

Here at Spectrum Community Arts, our aim is to enable participants to develop their self-esteem and self-expression through the performing arts in a safe, encouraging environment.

We provide weekly one-hour performing arts workshops across Leighton Buzzard and Milton Keynes. Our sessions are specifically created for people with disabilities. We keep our class sizes small, with a maximum of 10 participants, to ensure that participants are fully accessing the workshops. We incorporate PECS and signs to aid communication and sensory props to help increase engagement.

As well as our weekly workshops, we also provide day camps during the school holidays. These fun-filled days are aimed at 6-16 year olds and incorporate dance, drama, singing and arts and crafts. Each day camp ends with a relaxed and informal sharing to show parents and carers what we've been working on.

Check out some of the testimonials we've received from our participants parents and carers!

Anna loves her Spectrum dance classes. I'm asked all week to go dancing... "See Jade. Have some fun" she says. They have helped immensely with her co-ordination, physical strength, imagination and sensory processing. Jade is a very special teacher who all the children adore. They are transfixed for the full lesson and have so much fun. Exercising, learning, making friends, having fun. What could be better?



Anna doing some shadow dancing at Sensory Movers.



I doubted whether William would join in or follow what was being taught – but how wrong was I!? It took a while to build his confidence, but the music and movement have been so good for him all round. Jade and her team are amazing with the children and I would recommend Spectrum Community

Arts to anyone.

William dancing at our Christmas Showcase!



William busting his moves at Mini Sensory Movers.

For more info, please visit our website <http://www.spectrumca.co.uk/> or get in touch with Jade on 07741 280382 or email jade@spectrumca.co.uk



Super hero routine at Mini Sensory Movers on Tuesday evenings.

Re-creating the Gingerbread Man story at Performing Arts Club.



Dancing with Hula Hoops at Junior Movers on a Tuesday.



Sensory Movers

Monday (Vandyke Upper School, Leighton Buzzard) 6-7pm 8+yrs

This session uses lots of different sensory props to explore music and movement.

Adult Movers

Monday (Vandyke Upper School, Leighton Buzzard) 7-8pm 18+yrs

A fun, dance club learning new routines and helping develop friendships, communication skills and confidence!

Mini Sensory Movers

Tuesday (Cedars Upper School, Leighton Buzzard) 5-6pm 4-8yrs

A fun club using sensory props to explore music and movement, a place for the young children to be themselves

Junior Movers

Tuesday (Cedars Upper School, Leighton Buzzard) 6-7pm 8+yrs

Dance club, building on routines each week as well as helping to develop self-esteem, team work and self-expression.

Performing Arts Club

Thursday (Oxley Park Community Centre, MK) 5-6pm 7-14yrs

A fun club that helps participants develop their self-esteem and self-expression through dance, drama and singing!