall, Lewes Road, Brighton, leading to forming a new Youth Dance Collective to create a work in 2027.
- Art of Recovery a new creative health project for women, working in collaboration with community groups and grass roots charities across the city, to explore women's creative voices and culminating in a sharing in November 2026.

The Trainee will be embedded within both projects observing, assisting and gradually contributing to the facilitation of workshops and sessions across these strands of activity. The Trainee will be mentored by Artistic Director Charlotte Vincent as part of this opportunity. Trainees might also chose to shadow management and producing within the organisation to gain a better understanding of working within an established dance theatre company, with access to policies, systems and safeguarding procedures that will expand and improve the Trainee's independent practice.

Criteria / Person Specification

We're looking for an individual who:

- Is an early career arts practitioner in dance theatre or a related field (this may include recent graduates, self-taught artists, or practitioners transitioning from performance into facilitation or socially engaged practice)
- Is passionate about dance theatre or movement-based practice
- Is reflective, open to learning, and interested in developing ethical and inclusive approaches to facilitation and their own professional development
- Has a strong interest in socially engaged, community based creative practice
- Has demonstrable skills or experience within the arts sector (through employment, training, voluntary roles or independent practice)
- Is available for an agreed portion of the programme activity (see **Timeframe** below)
- Is organised, reliable and able to schedule, negotiate and communicate availability and involvement alongside their current professional or personal commitments well in advance of delivery / activity taking place.

Further Details

This opportunity would suit someone working freelance, as Trainee activities will be discussed and shaped around existing commitments. VDT is open to conversation about which aspects of the programme you are best placed to engage in, shadow and support, depending on your availability. You must be willing for VDT to apply for an **Enhanced DBS with Barred Lists** on your behalf.

We particularly welcome applications from people of the Global Majority, disabled people (including those with 'invisible' disabilities or neurodiversity), people from lower socio-economic backgrounds and care-experienced individuals, as these groups remain underrepresented in our company and across the creative sector. All genders are welcome to apply. All activity will take place in Brighton & Hove and in community venues across the city, including The Skep at Moulsecoomb Place and at Moulsecoomb Hall in East Brighton.

Access

VDT is committed to inclusive practice. We would welcome the opportunity to work with a disabled arts practitioner and their access support. Please note that while we will work collaboratively to ensure the placement is accessible, the Trainee is responsible for their own access support. VDT will discuss indivdual access requirements openly as part of the application process.

Aims

The successful trainee will:

- Learn from experienced and passionate arts professionals and colleagues
- Be supported by VDT's Artistic Director, Participation Producer and the VDT staff team, gaining insight into the design and delivery of socially engaged programmes and artistic practice and production work
- Gain experience in facilitation and develop confidence in managing and facilitating inclusive, trauma-informed spaces
- Engage in regular mentoring with space to reflect on learning, ask questions and identify areas for development or further training

You will be invited to:

- Observe and assist in workshops for young people and women's groups in community contexts
- Support warm-ups and facilitate creative tasks with support
- Write a Journal of impact and document processes (with permissions in place) as work progresses
- Gradually take responsibility for leading short sections of activity (with guidance and feedback)
- Contribute to community engagement activity
- Take part in induction meetings and discussions around safeguarding and health & safety at work

The offer also includes access to use some free space (subject to availability) to consolidate learning, try out ideas or use to support your own creative development alongside the traineeship.

Timeframe

The traineeship will take place in two phases (see detailed activity schedule below):

- **May – July 2026:** attending and shadowing initial **Art of Recovery** workshops and **Youth Movement Sessions** at Moulsecoomb Hall plus 3 x mentoring / feedback sessions with Charlotte Vincent
- **September – December 2026:** supporting **Art of Recovery** making process, **Youth Programme** and **New Youth Dance Collective** at Moulsecoomb Hall plus 3 x Mentoring / feedback sessions with Charlotte Vincent
- **January 2027:** Evaluation session with Charlotte Vincent. Discussion around next steps and possible further support with VDT's Head of Operations and Business Development Sophie Parkin.

Bursary Overview

VDT will offer a bursary of £2,500–£3,000 (depending on circumstances and availability), paid in two instalments, as a contribution towards participation in the training and mentoring opportunity and to support travel and related costs incurred attending sessions and groups in Brighton. Recipients are responsible for determining any personal tax liability. **The Trainee is expected to attend a significant portion of the activity outlined below (May-July 2026). Attendance will be negotiated around the Trainee's personal and professional commitments, once appointed.**

Date	**Activity**	**Time**	**Approx hours**
Date TBC (once appointed)	Induction with VDT		3
Mondays PM May 11, 18 June 1, 8, 15, 22, 29 July 6	Youth Programme Dance Improvisation Sessions @ Moulsecoomb Hall	Food 3.45-4.15 Class 4.30-6.00	8 x 3hrs =24
Wednesdays PM May 6, 13, 20 June 3, 10, 17, 24 July 1, 8	Youth Programme Dance & Performance Training @ Moulsecoomb Hall	Food 4.00-4.45 Class 5.00-6.30	9 x 3hrs =27
Sundays ALL DAY May 17 July 5	Youth Programme Performance Intensives @ Moulsecoomb Hall	Session 10.00-3.00pm	2 x 6hrs =12
Dates TBC	Art of Recovery initial workshops	TBC	8 x 3hrs =24
			Total: 90

September- December 2026 attendance/dates to be agreed in June 26, in negotiation with the Trainee.

In Loco Parentis, 2020. Photo Bosie Vincent

HOW TO APPLY

Please submit your **Expression of Interest** for the Traineeship **HERE**

Please also fill in our **Equal Opportunities Monitoring Form HERE**

The deadline for Expression of Interest is: **Wednesday 15 April 2026, Midday.**

Interviews will take place in Brighton on: **Thursday 23 April 2026**

Contact: Antonia Grove participation@vincentdt.com for further details or a chat about the Traineeship.

To find out more about Vincent Dance Theatre, please visit our website:

www.vincentdt.com

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