



CARE TO DANCE

Impact Report



care to dance

January 2022

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Welcome

Welcome to our latest Impact report that covers the period of January 2021- January 2022.

Thank you to everyone who has supported the young people and our mission.



"I really loved Care to Dance!! At first I won't lie since I was new to everything and the people it did feel really strange at first, however after getting to know everyone it felt like a **big family**. I didn't feel judged at all there and knowing that people there had **similar backgrounds** as I did also made me feel **comfortable** as I knew all of us could understand one another.

Another thing is the teachers were **VERY supportive** and were so understanding when one of us couldn't make it to one of the sessions. They always encouraged us to try our best and never got upset if we struggled with a move which made most of us not feel anxious if we made a mistake! I would also like to say that sometimes when I'm having a bad week I usually got excited for Saturdays because Care to Dance was also like a **place where I could chill and ease my mind** from a lot of things. I also loved the fact we got to do other activities together besides just dancing like when we all went trampolining. It was one of the **best days I ever had this year** actually!! (this year has been very dark for all of us).

Care to Dance also **brought me and my younger Sister closer** and also helped my sister to gain **more confidence** because at the start she had REALLY bad stage fright and the only person she could trust performing in front of was me. However by the end of the 12 weeks she was able to do the finale performance in front of everyone including our Foster Dad which was something she would have NEVER! been able to do before so I thank Care to Dance alot for this! So yes this is my feedback if there's anymore 'Care To Dance' in future I would REALLY LOVE to attend again!! ♥ " -
Young Person

Our approach

Our Mission

Our mission is to pioneer new ways of using dance to improve the wellbeing of young people in care. We provide them with a safe space to express themselves in an understanding and caring environment that is focused on developing confidence through dance.

Our Vision

A world in which all care experienced young people have the opportunity to express themselves through dance and develop leadership skills through lived experience. A world in which a culture of inclusivity, innovation and creative expression is a reality.



