



LUCA SILVESTRINI'S

PROTEIN

proteindance.co.uk

(In)visible
Dancing

SUNDAY 6 SEPTEMBER 2026

Powis Street → Beresford Square → General Gordon Square
Woolwich

Thank you for joining us



Photo: Stu Mayhew

(In)visible Dancing transforms everyday life into an extraordinary celebration of community and dance. It combines the surprise of a flashmob with a performance developed over one or two weeks with local dance groups.

Since 2010, the production has been presented at major festivals in the UK, Ireland and Italy, and seen by more than 132,000 people.

Powered by a live marching band, dance ripples through the streets and brings people together in a joyful shared experience. Today's special performances by local dance and movement groups form the spectacular mass-movement finale of GDIF 2026.

Today's company

Protein dancers:

Nathan Bartman, Malachi Brandt, George Perez,
Mercedes Prevatt, Lauren Stewart, Matt Winston

Musicians:

George Garford (Musical Director and Alto Saxophone),
Tom Briers (Sousaphone), Celeste Cantor-Stephens
(Trumpet), Olivia Cuttill (Trumpet), Miles Pillinger
(Percussion), Cameron Scott (Trombone)

Trinity Laban student volunteers:

Laura Cecilia Castiblanco Moreno, Ingrid Cochrane, Beth
Kolind, Ellen Nowak Ní Cheallaigh and Scarlett Jasper
Webber

Participating groups

Broadway Tippy Toes Dancing
Caribbean Social Forum
Citizens of the World Choir
Dynamix
Goldsmiths Confucius Institute for Dance and
Performance
Grounded UK Juniors
Grupo Folklórico Costa Rica in the UK
Kerry On Dancing
Impact Dance
Swing Patrol
Thamesmead Tornadoes
Reach at Tramshed

Tell us what you thought

Your feedback helps GDIF and Protein understand what worked and make future events better.

Survey [Share your thoughts about today's event](#)



Photo: Stu Mayhew

Inspired by today's performers?

Many of the groups welcome new members, including complete beginners. Use the links below to check current class times, costs, access information and availability.

Broadway Tippy Toes Dancing

A friendly local group bringing adults and children together through line dancing. Sessions offer an enjoyable way to keep active, learn routines and dance with others.

Email [Ask about joining Broadway Tippy Toes](#)

Caribbean Social Forum

A welcoming community for older and retired Caribbean people. Its programme includes dancing, music, singing, cultural activities, educational talks, discussion groups and social events. The Forum promotes friendship, healthier living and reduced isolation while celebrating Caribbean heritage.

Website [Visit Caribbean Social Forum](#)

Citizens of the World Choir

A joyful, supportive community bringing refugees, people seeking sanctuary and allies together through weekly singing and public performances. You do not need to be an experienced singer to express an interest in joining.

Website [Register your interest with the choir](#)

Dynamix

A Thamesmead-based dance group for young people aged 5–18. Lively classes explore Street Dance, Hip-Hop and Afrobeats, helping dancers build confidence, fitness and performance skills. Classes take place at The Nest in Cygnet Square, Thamesmead.

Website [Visit Dynamix](#)

Instagram [Follow @dynamix_dancerz](#)

Email [Contact Dynamix](#)

Goldsmiths Confucius Institute for Dance and Performance

Based at Goldsmiths, University of London, the Institute introduces people to Chinese culture through dance, music, martial arts, language and visual arts. Public short courses include Chinese classical and folk dance, ribbon and fan dancing, tai chi, kung fu and traditional Chinese music.

Website [Explore current Goldsmiths courses](#)

Grounded UK Juniors

Taught by Sunanda Biswas, also known as B-girl Sun Sun, this group introduces children aged 6–11 to energetic, culturally rich dance styles rooted in African and African diaspora traditions. It combines dance training with creativity, confidence and the enjoyment of moving together.

Instagram [Follow Grounded Movement for class updates](#)

Website [Find out more about Sunanda Biswas](#)

Grupo Folklórico Costa Rica in the UK

The group celebrates Costa Rican culture through traditional dance, colourful costumes and music. It performs at cultural and community events, sharing Costa Rica's heritage with audiences across the UK.

