

Work with Rubicon Dance: Dance for Health Trainee Practitioner

This is an exciting opportunity to develop specialist skills in delivering high-quality dance activities across health and community settings.

Job Title: Dance for Health Trainee Practitioner

Part-time (21 hrs/week, fixed term 4 months)

Dates of role: 4th May 2026 – 29th August 2026

Based in Cardiff and the Vale of Glamorgan

Salary: £24,479.00 per annum pro rata (equivalent to £13.45 per hour, Real Living Wage)

The Dance for Health Trainee Practitioner will work alongside Rubicon Dance's experienced Dance for Health professionals to develop the specialist skills and knowledge needed to facilitate dance sessions within healthcare settings. They will support the creation and delivery of dance activities that provide participants with inspirational workshops tailored to suit individual physical and cognitive abilities, with consideration to wellbeing and other support needs as required. They will also take part in specialist training, mentoring, and reflective practice to prepare them for a career in the exciting and growing sector of dance for health.

This traineeship is designed for a dance practitioner with experience in community dance who is ready to deepen their skills within health and wellbeing contexts. The successful candidate will:

- Shadow and support experienced Dance for Health practitioners delivering sessions for a wide range of participants.
- Gain hands-on experience in NHS, social care, and community settings.
- Engage in structured learning, reflection, mentoring, and supervised practice.
- Undertake specialist training to build knowledge of relevant health conditions, safe practice, inclusive delivery, and sector specific approaches.

This is a developmental role, designed to increase and develop the workforce of Dance for Health specialists.

How to apply: please send a CV and covering letter to info@rubicondance.co.uk

Deadline for applications: 10am Tuesday 7th April 2026

Interviews: 16th April 2026

Your covering letter should explain why you think you are suitable for the job and demonstrate your experience and skills according to the Personal Specification in the Job Description section. You may submit this in written format, by video or sound file, or any other manner that is accessible to you.

Written letters should be no more than two pages.

Video/audio applications should be no more than 10 minutes.

If you would like to apply in another format, please get in touch.

Rubicon Dance is an Equal Opportunities employer and committed to improving its diversity to reflect the communities it serves. We welcome applicants from all backgrounds and particularly encourage individuals with diverse perspectives and experiences to apply.

[DOWNLOAD APPLICATION PACK & JOB DESCRIPTION](#)

If you have any questions regarding this role, feel free to email Rubicon Dance at info@rubicondance.org.uk, or call us on 029 2049 1477.