



DATE: 6<sup>TH</sup> JANUARY 2021

# CARE TO DANCE

# IMPACT REPORT

# 2021



## WHY WE EXIST

**T**here is a wealth of research highlighting that care-experienced children disproportionately experience poor mental health and low educational attainment (O'Higgins et al, 2015).

Research consistently reports the positive impact that leisure activities can have on children's mental health, social development and educational engagement (Hollingworth, 2012).



Care to Dance encourages creative expression, promoting positive emotional wellbeing. We aim to build a community of young people who share their love for dance, establishing meaningful and lasting relationships whilst developing a sense of belonging.

***“The young person has developed in confidence and has been able to make friendships that otherwise he would not. I have seen a difference in the short time I have worked with the young person after sessions starting up again. It has been great for them to be involved as a team as they struggle to build relationships and trust others” - Social Worker***

# WHAT WE DO



We run *weekly dance classes* for children in care and leaving care; we teach contemporary and street dance whilst supporting every young person to choreograph their own dance routines.

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We continue to provide *performance opportunities* for young people to showcase their talents, hard work and build confidence.

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We now have a total of 5 *ambassadors* who support other young people attending our programmes; they continue to build the confidence and self-esteem of young people through their demonstration of great leadership and compassion.

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We have recently become a qualified Centre to teach Level 1 and Level 2 *Dance Leadership*; we are due to commence our first ever cohort in January 2021!

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We facilitate *social activities* with the young people who attend our classes; this provides them with time to have fun together, further developing their friendships.

*“I believe the young person feels valued at Care to Dance and I feel that the encouragement she has received from the Dance Mentors has really built not only her confidence in dance but also her self-confidence. She has now taken dance as a GCSE subject and her teacher has complimented her on her technique and capability, much of which she learnt from Care to Dance.” - Carer*

# THE IMPACT

We asked young people and their carers how much, from 0-10 (0 being no difference, 10 being a lot of difference) has Care to Dance influenced:

Their confidence since starting care to dance. On average, they said **8.5**

Their concentration in school. On average, they said **7.1**

Their opportunities to make friendships. On average, they said **7.6**

Their engagement in dance. On average, they said **7.2**

Their mood positively. On average, they said **8.6**

Their mental health during the COVID-19 pandemic. On average, they said **8**



***“Our young person loves to dance and to be able to do this in a group, participating in shows and learning the different styles of dance has been great. He has enjoyed taking on different roles to help others to participate. He has learnt that you can participate no matter what your ability and enjoy putting on a performance.” – Carer***



***“The children have connected so well to the Dance Mentor and they value each member”- Social Worker***



***“She was uplifted during the time the young person was able to attend” - Social Worker***

# 2020 - THE UNCERTAINTY AND RESILIENCE



## *The challenges during COVID-19 and how we overcame this*

2020 has been a challenging year; Young Minds (2020) has found that mental health and isolation among children and young people has been made worse by the coronavirus pandemic. Now more than ever, young people need consistency and connectivity.

In response to the Government Guidelines, Care to Dance has had periods of time when our classes were not able to continue. Although this has been challenging, the resilience among the young people needs to be emphasised and celebrated. Our newly appointed Inclusion Lead has been extremely creative and innovative when exploring how to ensure that everyone remains connected. We have used video calls, games and social media apps and we have set challenges for the young people so as to support them during this difficult time.

To hear more about how Care to Dance has responded to the coronavirus pandemic, have a listen to Frontline's Stories of Change podcast where you can hear Director, Beth Vecchione, celebrate the resilience and creativity of the young people.

***"I think it is a wonderful project and that the young people have enjoyed being part of the group, I have seen their confidence grow and they have made new friends" – Head of the Virtual School for Looked After Children***



# WHAT WILL 2021 BRING?

A simple black outline map of the United Kingdom, showing the main islands of Great Britain and Ireland.

## *Expanding across the UK*

Care to Dance aims to be a service that is provided to children and young people throughout the UK. We aim to ensure that every young person in care and leaving care has the opportunity to engage in dance, make long lasting friendships and to celebrate their talents.

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## *Dance Leadership qualifications*

Care to Dance is due to teach Level 1 and Level 2 Dance Leadership Qualifications to our first ever cohort of young people in January 2021. We aim to provide opportunities for young people across the UK to develop their leadership skills and achieve recognized qualifications in the process. We are also really excited to be collaborating with Dance City, providing opportunities for children and young people to achieve their Discover, Bronze, Silver and Gold Arts Awards.

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## *Expanding our evidence-base and celebrating the impact that dance can have on children and young people*

We aim to collectively facilitate societal change by collaborating with other organisations, social enterprises and charities. We will continue to evaluate and review the impact that Dance can have on children and young people, aiming to ensure that every young person has the opportunity to engage in dance.

# THANK YOU

*North Tyneside, South Tyneside and Stockton Local Authority*

*NE Youth and Lloyds for your additional funding and support*

*Frontline for your ongoing support through the fellowship programme*

*The children and young people who bring amazing energy into class every week*

*The Ambassadors and Inclusion Lead who continue to support other young people in building their confidence*

*The carers who continue to support the young people to attend our classes*

*Our dance mentors who continue to share their creativity whilst supporting young people every week*





# GET IN TOUCH




**If you have any questions about our work,  
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