

All delegates			
08.30 - 09.30	Registration		
09.30 - 10.15	Welcome and introduction from conference partners		
	Keynote: What does it take to perform at your best? Panel interview with leading artists		
10.00 - 10.15	Tea and coffee		
	World café discussion forum		
	Chaired by: Helen Laws, One Dance UK & NIDMS		
10.15 - 12.30	Featuring provocation speeches from: Michael 'Mikey J' Asante, Ithalia Forel, Sunanda Biswas 'BGirl SunSun', Caroline Jubb, Oliva Daniell & Lauren Filer 'Exception-Elle'		
12.30 - 13.30	Lunch		
Workshop route			
	Workshop choice 1	Workshop choice 2	Workshop choice 3 (UEL)
13.30 – 14.30	Alternative Hip Hop Workshop Luther 'London' Dyer	Project Breakalign Seminar Nefeli 'sMash' Tsiouti	Krump fitness workshop Theo 'Godson' Oloyade
14.45 – 15.45	African dance workshop with live drumming Ithalia Forel	Injury Management Seminar Stephanie De'Ath, NIDMS, Olivia Daniell & Lauren Filer	Breaking fitness workshop Anthony Jackson 'BBoy AJ-47' & Emmanuel Adekun 'BBoy Manny'
15.45 – 16.30	Tea and coffee		
16.30 – 17.30	Acrobatics workshop with Mimbre Silvia Fratelli	<i>16.00-17.00</i> Nutrition Seminar Zerlina Mastin & Miroslav Sekula 'BBoy Mayro'	Locking & Popping fitness workshop Frederick 'Realness' Folkes
Conference route			
	Chaired by: Kim Hutt		
13.30-14.00	Introduction to healthcare & research in hip hop Erin Sanchez & Sarah Needham-Beck, One Dance UK		
14.00-14.45	Clinical care of hip hop dancers, presentations from: Dr Roger Wolman & Caroline Jubb, Mark Archer		
14.45-15.45	Research presentations from: Nefeli 'sMash' Tsiouti, Professor Matthew Wyon, Dr Keir Philip 'BBoy Kid Keir', Sonja Cimelli		
16.00 – 16.30	Tea and coffee		
16.30-17.30	Research networking session Chaired by: Claire Farmer, NIDMS		
All delegates			
17.30 – 18.00	Closing plenary UEL Dance Collective performance of 'Unite Enlighten Love' choreographed by Kenrick Sandy		

All delegates will be invited to attend the morning programme, which will feature a keynote lecture and a world café, which provides an open forum to discuss ideas and challenges, share practice across healthcare and artistic fields, prompted by provocations from world-leading practitioners.

After lunch we will then divide into two strands. The practical workshop route is designed with the specific needs of artists, performers, choreographers, and teachers in mind, whereas the conference route allows researchers and healthcare specialists to delve deeper into the existing knowledge and challenges for furthering knowledge in this area.

Workshop route

These sessions after lunch will be practical workshops aimed at dancers, performers, teachers and choreographers. Multiple parallel sessions will be on offer; giving delegates the ability to select which workshops they wish to attend. Full day, workshop route, delegates will be able to choose a maximum of three workshops to attend, while single workshop tickets are also available for purchase. All delegates are welcome to also attend morning conference content. Performers, teachers and choreographers will move and actively practice, as well as gain specific advice for their disciplines to apply back into their own training.

(N.B. Please wear suitable clothes to dance in.)

Conference route

These sessions after lunch are aimed at healthcare practitioners and researchers. This section of the conference will begin with an introduction into the current research and knowledge available in healthcare needs of hip-hop artists, as well as other physically demanding styles. Following this opening, healthcare practitioners will present clinical case studies, comprehensively sharing their patient's journey and outlining specific considerations for these performers, and researchers will give in-depth presentations on current research projects. This section of the conference will conclude with a networking session and activities to encourage collaboration and new ideas for future research and healthcare approaches.