

Holding On



FRONTLINE
dance

PERFORMANCE. HEALTH. COMMUNITY.



contents

About

Formats

FRONTLINEdance

Marketing

Tech

Access

Contact

Credits

"This is incredibly beautiful"

- Audience member

about

Holding On is a live and digital performance programme co-created with, and performed by, those who have lived experience of cancer, grief, loss and bereavement.

With music by composer and multi-instrumentalist Greg Hall, and featuring an intergenerational, inclusive cast, Holding On powerfully weaves together connection, emotive dance and sound harmoniously.

Audience Feedback: Beautiful | Breathtaking | Skilful | Emotional | Profound

Available Formats:

- Holding On (35-minute live show) with or without live music
- Choice of two short films screened independently or delivered as a package by FRONTLINEdance (5 mins and 10 mins)
- Residency - recreating the show with your own cast
- Creative Workshops: tailor-made to suit the requirements of the group. FRONTLINEdance specialise in facilitating to those new to dance, to disabled, neurodivergent people and those with long-term health conditions of all ages - children to older people
- Pop-up solos, duets and trios tailor-made for a variety of events and spaces, including lighter-hearted re-created versions that don't take up much space for hospital wards/bays and hospices.

"It was a very meaningful experience, thought-provoking and very well performed".



available formats: summary

We are committed to ensuring Holding On reaches as many people and settings as possible as a high-quality professional work. To support this, we offer a range of formats: the live performance, screendance films, pop-up solos and duets, residency programmes and workshops. With extensive experience in both conventional and non-conventional spaces, FRONTLINEdance can tailor the work to suit your event and performance environment.