Website [Visit We Are Costa Rica UK](#)

Instagram [Follow Costa Rica in the UK](#)

Kerry On Dancing

An inclusive, ISTD-approved dance school in the Royal Borough of Greenwich. It offers Ballroom, Latin American and Street Dance for children, plus Ballroom, Latin American, Sequence Dance and Ballroom Burn for adults. Group and one-to-one lessons are available.

Website [Explore Kerry On Dancing classes](#)

Email [Contact Kerry On Dancing](#)

Impact Dance

An award-winning organisation specialising in Hip-Hop Theatre, Street Dance and youth development. Its Saturday Academy trains young people aged 11–19 in Hip-Hop, creative movement, choreography and other dance styles.

Website [Discover Impact Dance classes and opportunities](#)

Swing Patrol

Friendly classes, workshops and social events sharing Lindy Hop and other swing dance styles across London. Complete beginners are welcome, you do not need a partner, and many weekly classes do not require advance booking.

Website [Find a Swing Patrol class](#)

Thamesmead Tornadoes

A lively and welcoming soul and R&B line-dancing group. Classes are suitable for mixed abilities and no previous experience is needed—just bring your energy and enthusiasm.

Classes [Find Thamesmead Tornadoes sessions](#)

Reach at Tramshed

Tramshed's term-time theatre company for adults aged 18 and over with learning differences and disabilities. Members explore acting, music, movement and performance in an inclusive environment. Sessions are on Mondays, 6–8pm, at Tramshed, 51–53 Woolwich New Road, SE18 6ES.

Website [Find out about Reach at Tramshed](#)

Email [Contact Tramshed participation](#)

Phone [Call 020 8854 1316](#)

Protein's dance classes for adults

Fun, creative and supportive classes for adults of all ages and levels of experience, including complete beginners.

Led by Protein's professional dancers, each class includes a physical warm-up, contemporary dance technique and creative movement inspired by the company's productions.

Thursdays, 7–8.30pm, at Woolwich Works. The Autumn 2026 term runs from 24 September to 3 December. Classes are free for Royal Borough of Greenwich residents.

Book [View dates and book at Woolwich Works](#)

More [Visit Protein Dance](#)

The Magic Flute

Join Protein for a playful and imaginative retelling of Mozart's much-loved opera, transformed through dance, music, storytelling and comedy. Created for families, The Magic Flute features integrated creative captions and tours to venues across the UK from October 2026.

Performances at Woolwich Works take place on 11 and 12 December 2026.

Book [Find out more about The Magic Flute](#)

Support Protein Dance

Protein is a registered charity. Your donation helps us create inspiring dance productions, provide affordable and accessible activities, and bring people of different ages, cultures and experiences together through dance. Every donation—however large or small—helps more people take part.

Donate [Make a donation to Protein Dance](#)

About Luca Silvestrini's Protein

***"Luca Silvestrini is the sharpest of comic choreographers."* The Guardian**

Luca Silvestrini's Protein is an award-winning dance company based at Woolwich Works. One of the most distinctive voices in British dance theatre, Luca has used a blend of original choreography, text, music and social commentary to engage and entertain audiences and participants for more than 25 years.

Protein's work is driven by a desire to connect deeply with audiences. Storytelling, immersive locations and audience interaction remove traditional boundaries and nurture inclusive, participatory experiences.

Protein team

Artistic Director and CEO: Luca Silvestrini

Executive Producer: Caron Loudy

Creative Producer: Michael Peter Johnson

Project Co-ordinator: Lydia Wharf

Keep in touch

Website proteindance.co.uk

Instagram [@proteindance](https://www.instagram.com/proteindance)

#proteindance #InvisibleDancing

Credits and thanks

(In)visible Dancing 2026 is funded by the Royal Borough of Greenwich, Arts Council England via GDIF and is supported by Woolwich Works.

With special thanks to Bradley, Ellie, Evie, Shaun, Luke, Mairi, Jacob, Ursula and all the volunteers at GDIF; everyone at Woolwich Works; Tramshed; Trinity Laban; Stuart at Snow Creative; and James May from Live.com.

(In)visible Dancing is an International Dance Festival Birmingham production.

Protein Dance is a Resident Artistic Company at Woolwich Works and Luca Silvestrini is an Affiliate Artist at The Place.



Supported using public funding by

**ARTS COUNCIL
ENGLAND**

