

TRINITY LABAN CONSERVATOIRE
OF MUSIC & DANCE

HOW MOVEMENT WORKS 2017 INFORMATION PACK

Dear Course Participant,

Welcome to the How Movement Works Intensive 2017

How Movement Works is a great chance to be fully immersed in dance and movement for a week with us here at Trinity Laban Conservatoire of Music & Dance.

We hope the following information will provide you with everything you need to know concerning the course this summer. We are looking forward to welcoming you to the Laban Building. The mix of people from different cultures, movement backgrounds and different ages will make for a very exciting and unique experience investigating choreological themes.

We look forward to meeting you in July.

Best Wishes,

A handwritten signature in black ink that reads "Alliey Gee". The signature is written in a cursive, flowing style.

Alliey Gee
Programme Manager
Learning and Participation (Dance)

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1. ABOUT TRINITY LABAN

Trinity Laban is the UK's only conservatoire of music and contemporary dance. Leaders in music and contemporary dance education, we also provide exciting opportunities for the public to encounter dance and music, and access arts health programmes. The unequalled expertise and experience of our staff and our world-class facilities are housed in landmark buildings.

Trinity Laban is one of Europe's leading centres for the training of professional contemporary dance artists. At the heart of South East London's thriving arts community, Trinity Laban is a creative and cosmopolitan community of performers, choreographers, teachers, designers and researchers, and is acknowledged internationally as a leader in the contemporary arts.

With one of the largest teams of specialist contemporary dance artist teachers in the world, our world-class facilities include a 300-seat theatre, studio theatre and outdoor theatre, 13 purpose-built dance studios and an extensive library and archive.

At Trinity Laban we believe that contemporary dance has a vital part to play in everyone's lives. Our unique mix of energy and creativity advances the dance art form and fuels the dance world, connecting people to the exhilarating possibilities that dance offers. Our links with the professional dance world, local communities and other arts organizations ensure that an experience at Trinity Laban will be a rich and rewarding one.

2. TRAVELLING TO LONDON FROM THE AIRPORT

London has five international airports; Heathrow, Gatwick, Stansted, Luton and City Airport, each less than an hour away from the city centre.

Heathrow Airport

Heathrow Airport is located 12 miles west of the city. The public transport options from Heathrow are:

- **The Heathrow Express**
The fastest link between Heathrow and London. Non-stop trains run to Paddington Station every 15 minutes. Tickets can be bought on the internet or at the station. <https://www.heathrowexpress.com/>
- **Heathrow Connect**
A stopping service from Heathrow to Paddington via stations in west London. Trains run every 30 minutes. Find out more online at <http://www.heathrowairport.com/transport-and-directions/trains/heathrow-connect>
- **London Underground**
This is the most cost-effective rail route into London, though it will take longer. Piccadilly Line trains run from all terminals every few minutes. For more information visit: <https://tfl.gov.uk/>

Gatwick Airport

Gatwick Airport is located 30 miles south of central London. The public transport options from Gatwick are:

- **Gatwick-Express**
A non-stop train service to London Victoria running every 15 minutes. Find out more online at <http://www.gatwickexpress.com/>
- **Southern Trains**
Southern train services to London Victoria via East Croydon and Clapham Junction. These run four times an hour. For more information see: <http://www.southernrailway.com/>
- **Thameslink Railway**
Services to London Bridge and St Pancras International run four times an hour. Find out more online at <http://www.thameslinkrailway.com/>

Stansted Airport

Stansted Airport is located 34 miles northeast of central London. The public transport options from Stansted are:

- **Stansted Express**
Fast, frequent trains, departing every 15 minutes. Average journey time is 46 minutes to Liverpool Street and 35 minutes to Tottenham Hale. Find out more online at <https://www.stanstedexpress.com>
- **National Express coaches**
National Express offer regular coaches from Stansted Airport to Stratford and other London locations. Find out more at <http://www.nationalexpress.com/home.aspx>

Luton Airport

Luton Airport is located 35 miles north of central London. Trains run regularly from Luton Airport Parkway station; find more information here: <http://www.london-luton.co.uk/to-and-from-lla/going-south-beyond-london>

London City Airport

London City Airport is situated in East London and has its own station on the Docklands Light Railway (DLR). To plan your journey from the station please visit <https://tfl.gov.uk/>

