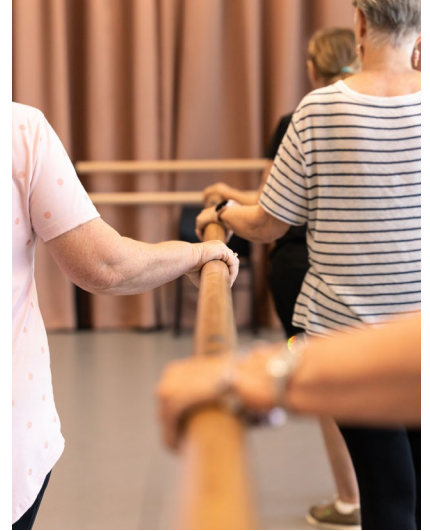


Queensland Ballet Community Health Institute



52,322

Total participants across all programs in 2024



55+

Weekly classes offered

40

Locations across Queensland in 2024



Advancing health and wellbeing through dance

Our vision

The Community Health Institute is an innovative initiative of Queensland Ballet, dedicated to transforming lives across Queensland through the power of dance. Established in 2023, the Institute represents a bold and enduring commitment to enhancing community wellbeing, championing accessibility, and embedding dance as a tool for social impact and holistic health.

Who we are

Queensland Ballet has long valued its role beyond the stage, where 'Participation' is as central to our mission as 'Performance' and 'Pathways'. Through the Community Health Institute, we build on this legacy with a growing portfolio of inclusive, impactful programs across metropolitan Brisbane and regional Queensland. Our programs span Community Dance, Dance for Health, Education, and Performance Health, creating meaningful opportunities for people of all ages, backgrounds, and abilities.

Development and Research

The Community Health Institute leads Queensland Ballet's evidence-informed approach to dance-based health initiatives. As global interest in Dance for Health surges, we are pioneering innovative programs that place dance at the intersection of health, research, and community. Our partnership with Queensland Health (2024–2026) reflects growing recognition of dance as a tool for exercise, emotional expression, and social connection. We collaborate with leading researchers and institutions to investigate how dance improves quality of life, social, mental and physical health and wellbeing.

Key collaborators include:

- Queensland Health
- Dance for Parkinson's Australia
- The Arthritis Movement
- Queensland Conservatorium Research Centre
- Griffith University
- The University of Queensland
- Queensland University of Technology
- Monash University
- National Injury Insurance Scheme Queensland
- Queensland Brain Institute
- Queensland Brain Injury Collaborative

Community Dance programs

Engagement and reach

Community Classes include:

Adult Ballet • Adult Contemporary • Adult Jazz • Ballet Foundations • Barre and Tone • Petit Pointers (early years) • Pilates • Dance for Seniors • Strengthen and Stretch • Yoga

32,084

Total metro community class participants in 2024

93%

Adult community participants rated classes as "Exoellent"

842

Childrens Workshops and Centre Stage experience participants in 2024

4,168

Participants in First 5 Forever workshops delivered in 2024 (Brisbane and Regional)



Dance for Seniors

Queensland Ballet's Dance for Seniors classes offer older adults a fun, social way to stay active, improve physical wellbeing, and enjoy the benefits of dance. Research from QUT (supported by Queensland Government) has shown the program to enhance energy, flexibility, posture, and overall wellbeing. Held at the Thomas Dixon Centre in West End, the program runs 11 weekly classes for a thriving community of over 200 seniors.

"I love dancing at QB because I am part of a community that shares a passion for dance. Teachers understand that my body doesn't work the way it used to, but they know that I still love to dance."

DANCE FOR SENIORS PARTICIPANT

Dance for Veterans

Launched in 2025 and supported by RSL Queensland, Dance for Veterans is an eight-week program for veterans living with PTSD or trauma-related psychological injury. Based on PhD research by Dr Rick Maher with Queensland University of Technology, the program combines progressive dance instruction with facilitated social connection. Drawing on elements of military movement and artistic expression, it aims to support veterans' psychological, physical, and social wellbeing as part of RSL Queensland's Peer-led Program initiative.

"I've never done ballet in my life, but Dance for Veterans has already helped me reconnect with my body, my story, and other veterans in a truly uplifting way. Massive thanks to Queensland Ballet and RSL Queensland for making this happen. It's more than just movement; it's healing in motion."