85

Young people
have been
supported
through Care to
Dance in 2021

The challenges we aim to address

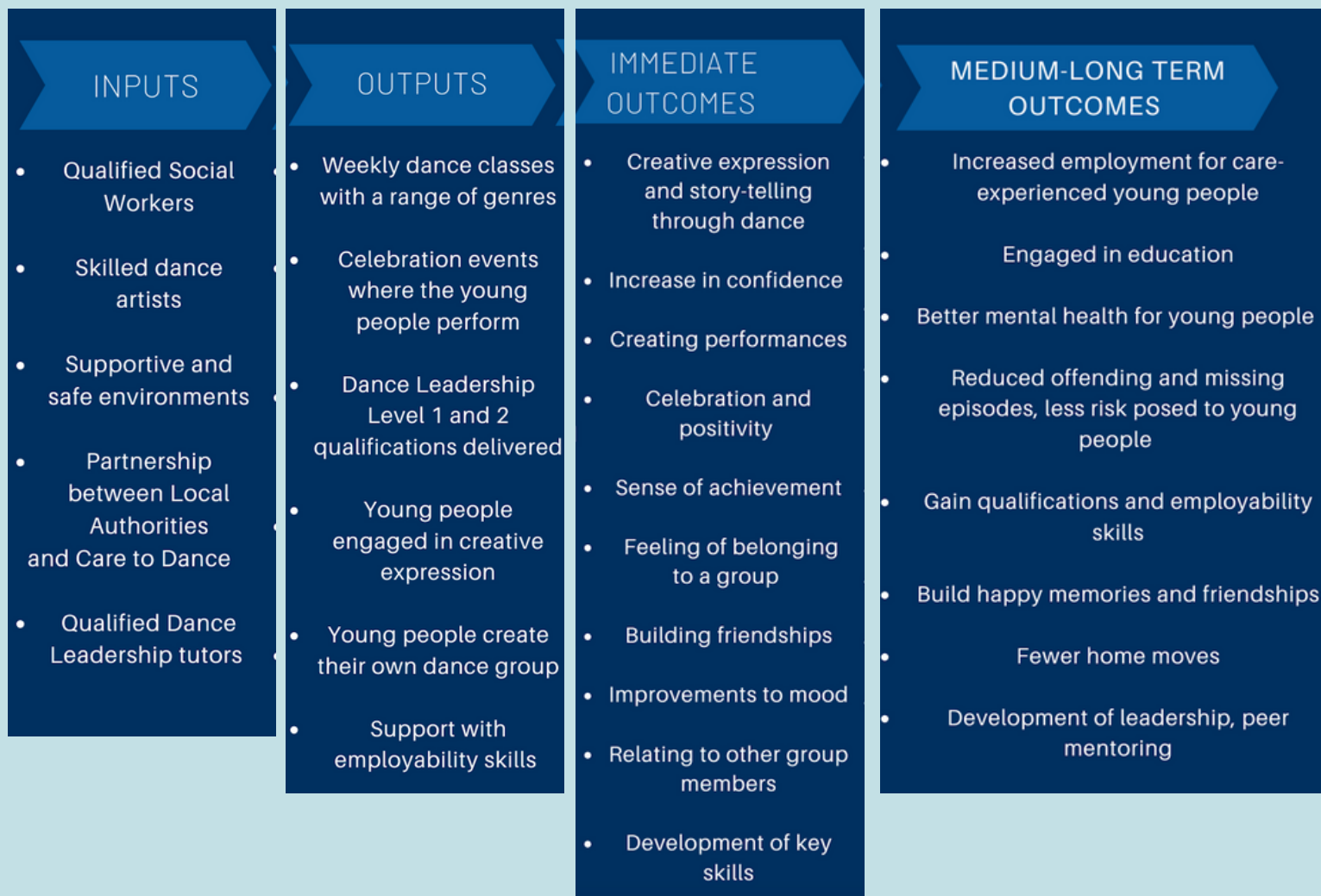


“Care too often weakens rather than strengthens relationships: many care leavers report having small support networks, 6% had no one providing emotional support and nearly one in ten young people only had support from their leaving care worker” (Briheim–Crookall et al., 2020).

Within the recently released Case for Change Report led by the Independent Review of Children’s Services, it was highlighted that the care-experienced young people often experience marginalisation. This report has highlighted how the system has failed to prioritise the importance of young people in care to be able to form and build loving relationships.

Evidence shows there is an intrinsic link between children engaging in leisure activities and improvements in their mental health and educational attainment (Department for Education and Skills, 2006). Care to Dance aims to improve the confidence and wellbeing of care-experienced young people by providing purposeful dance classes that support the development of key skills whilst nurturing meaningful relationships in a safe space where they can express themselves through movement. Care to Dance **recognises and celebrates** the achievements of care-experienced young people!

Our missions and outcomes



Research shows that care-experienced young people often experience marginalisation. Care to Dance aims to overcome certain barriers that care-experienced young people face by creating a safe and inclusive environment. We aim to use dance as a means for young people to express themselves and build friendships, whilst encouraging resilience, the development of new skills and the attainment of aspirations.

Our programmes

Our 12-week programme:

Young people come together each week, learn a variety of dance genres, in a safe space where they can creatively express themselves. They are in a space where they are able to build meaningful and lasting relationships with one another, feel a sense of belonging in an inclusive environment and develop their confidence through dance. During this programme, young people come together for a social event where they can further develop these relationships with one another and build positive and happy memories! The 12-week programme ends with a celebration event where the young people showcase their creativity and celebrate their confidence and achievements.



Our 12-month programme:

Following the 12-week programme, we continue to support young people over a 12-month period. We support them to creatively express themselves through dance whilst working towards a variety of performances and celebration events. The young people attend a variety of social events, such as trampolining and bowling and we are even due to watch Diversity next year! In addition to this, we support the young people to gain their Dance Leadership Level 1 and Level 2 qualifications, evidencing the amazing leadership they demonstrate each week!





Performances held in 2021

A HUGE well done to all young people who have performed this year. Limitless, a group of young people who have danced together since 2019, performed at our celebration event, at the Care about Care? event with Curious Monkey and also at NE Youth's Pride with Projects event! Here are a few pictures from their amazing performances!

Our South Tyneside dance group, Courageous Crew, our Hackney group and our Stockton dance group, Stockton Stars, also performed at our celebration events and they showed amazing creativity and confidence throughout.



The North West
London
programme
danced at Oti
Mabuse's studio!

Our Journey

2019

Care to Dance was established by Qualified Social Worker, Beth Vecchione. A pilot 12-week programme commenced in September 2019 where a group of young people started to dance together each week. Many young people in this group are still dancing together to this day!

Care to Dance also supported young people in Stockton-on-Tees through a 12-week programme. Care to Dance continued to support young people during lockdown through a range of virtual activities.