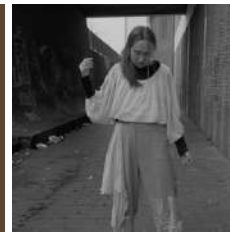
Live Show



Residency - recreate the work with your own cast



10 minute Screendance



5 minute Screendance



Creative workshops



Pop up solos, duets, trios, and quartets, talks and presentations

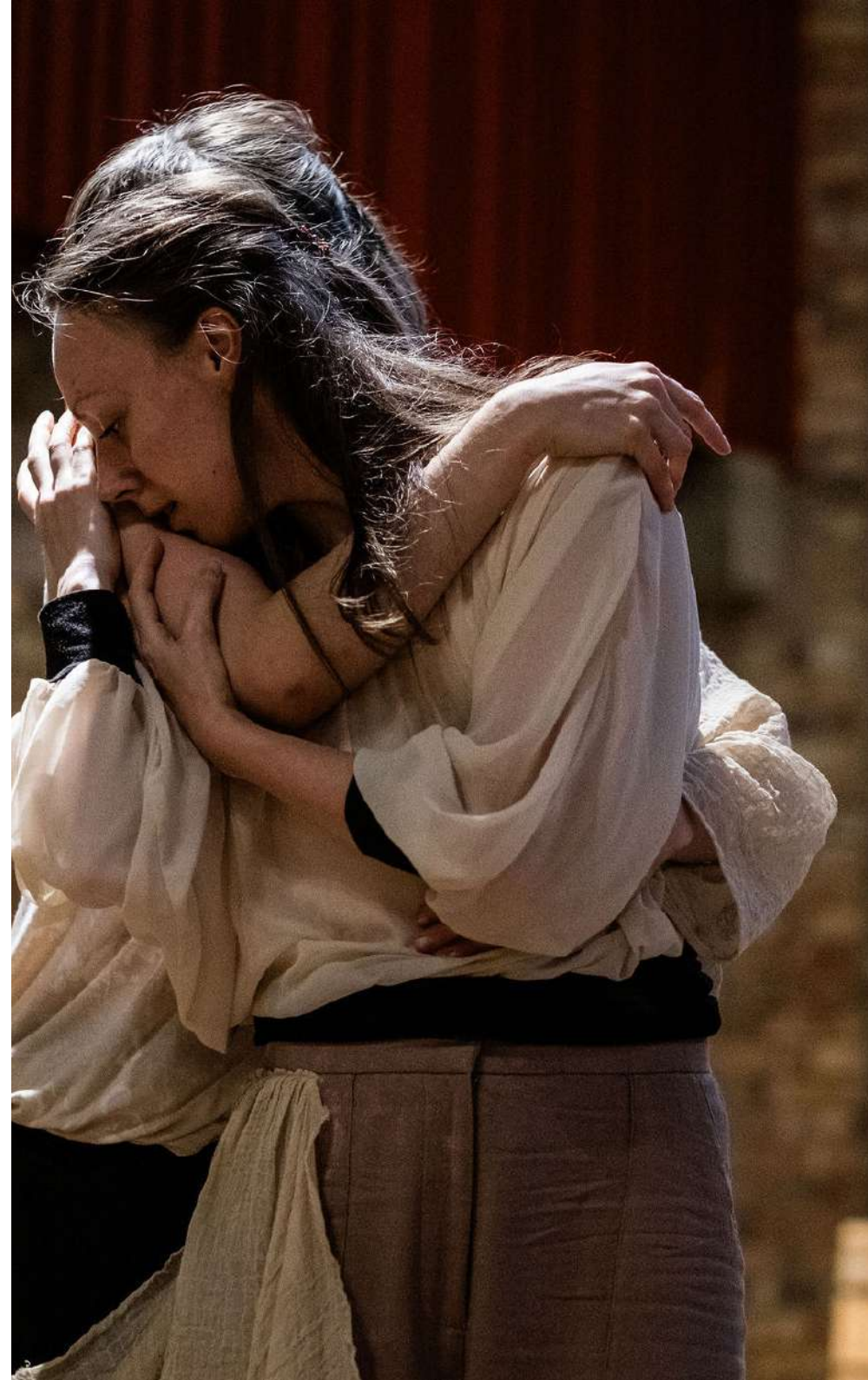
live show

Holding On is a flexible, tour-ready production that works in both intimate and large-scale settings, including community halls, theatres, churches, chapels, cathedrals, arts centres, vacant shops, outdoor locations and conference spaces. The show can be performed by a cast of four to seven performers, with the option to include your own dancers when booked alongside the residency strand.

Key features:

- Flexible performance spaces - suitable for traditional and non-traditional venues.
- Adaptable cast size - 4-7 performers, with optional integration of your dancers.
- Adjustable duration - approx. 35 minutes; can be shorter or longer with notice.
- Music options - available with or without live musical accompaniment.
- FRONTLINE support - 1-2 staff members hold the space before, during and after the performance.
- Low-tech or theatre-ready - minimal setup; full lighting/sound plan available for theatres.
- Embedded access - full access information available on page 13.
- We also offer the option of a screening of the recording of the live show.

Available for bookings: September 2026 - December 2028.



In Development!

FRONTLINEdance are currently developing bespoke access strands to ensure Holding On can reach audiences with specific access needs, including people who are visually impaired, d/Deaf and those with learning disabilities.

Pilot performances designed specifically for each group will be available from September 2026.

We are also exploring how the work can be adapted for children, ensuring it remains relatable, appropriate and meaningful for younger audiences.

If you are interested in these developments, or would like to discuss how these strands could work within your venue or community, please contact us to explore possibilities.





residency

The Holding On residency is a co-creative process in which FRONTLINEdance works with your organisation to recreate the show using your own cast, whether community performers, professionals or a mixed group. It offers meaningful engagement, deep community impact and a lasting legacy.

Participants learn, adapt and embody the movement language, themes and structure of the original production, shaped to their abilities, experiences and stories. The residency can run as an intensive project or across several weeks, with a final sharing that can be adjusted in length with advance notice, and is led throughout by FRONTLINEdance artists with 1-2 staff members holding the space.

Music can use Greg Hall's original score or an adapted version of it, or you can commission Greg to co-create some new music unique to the new work we create with your dancers.

We have designed this so it can be authentic and bespoke. Inclusion and access is embedded at every stage.

Limited bookings available: from October 2026 to December 2028

"I felt very privileged to have experienced Holding On."