3. FINDING THE LABAN BUILDING

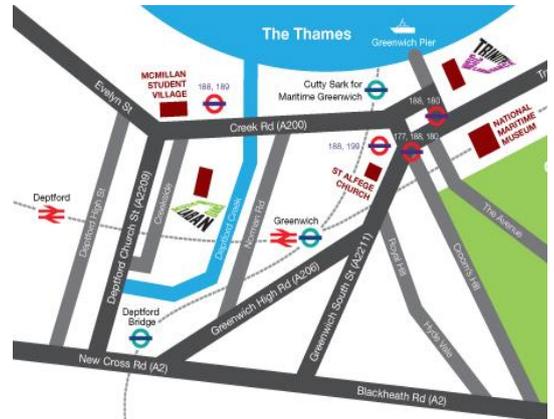
Address: Laban Building, Creekside, Deptford, SE8 3DZ

The most useful places to check information on transport routes, fees and travel times are:

- **Transport for London** <http://www.tfl.gov.uk/>
- **National Rail Enquiries** <http://www.nationalrail.co.uk/>

Public Transport Payment Methods

- **Contactless Cards:** You can use your contactless payment card to travel on bus, Tube, tram, DLR, London Overground, TFL Rail and most National Rail services in London.
- **Oyster Cards:** Oyster is a plastic smartcard which can hold pay as you go credit or travel cards which are valid for a set time period. You can use an Oyster card to travel on bus, Tube, tram, DLR, London Overground, TFL Rail and most National Rail services in London. Find out more online at <https://tfl.gov.uk/fares-and-payments/>



By Docklands Light Railway

The Docklands Light Railway (DLR) offers a frequent service to Cutty Sark station which is a few minutes' walk from the Laban Building. The DLR joins to the London Underground at:

- Monument / Bank (Central, Circle and District Lines)
- Canary Wharf (Jubilee Line)
- Stratford (Central Line, TFL Rail).
- West Ham (Jubilee, District, Hammersmith & City)

At Cutty Sark turn right out of the station and right again on to Creek Road. Take the second left after the bridge onto Creekside and the Laban Building is on your left. (10 min walk).

From Deptford Train Station

Leave the train station and turn right onto Deptford High Street. Walk down the road until you can see HSBC Bank on the left. Turn left down Griffin Street so that HSBC Bank is on your right. Walk to the end of the road (past Deptford Lounge – a golden building and Wave Lengths Leisure Centre on your left) and turn left onto Deptford Church Street. Walk as far as the zebra crossing and cross the road. Continue in the same direction until you reach Berthon Street on your right. Walk to the end of Berthon Street and you will be able to see the Laban Building directly in front of you.

By Bus

Bus numbers 47, 188 and 199 stop near the Laban Building.

By Road

From Central London: Take the Old Kent Road to its end in New Cross then follow the A2 until you reach the junction for Deptford Church Street. Turn left and continue to the mini roundabout, then turn right into Creekside. From M2/M25: Follow the A2 until you reach the turning for the junction for Deptford Church Street. Turn right and continue to the mini roundabout, then turn right into Creekside. There is limited parking at the Laban Building but there is also on street parking. We have cycle racks at the rear of the building and also a number of disabled parking spaces to the front of the building.

4. COURSE INFORMATION

Registration

Please aim to arrive at the Laban Building at 9.30h on Monday 10 July for registration.

At registration we will give you a security card to access the building. A tour will also be organised in the morning to orient you to our building, studios and changing facilities. Any security passes lost or unreturned at the end of the course will warrant a £10 fine.

Classes

Please be sure to bring your dance clothes with you. Changing rooms and shower facilities are available for all participants to use. If you wish to shower you should bring a towel with you. Lockers are located along each of the main corridors, please bring a padlock and key of your own if you wish to use one. In each studio there are storage areas should you wish to keep your belongings with you throughout the day.

What to wear

Participants are advised to wear what they normally wear in dance classes; a collection of tight fitting clothing and loose/comfortable clothes for extra layers and warmth. Participants should expect to do classes in bare feet.

Health and Well Being

Please let your teacher know if you have an illness or any injuries which they should be aware of during your participation in classes. If you sustain an injury or feel unwell at any point during the course, please let a member of the teaching / administrative team know. There are First Aiders on site throughout the course as well as a physiotherapist to treat injuries.

Internet Access

We will provide you with a Wi-Fi access code at the start of the course. You are also welcome to use the computers in the Laban Building Library.

Laban Building Café – So Deli

The So Deli Café at the Laban Building sells a range of food including hot lunches, salads, sandwiches and snacks. You are welcome to bring your own food to eat in the café too. There are also some local shops on Creek Road in the event the café is closed.