2020

2021

Care to Dance expanded to London, supporting more young people through our programmes over 5 Local Authorities. The young people demonstrated creativity and determination! In the North East, three dance groups continue on their dancing journey. Care to Dance is also an Approved Qualification Centre to support young people to complete their Level 1 and 2 Dance Leadership Qualifications! 7 young people successfully completed their Level 1 Dance Leadership qualification!

"During our journey as Foster Carers, my wife and I have learnt to take one day at a time. We ride the highs and the lows. At times, things can be so challenging that we may even look at each other, for a nano second and, without words, ask if we are good enough; if we have what it takes; if we are doing the right thing. And nothing beats those moments when your foster daughter says something or gives you a hug, like the hug we got when she finished her dance performance. A hug that spoke about how pleased she was with her achievement; how pleased she was that she stuck it out; how she, herself, has just created a warm happy memory, despite all the trauma she had to endure. Engaging our children in positive activities that build their character, confidence and self-worth matters most." - Foster Carer

Leadership in Care to Dance



Cicero,
Inclusion Lead

Elisha, Inclusion
Lead

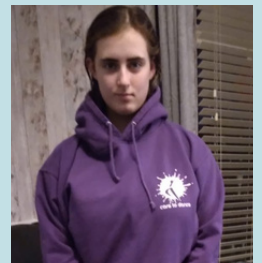


Young people have the opportunity to become an ambassador for Care to Dance, where they support other young people in our classes. Additionally, we have two Inclusion Leads who support the development of Care to Dance, ensuring we are as impactful as possible whilst supporting the young people across our programmes. Please meet our amazing Ambassadors!

Brooke, Dance
Mentor



Lily,
Ambassador



Lexi,
Ambassador



Charlotte,
Ambassador

Serena,
Ambassador



A young person's story

"I first came into care when I could no longer live with my mam and stepdad due to home circumstances that went on throughout my time living there. However despite having an irregular childhood experience it was not all bad. During my time at my previous home I spent a lot of time in the dance studios and it became a way for me to feel free, escape the negativity, and feel myself again. It was my form of expression. Unfortunately due to my changed living circumstances after moving, I could no longer continue dance due to location and also motivation and other issues. It was a very difficult time and I didn't want to do anything that reminded me of my past despite always having such a passion for dancing.

It wasn't until I received a letter in the mail inviting me to dance alongside other care leavers which was free and local to me and this started my dream to become a dancer. It seemed crazy for me to imagine that agreeing to go to that first class over 2 years has allowed me to get back on track with my dreams.

At the time I was struggling to fit in at sixth form and I was trying my best to pursue the traditional route of getting highly respected A levels and then go on to university. In my heart I knew this wasn't the right path for me. I enrolled onto a dance course at a completely different college which I'm still doing to this day. Safe to say I wish I enrolled sooner because I absolutely love it, however I would've never had the confidence or ability if I hadn't maintained my dance classes with Care to Dance which really helped me find my passion for dance again.

Now looking ahead I am also busy completing my level 4 online diploma funded by Care to Dance which I am over the moon about and in the future I hope that Care to Dance will be able to fund my level 5 and 6 qualifications so that I have an equivalent of a degree in Dance Teaching as well as great experience teaching classes with Care to Dance. I'm so glad I've been able to make a great new set of relatable friends who are also care experienced. This also means that I would be able to go on to create my own social enterprise for young people in care across the country or world and or eventually be a director for Care to Dance as ultimately that's my dream. If it wasn't for Care to Dance I know I wouldn't be able to call any of this my reality".

Our Impact



We asked, from 0-10, how much Care to Dance has impacted the young person's mood and emotional wellbeing. On average, young people said **8.8** and carers said **9.6**.



We asked, from 0-10, how much has the young person's confidence improved across our programmes. On average, young people said **8.7** and carers said **8.5**.

We asked, from 0-10, Care to Dance has influenced the young person in engaging with dance. On average, young people said **9.4** and carers said **8.4**.



We asked, from 0-10, how has Care to Dance supported young people to make friends across our programmes. On average, young people said **7.5** and carers said **8.6**.

We asked, from 0-10, how has the young person's dance ability improved. Young people said **7.8** and carers said **8**.