- Audience Member

short films

Holding On (1)

Co-created in collaboration with the performers Kayleigh Price and Charlotte Arnold, directed by Rachael Lines filmed by Dan Martin, with sound by Greg Hall, this beautifully performed ten minute film, sensitively follows a terminal cancer journey from diagnosis to end of life.

Woven with natural sound, and stark landscapes, this powerful short film harmonusly weaves painful lived experience, with honesty and raw choreography.

It is suitable for screenings at a range of venues such as festivals, events, cinemas, theatres and conferences.

The film is available as a standalone film or as part of a wider menu activity, including live, performances, alks and workshops .

Duration: 10 minutes

Age 14+

Available for bookings: August 2026 to December 2028

"It opens up difficult conversations in a softer way."

- Audience Member



[watch the trailer here](#)

Holding On (2) Screendance

Holding On (2) is a heartfelt and powerful five-minute film rooted in the makers' and performers' lived experiences of grief and loss, and created in collaboration with a generous group of women who had lost loved ones to pancreatic cancer. The result is an intimate and emotive work that captures the essence of Holding On in a cinematic form.

Available as a standalone film or as part of a wider menu activity from FRONTLINEdance, that can include talks and workshops exploring the themes and movement used in the film.

It is suitable for screenings at a range of venues such as, festivals, events, cinemas, theatres and conferences.

Film Duration: 5 minutes

Available for bookings: August 2026 – December 2028

"Very relevant and accessible, the opportunity to discuss after the piece also elevated the performance experience."

- Audience Member



[watch the trailer here](#)

workshops

FRONTLINEdance offers creative workshops shaped by the movement language, themes and collaborative processes behind Holding On.

Designed to be welcoming, adaptable and rooted in inclusive practice, they support participants to explore the themes of Holding On, and offer connection, expression and shared creativity. Workshops can be delivered as one-off sessions or as a short series in community, education, health, social care or arts settings. They can also accompany the show, a talk or a live performance.

We will co-design the delivery to shape it around the needs and abilities of your group, and what you want to get out of it.

What to expect

- Creative movement sessions inspired by tasks and choreography from the show, suitable for those with or without dance experience.
- Songwriting, creative writing and drawing woven in if you wish.
- Inclusive facilitation led by experienced artists.
- Flexible formats including tasters, themed sessions, wellbeing-focused work and skills-building.

Available for bookings: September 2026 to December 2028

“Welcoming. Relaxed. Calm” - Audience Member





pop up solos and duets

These 5-15 minute performances feature a collection of solos and duets - usually performed as part of the full live show.

You can let us know the focus of your event and we will recommend the most appropriate pop-ups to be performed.

- Suitable for traditional and non-traditional performance spaces
- 1-5 performers
- Available with or without live music
- Adaptable: events, education programmes, libraries, community spaces, conferences, festivals (indoors and outdoors) and roaming around spaces.
- Perfect for events with themes explored in the show.

Wraparound activity includes: talks, advocacy, workshops and film screenings.

Available for bookings: September 2026 to December 2028

"I particularly enjoyed the fact that non-disabled and disabled dancers worked together in the performance, something that I do not experience very often."

- Audience Member

FRONTLINE dance

PERFORMANCE. HEALTH. COMMUNITY.

FRONTLINEdance is an artist-led company based in Stoke-on-Trent, placing disabled people and those with long-term health conditions at the core of our organisation as leaders, dancers, artists, and audiences. We do this with heart, skill, and inclusive practice, producing participatory and performance programmes in the community and in healthcare settings.

As makers we explore how we can create exciting, relevant, and thought-provoking contemporary dance with d/DEAF, visually impaired, disabled, neurodivergent audiences and hospital patients. We co-create across ages, backgrounds, and experiences, naturally integrating people together, reducing isolation, and improving physical, mental, and social health and well-being.

