

SCOTTISH BALLET HEALTH



Researcher Opportunity – Evaluating the Impact of Dance Resources on Long Covid Symptoms

Are you a researcher with an interest in dance? Scottish Ballet is commissioning an external service evaluation on the impact of Emerge - a new dance health programme for people living with long Covid.

Emerge provides movement resources and tools which aim to help people with long Covid to self-manage symptoms, whilst supporting them to build resilience. Emerge features resources for posture, alignment and mobility as well as creative tasks to increase confidence and self-expression.

In addition to digital resources, the Emerge project includes a 10-week block of one-hour, weekly in-person dance classes which are followed by a short social café at Scottish Ballet. The commissioned external evaluation will focus specifically on the impact of the 10-week in-person element.

Scottish Ballet's Health Team has designed and developed the programme by listening to people living with long Covid as well as medical professionals working in this area. This commissioned evaluation will continue Scottish Ballet's commitment to understanding the impact of our SB Health programmes on participant experiences, whilst identifying the benefits and potential of Emerge.

For more information on SB Health please visit: [SB Health | Scottish Ballet](#)

If you would like to apply for Scottish Ballet's Emerge evaluation opportunity, please read below.

Brief

This commissioned external evaluation will play an important part of Scottish Ballet's report to the pilot phase funder. Your final report will be submitted alongside an internal evaluation carried out by Scottish Ballet. Our internal evaluation includes project participant registers, co-designed participant surveys, project team observations and photos from the entire pilot phase.

The commissioned external evaluation should be underpinned by empirical data and aim to:

1. Explore whether people living with long Covid feel more resilient as a result of participating in Emerge in-person classes
2. Increase the evidence-base demonstrating the impact of Emerge on people living with long Covid
3. Include full ethical considerations and a timeline which considers an ethics approval process
4. Create findings that are suitable to distil into accessible information for public dissemination across Scottish Ballet's networks, marketing and social media platforms. (Please consider this when submitting your proposal to Scottish Ballet.)

We are also open to hearing your thoughts on what this commissioned evaluation should include and why.

Dates & deadline:

Data collection will take place between April – June 2023 when SB Health will run 'Emerge' sessions in-person at SB studios in Glasgow.

Final report is due 1 October 2023.

Fee:

£4000

We welcome applications from those looking to work on a self-employed (contractor) basis, including those already working in an academic institution, across different stages of their careers and across a range of backgrounds.

How to apply:

Proposal – to apply, please send us a proposal (maximum 1500 words) that considers the aims outlined above. You may wish to use the following headings to support with structuring your proposal:

Introduction, Aims, Methodology, Methods, Ethical Considerations, Intended Outputs, Dissemination Plans, Timeline

Curriculum Vitae - Along with this proposal, please submit your CV (maximum 2 pages) detailing any relevant transferable skills, qualifications or experience plus any examples of relevant work.

Send these to dancehealth@scottishballet.co.uk by Thursday 22 December, 4pm

We welcome applications from all communities and backgrounds, building a diverse Scottish Ballet community that reflects the people of Scotland.

Scottish Ballet is actively participating in Creative UK's *Redesigning Freelance*, a collective initiative which aims to drive change and build greater equality into the freelance workforce.

If you have any questions or to discuss further, please contact lisa.sinclair@scottishballet.co.uk