Key themes that arose from feedback between young people and their carers:

'Development of skills, including social skills, communication, resilience and teamwork', 'sense of belonging', 'family', 'sibling relationships strengthened', 'friendships', 'confidence', 'feel valued', 'expressing emotions', 'happy', 'opportunities', 'positive mental health', 'finding a voice through dance', 'relatability to other young people', 'self-regulation of emotions', 'good for physical health'.



Local Authority feedback



Impact on educational attainment

"Dancing has been helpful to release stress and focus on homework. One of the carers have informed us that the young people's organisational skills have improved as a result of the dancing session because the young person wanted to be sure that homework was completed before the session in order to enjoy the class. Young people's emotional wellbeing has also improved which has had a positive impact at home and school." - Social Pedagogue for the Virtual School

"Care to Dance have a good understanding of children cared for and young people." - Service Manager

From 0-10, when asked how likely they would recommend Care to Dance to another Local Authority, on average, they said



9.5

"Care to Dance encourages our young people to work as part of a team, they make new friends and develop skills in forming other interests. Care to Dance encourages young people to be creative, you can see growing self-esteem and the hope is that it provides young people with the confidence to know that they can try different things and achieve." - Service Manager



"It is an amazing programme to support children and young people to discover their talents and to build up their confidence". - Virtual School



Our goals for 2022

Support more young people through dance across England

We aim to continue to support young people across England through dance. We strive to reach many more young people in the North East of England and London, collaborating with a number of organisations and Local Authorities. We also aim to launch our Care to Dance hubs in other regions!

We aim to support more young people through their Dance Leadership Level 1 and Level 2 qualifications, supporting them towards their goals and aspirations.

Support more young people to complete their Dance Leadership qualifications

Continue to collaborate with organisations, providing more opportunities for young people

We aim to continue to collaborate with like-minded organisations to support young people holistically. We would like to provide as many opportunities to young people as we can, supporting them to reach their aspirations, goals and to build upon their life skills and confidence.



Meet the team

"I have always held a great passion for supporting young people through dance. The benefits that dance can bring to someone is so significant, which I felt first hand as a young person. I first saw a need for Care to Dance when I worked as a Social Worker, supporting young people every day. Since our very first pilot, I cannot put into words how proud I am of every young person who has attended our programmes. They show incredible commitment, confidence and determination every week. Their amazing energy and dedication is inspiring. I am excited for the future of Care to Dance and the future of the young people who attend".

Beth Vecchione, Founder and Director



"I am a true believer that dance is a powerful means of allowing children to express their inner feelings, thoughts and experiences. Having worked as a social worker, supporting young people who have experienced significant trauma, I witnessed how important it is for them to have a space to express themselves; and what better way through creative movement in a safe and supportive environment. It has been a privilege to see how the young people develop over our programmes - both in self confidence and in their dance ability over a broad range of dance styles. They make friendships, feel a sense of belonging in a group and generally enjoy themselves. Care to Dance is so much more than just a dance class."

Amelia Channon, Director and London Lead



"I love to teach dance to young people. I feel this helps them to channel their energy positively and helps to build their confidence. I have really enjoyed watching the young people grow and perform as a team. It is an honour to work with them all and I'm excited to see them continue to grow."

Chad Stewart, North East Lead

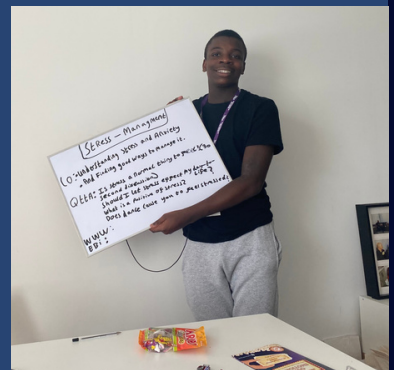


Thank you

The service we provide to young people is only made possible by the number of organisations, Local Authorities and individuals who support Care to Dance in terms of providing both funding and expertise. This support has enabled us to reach 85 young people this year.



South Tyneside Local Authority
North Tyneside Local Authority
ARC, Stockton-on-Tees Theatre
Hackney Local Authority
Brent Local Authority
Ealing Local Authority
Barnet Local Authority
Harrow Local Authority
NE Youth
UnLtd
Frontline
School of Social Entrepreneurs
Inclusion Leads
Ambassadors
Young People
Carers
Curious Monkey
Oti Mabuse and Marius Lepure
Guest teachers



To hear more about Care to Dance, please contact us.

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