We are a not-for-profit organisation, established since 2001 and an Arts Council England National Portfolio Organisation 2023 - 2028, with funding thanks to taxpayers plays a huge part in supporting our work.



access

Access for FRONTLINEdance:

live show:

- Wheelchair users & neurodivergent artists
- A support worker will be present
- Step free access, accessible toilets and changing areas required.
- Disabled parking
- Relevant time to familiarise and orientate the work to the performance space

film screenings:

- Neurodivergent artists
- Disabled parking
- Relevant time to familiarise and orientate the work to the performance space

workshops, residency

and pop ups:

- Wheelchair users & neurodivergent artists
- A support worker will be present
- Step free access, accessible toilets and changing areas required.
- Disabled parking
- Relevant time to familiarise and orientate the work to the performance space

Access for audiences:

All our shows need to be accessible for everyone. We embed some access communication into the show, but not all. We will work with you to ensure it's an accessible event for all - including marketing the event.

- BSL Interpretation is embedded
- Relaxed Performance
- A Touch Tour and Meet the Performers in advance (for those who need to)
- Easy Read Visual Story

All performances are 'relaxed events', chillout spaces for those who need to come and go and regulate will be required, and the space needs to be wheelchair accessible. Please be aware, that there will not be a bereavement or trained councillor present for Holding On, but friendly faces and listening ears.





cost

Holding On is a bespoke offer designed to respond to the needs, ambitions and communities of each organisation we work with. Because every booking draws on different strands and bundled options, we do not publish a fixed price list; instead, we begin with a conversation. This allows us to understand your space, your audiences, your access commitments and the kind of impact you want this work to have. From there, we shape a package that feels achievable, meaningful and rooted in your context.

FRONTLINEdance performs only in accessible_venues where disabled people are offered a free companion ticket, and we strongly encourage Pay-What-You-Can pricing to ensure that finances never prevent someone from engaging with the work.

For organisations new to programming socially engaged, access-led or community-centred performance, we can offer comprehensive support - from fundraising support to help cover hosting costs, to marketing support that speaks directly to your audiences, and project management support that guides you through planning, delivery and audience care.

Our aim is to build a partnership that feels collaborative and sustainable, ensuring that Holding On is not only presented successfully but lands with the depth, sensitivity and connection it is created to hold.



tech information

LIVE SHOW

- Duration: 35 min / 60 min
- Get In/Out: 2 hrs in • 1 hr out • 1 show/day
- Space: 6m x 6m minimum
- Audience: Flexible seating, lying-down options, wheelchair + VI spaces
- Set: 1 chair + small objects (moved DSL)
- Warm-Up: Warm-up space + pre-show stage access
- Lighting/Sound: To be discussed with the venue - we are flexible with how we use light and sound.
- Team: 4-7 performers + 1 staff + 1 tech
- Dressing Room: at least 1 wheelchair accessible lockable room

FILM SCREENINGS

- Space: Standard room with audience seating
- Screen: Extra Large TV or large screen
- Playback: Laptop/HDMI cable
- Sound: Venue sound or portable speaker
- Duration: 5, 10 or 35 min films
- Team: 1-2 FRONTLINEdance staff present

WORKSHOPS, RESIDENCY AND POP UPS

- Space: Any clean, open movement-safe space (not necessarily a dance studio)
- Duration: Flexible
- Audience/Participants: Seated or standing; wheelchair-accessible
- Sound: Portable speaker if needed
- Team: 1-3 facilitators

GENERAL

- Transport: parking spaces for 1-4 cars, including 1-2 blue badge spaces

credits

Concept and Direction:

Rachael Lines

Devising Performers: Live Show

Kayleigh Price, Katie Albon, Charlotte Arnold, Beth Hope, Mary Godden and April Fone.

Music:

Greg Hall

Costume:

Ilona Alyamani

Film 1:

Dan Martin

Devising Performers: Kayleigh Price & Charlotte Arnold

Film 2:

Junction 15 Productions

Devising Performers: Charlotte Arnold, and Kayleigh Price and featuring Lesley Goodburn, & Jacqui Marshall

Photography:

Jenny Harper

Co-creators:

Seth's Legacy and consultation group



contact

For further information and for bookings please contact:
touring@frontlinedance.co.uk or call 07484 874335



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