5. ACCOMMODATION

This is a non-residential course. During the summer months accommodation is likely to be busy in London and we advise participants to plan where to stay well in advance.

For information about local accommodation please visit the Greenwich Tourist Information website:

<http://www.visitgreenwich.org.uk/>

6. LOCAL SHOPS AND SERVICES

Surrounding Area

The Laban Building is situated on Creekside, a 5 minute walk from both Deptford and Greenwich high streets and about a 15 minute walk from Blackheath and New Cross.

The local area provides a huge array of shops and entertainment including everything from fine dining to sandwiches and classical music to club nights, plus three weekly markets.

Going Out

For a guide to Greenwich please see <http://www.timeout.com/london/things-to-do/greenwich-area-guide>

For a guide to Deptford please see <http://www.timeout.com/london/things-to-do/deptford-area-guide>

For a guide to dance events please see <http://londondance.com/>

Local Venues

The Albany	Arts venue	www.thealbany.org.uk
The Job Centre	Bar	www.jobcentredeptford.com
Blackheath Halls	Classical music venue	www.blackheathhalls.com
Greenwich Dance	Dance centre	www.greenwichdance.org.uk
Greenwich Picturehouse	Cinema	www.picturehouses.co.uk
Greenwich Theatre	Theatre	www.greenwichtheatre.org.uk
Up The Creek	Comedy Club	www.up-the-creek.com
The O2	Events, Cinema, Bowling, Restaurants and more	www.theo2.co.uk

Other venues in London you may be interested to visit:

The Place	Dance	www.theplace.org.uk
South Bank Centre	Arts venue	www.southbankcentre.co.uk
Sadler's Wells	Dance venue	www.sadlerswells.com
Tate Modern	Modern & Contemporary Art Gallery	www.tate.org.uk/visit/tate-modern

Banks

- Barclays Bank plc 197 New Cross Rd, New Cross Gate T: 0845 755 5555
- HSBC Bank plc 90 Deptford High Street T: 0208 210 2200
- TSB Bank plc 6 Crescent Arcade, Greenwich T: 0208 790 9988
- NatWest Bank plc 2 Greenwich Church Street T: 0870 240 3355

Supermarket / Food Shopping

- Tesco Metro, Creek Road
- Sainsbury's Local, Creek Road
- Waitrose, New Capital Quay (just off Creek Road)
- Asda, 5-9 Deptford High Street
- Greenland Wholefoods: health food store, Greenwich Market.
- Deptford High Street also has a range of fruit and veg shops, butchers and fishmongers.

Markets

- Greenwich Market: Tuesdays – Sundays, 10am - 5.30pm.
- Deptford Market: Wednesdays, Fridays & Saturdays 9am-5pm.
- Blackheath Farmers Market: Sundays 10am – 2pm, Blackheath Station car park.

Post Office

- 261-267 Greenwich High Road, Greenwich

Police Station

- Greenwich: 31 Royal Hill
- Deptford: 116 Amersham Vale

Pharmacies

- Rose Pharmacy: 24 Creek Road, Deptford
- Boots: Greenwich Church Street
- Superdrug: 3 Crescent Arcade, Greenwich

7. TRINITY LABAN HEALTH - PRICE LIST FOR THERAPIES

Trinity Laban Health

The Trinity Laban Health team are dedicated to encouraging health and well-being, preventing injury and providing effective rehabilitation.

How Movement Works participants receive a 10% discount during the course. Prices and therapies are subject to change.

To book online visit <http://www.trinitylaban.ac.uk/lablan-health> entering promo code: **summer17**

Call 020 8305 9479, 020 8305 9482 or e-mail health@trinitylaban.ac.uk

Terms and Conditions apply. All bookings must be paid for in advance. Prices and therapies are subject to change

Therapy	Day/Time	Time	Prices
Acupressure Massage	Wed 14.00 – 21.00h	60 minutes	Was £55 now £49.50
Acupuncture	Wed 14.00 – 21.00h	60 minutes	Was £55 now £49.50
Craniosacral Therapy	Available on selected days	60 minutes	Was £55 now £49.50
Feldenkrais	Available on selected days	60 minutes	Was £55 now £49.50
Physiotherapy	Tues- Sat	60 minutes 45 minutes 30 minutes	Was £80 now £72 Was £50 now £45 Was £40 now £36
Reflexology	Available Fridays and Saturdays	60 minutes 30 minutes	Was £60 now £54 Was £40 now £36
Sports Massage	Available five days a week	60 minutes 30 minutes	Was £60 now £54 Was £40 now £36

Acupressure Massage uses a wide range of massage techniques that can be applied either powerfully or gently for subtle energy work. Like other forms of massage it can be used preventatively, to encourage the movement of energy and blood. Acupressure can be used in conjunction with the other branches of traditional Chinese medicine such as Acupuncture.