DANCE FOR VETERANS PARTICIPANT

Dance Health programs

Improving lives through movement

Ballet for Brain Injury

Launched in 2021, Ballet for Brain Injury is a specialised dance program for individuals living with brain injury—including stroke, brain cancer, acquired brain injury, and post-concussion syndrome. Developed in partnership with Griffith University, the Hopkins Centre and Citrine Sun Entertainment, the program uses creative movement to support physical, cognitive, and emotional recovery. Participants are empowered to express their experiences through dance, helping them reconnect with their bodies and explore healing through artistic expression.

Dance for Arthritis

Dance for Arthritis is a 10-week online dance program developed with The Arthritis Movement, to support Queenslanders living with arthritis. Led by Queensland Ballet Teaching Artists, the beginner-friendly classes are designed to be safe, accessible, and enjoyable from home. The program promotes improved strength, mobility, balance, and social connection, helping participants stay active while building a supportive community.

“I WAS IMMEDIATELY TRANSFORMED BACK TO MY TEENAGE YEARS, I FELT LIKE A LIGHT BULB HAD GONE OFF IN MY HEAD. ALTHOUGH I COULDN’T MOVE THE SAME WAY, THE MUSCLE MEMORY WAS THERE.”

BALLET FOR BRAIN INJURY PARTICIPANT

Dance for Parkinson’s

Since 2013, Queensland Ballet has offered weekly Dance for Parkinson’s classes, based on the global Dance for PD® program. The research collaboration on this program between QUT, Queensland Ballet and the University of Queensland was Australia’s first initiative of this kind. The program has demonstrated significant physical, cognitive, emotional, and social benefits for participants, supporting dance as a powerful tool for managing Parkinson’s and other neurological conditions.

Ballet Serene

Ballet Serene is a gentle, seated ballet program designed for aged care residents, created in collaboration with clinicians and care staff. Tailored for varied abilities, the classes focus on joy, connection, self-expression, and emotional wellbeing. They also support cognitive engagement, with the potential to spark memory and responsiveness in participants living with dementia.

Dance Rehab

Dance Rehab is a tailored dance program launched in 2024 for hospital in-patients, developed in collaboration with allied health professionals. Designed to complement rehabilitation programs, the classes incorporate music, movement, and social interaction to enhance motivation and support overall wellbeing. Currently delivered weekly in two major Brisbane hospitals, the program is planned to expand to reach patients with varied conditions in other hospitals in Brisbane and regionally.

100%

Surveyed Dance Rehab participants want the program to continue in hospitals

91%

Surveyed Dance for Arthritis participants felt greater control over their condition

96%

Surveyed Dance for Arthritis participants gained better understanding of condition management



Education programs

Fostering creative learning



Creativity helps children to develop their confidence and coordination, and stretches their understanding of the role that the arts play in our society. The Community Health Institute is proud to offer a range of programs to help facilitate this learning both for kids in Kindergarten up to Year 12, and for their educators.

Programs include

- In-School Workshops (Years K-12, EYLF, ACARA and QCAA curriculum alignment)
- Immersion Experiences at the Thomas Dixon Centre
- Teacher Professional Development (aligned to AITSL standards)

Special initiatives:

- First Nations Cultural Workshops
- Free digital resources for educators

Teacher feedback

“An inspiring and dynamic learning environment... students left enriched.”

