

Rod Evans Centre Mirrors



-  **From:** Alissa Cirulis
-  **from:** 6100 Lathlain
-  **To:** Perth City Council **in:** City of Perth
-  **Subscription period until:** 06/26/2024

2D barcode for mobile phones:



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We would love to see mirrors installed at Rod Evans Centre to support the large dance community in Perth.

Rod Evans Centre has many outstanding features. The low friction flooring, high ceilings, natural light, air conditioning and accessibility are ideal for dancers. The only thing missing is dedicated mirrors.

In Perth, there is a shortage of venues with suitable floors and mirrors for dancers.

Rod Evans has a very special set of features which could be used to support an activity which is so vital to connecting and enriching communities.

The Rod Evans Centre is perfectly positioned to support dance communities across Perth by installing mirrors.

Perth is home to many dance groups across a variety of styles but we share the same goal - *to connect and enrich our community*.

The Rod Evans Centre has many outstanding features. The low friction flooring, high ceilings, natural light, air conditioning and accessibility are ideal for dancers. **The only thing missing is dedicated mirrors.**

In Perth, there is a heartbreaking shortage of venues with suitable floors and mirrors for dancers. Unfortunately, many outstanding groups have been negatively impacted by this.

There are many facilities in Perth suited to seated activities like meetings and presentations which have no need for the features offered by Rod Evans, including smooth floors, high ceilings, exceptional air conditioning and [hopefully] mirrors. Rod Evans has a very special set of features and we would love to see them used to support an activity which is so vital to connecting and enriching communities, especially such a multicultural community as Perth.

Mirrors serve several important purposes in the context of dancing:

- **Teaching/Learning Support:** Mirrors facilitate learning. Visual feedback allows dancers to observe and improve their technique, posture, and alignment in the moment. Mirrors allow instructors to demonstrate movement while simultaneously watching the group, enabling them to offer more support, better education and tailored feedback.
- **Spatial Awareness:** Mirrors help dancers develop spatial awareness by allowing them to see how their movements relate to the surrounding space and other dancers.
- **Artistic Expression:** Mirrors enable dancers to visually explore and refine their art. Observing nuances of movement and facial expression allows dancers to convey emotion and storytelling effectively.
- **Self-Reflection and Confidence:** Mirrors encourage self-reflection and self-awareness, helping build confidence and self-esteem. Witnessing their progress and growth in the mirror, dancers gain a sense of accomplishment and pride in their abilities.

Mirrors are essential for dancers, but I believe many community groups would benefit, including acting, circus and performing arts, fitness, exercise, sewing/tailoring/costuming, choirs etc.

Why is dance so vital to building stronger communities? **Dance offers many benefits, fostering social cohesion, physical health, emotional well-being, and cultural enrichment.**

- **Social Cohesion:** Dance brings people together, breaking down barriers of age, gender, ethnicity, and socioeconomic status. Dance activities foster a sense of belonging and community, creating opportunities for social interaction and relationship-building.
- **Physical Health:** Dance as physical exercise promotes cardiovascular health, flexibility, strength, and coordination. Regular participation in dance contributes to healthier communities.
- **Emotional Well-being:** Dance has positive effects on mental health by reducing stress, anxiety, and depression. Rhythmic movements and musical expression uplift mood, boost self-esteem, and promote a sense of accomplishment and empowerment.

- **Cultural Enrichment:** Dance is deeply rooted in culture and tradition, serving as a means of preserving and celebrating cultural heritage. Engaging in diverse forms of dance exposes community members to different cultural perspectives, traditions, and artistic expressions, promoting cultural understanding, tolerance, and appreciation.
- **Community Engagement:** Dance events provide opportunities for community members to come together and engage in shared experiences. Workshops, socials and classes offer platforms for collaboration, creativity, and artistic expression, enriching the cultural fabric of communities and fostering a sense of pride and identity.
- **Inclusivity and Accessibility:** Dance can be adapted to accommodate all ages, abilities, and backgrounds, making it an inclusive and accessible form of expression. Community dance programs strive to create welcoming environments where everyone feels empowered to participate, regardless of physical or cognitive limitations.
- **Youth Development:** Dance programs for youth provide a constructive outlet for expression, creativity, and personal growth. Young people develop important life skills like discipline, teamwork, communication, and goal-setting, contributing to their development and well-being.

Overall, dance plays a vital role in building vibrant, healthy, and connected communities by promoting social interaction, physical health, emotional well-being, cultural enrichment, inclusivity, and youth development.

The Rod Evans Centre could be a wonderful centre for the many vibrant dance groups in our city contributing to social cohesion, physical health, emotional well-being, and cultural enrichment.
Installing mirrors will make this space an invaluable resource.



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Rod Evans Centre Mirrors



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