Acupuncture is a branch of traditional Chinese medicine which uses disposable needles placed into classical acupuncture points in order to stimulate change along the channels of energy which flow around the body. Acupuncture is used to treat a wide range of conditions and addresses both the presenting symptoms and underlying cause.

Craniosacral Therapy is a non-mechanical, non-manipulative treatment. It is a subtle and profound healing form which promotes the body's natural capacity for self-repair. The work can address physical aches and pains, acute and chronic illness, emotional and psychological disturbances or simply help develop wellbeing, health and vitality.

Feldenkrais offers a gentle and practical way of improving movement and well-being. Feldenkrais uses movement to tap the innate intelligence of the human nervous system to create higher levels of function. We learn to refine our ability to sense movements and to move with greater ease, power and flexibility.

Physiotherapists treat a comprehensive range of conditions using a wide spectrum of rehabilitation exercise programmes to ease your pain and to restore normal function and movement. Physiotherapists use treatment techniques such as manipulation and massage together with ultrasound and other forms of electrotherapy to effectively reduce pain, swelling and inflammation. Each client receives a thorough assessment which determines the diagnosis of their condition. Individual rehabilitation protocols are tailored to meet specific needs.

Reflexology is a blend of ancient healing and modern research, it works on the principle that the whole of the body can be mapped on to the feet or hands in zones and by applying pressure to these zones we can induce the body's own self-healing ability.

Sports Massage is the management, manipulation and rehabilitation of soft tissues of the body including muscles, ligaments and tendons. Sports massage is an effective therapy for releasing muscle tension and restoring balance to the body. Through management, manipulation and rehabilitation of the soft tissues of the body, it can be used to aid a variety of ailments/injuries. If received regularly it can help athletes prevent injuries which might otherwise be caused by overuse.

8. LABAN BUILDING LIBRARY AND ARCHIVE

During your spare time at the Dance Summer School we encourage you to make the most of the Laban Building's library and archive. Our library offers the largest and most varied open access specialist research collection on dance and related subjects in the UK, covering many aspects of dance in a variety of formats and languages. You are also welcome to use the library's computers and internet.

For further information, see <http://www.trinitylaban.ac.uk/student-experience/facilities/faculty-of-dance/lab-an-library-archive>

What do I need to get started?

From the above link, use the **Laban library catalogue** to find books, videos, DVDs, CDs, journals, theses, etc., or the **archive catalogue** to search for archival primary material. Once in the Library, you can search **Quick Search** for access to electronic journals as well.

How do I find things on the catalogue?

1. Enter the author or choreographer (surname, then forename) or the title of the book, video, journal you want to find.
2. Click on the Title drop-down arrow to change where you look to Author to look for a book by an author or dance piece by a choreographer or to Subject to look for items about someone or something.
E.g. Forsythe, William as an author will retrieve items by him as a choreographer. As a subject, it will find items about him.

How do I locate what I've found on the catalogue in the Library?

- Let's say you are looking for *Fifty Choreographers* by Martha Bremser.
- You have entered the author or title and a single line displays the search result. Click on the title for more information.
- Holdings says which collection it is in Library - Dance Books (nearer) or Library - General Books (further up the library), the shelf location and number available.
- The prefix, LAB, indicates that it is in the Dance Books; GEN = General Books
- The suffix, BRE, will help find it on a particular shelf, if there are lots of items shelved at that number.

Apart from **LAB** for Dance Books, what other prefixes and collections are there? The main ones are:

CD	CDs shelved, by the computers
CUT	Cuttings – from newspapers and similar publications
GEN	General Books
JOU	Journals
LAB	Dance Books. Spine labels start with L then a number.
TH	Theses, shelved at the top of the Library
TUT	Tutor shelves, by the computers
VID	Videos and DVDs, shelved by the computers

Where can I get help?

Staff at the **Service Desk** can help you find books, journal articles, DVDs, CDs and web resources, etc. We can also assist with equipment or computer problems. If they cannot answer these, the questions will be forwarded to other support staff.