TEACHER

5,420

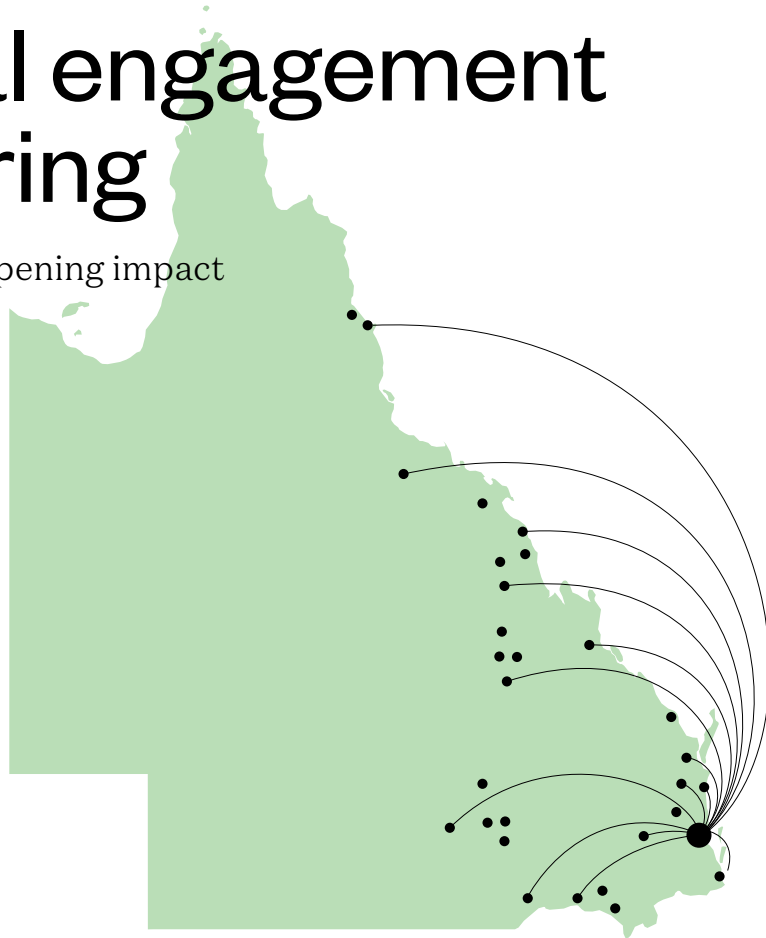
Total workshop participants in 2024

100%

Surveyed Professional Development participants rated sessions “Very Satisfied”

Regional engagement and touring

Expanding reach, deepening impact



REGIONAL LOCATIONS 2024

Sharing dance statewide

In 2024, our Community, Health and Education programs reached 6,615 regional participants across 40 locations in Queensland. From Cairns to Goondiwindi, we bring high-impact programs that are flexible to community needs, designed in partnership with local councils, health providers, and schools.

Aspirational model

We aim to establish long-term regional hubs, enabled by local and corporate partnerships, to ensure deeper, sustained access to Community, Dance Health and Education Programs across Queensland.

“I was really happy with how Queensland Ballet’s Education Team was able to make a workshop that met the needs of our school. The facilitator was able to make it meaningful for our students. We were also involved with the workshop for young kids at the library, with one of our Indigenous students reading the book authored by his grandmother, who has passed away. It was a very moving experience and such an amazing opportunity for him.”

TEACHER

“MY DAUGHTER
LOVED THE
WORKSHOPS. SHE
NOW WANTS TO
TAKE UP BALLET!”

PARENT, GOONDIWINDI

Performance Health

Our Performance Health team works with Queensland Ballet's Company dancers and Academy students to maximise their wellbeing and career longevity.

Services include:

Physiotherapy and Rehabilitation • Sports & Exercise Medicine • Strength and Conditioning • Pilates • Massage Therapy • Podiatry • Psychology • Sports Dietetics • Safe Dance Practice and Injury Prevention Education

Expertise

The Performance Health team comprises highly specialised, experienced dance health professionals who provide dedicated healthcare to enable peak health, wellbeing and performance of our dancers.

Dancer reflections:

"The Performance Health team plays a crucial part in a ballet dancer's career. Dancers push their bodies daily to deliver the elite performance that is required. We may face several physical injuries throughout our careers, as well as mental health concerns that can come with injuries. Having a strong health team helps us prevent injuries from happening but also provides guidance throughout the challenges that come with an injury."

PRINCIPAL ARTIST



"THEY GUIDED ME
THROUGH RECOVERY
AND HELPED ME FEEL
SAFE AND SUPPORTED."

FIRST COMPANY ARTIST

The future of the Institute

We are only just beginning.
With visionary partners, we aim to:

01.

Expand regional hubs for deeper community presence

02.

Develop new Dance for Health research initiatives

03.

Increase access for underrepresented youth

04.

Expand digital delivery for remote engagement

05.

Establish global knowledge partnerships



Contact us

For further information about any of the initiatives in this brochure, including possible delivery in your region contact: community@queenslandballet.com.au

Join us

Philanthropy, partnership and possibility

Support from visionary donors, partners and organisations makes our work possible. To ensure sustainability and grow our reach, we invite you to contribute to Queensland Ballet's Forever Fund.

Together, we can:

- Enrich lives and build stronger communities
- Improve health outcomes for Queenslanders
- Ensure every person, regardless of background or ability, has the chance to dance

To discuss partnership or philanthropic support:

Email: development@queenslandballet.com.au

Call: 07 3013 6660

Queensland Ballet Community Health Institute