



Care to Dance Impact Report

January 2022 - January 2023

caretodance.co.uk

Our mission

Our mission is to improve the wellbeing of young people in care through the medium of dance. Through our weekly dance workshops, we are able to provide a safe space for our young people to come together, learn dance and creatively express themselves through movement, whilst building meaningful relationships and feeling a sense of belonging within a supportive community.

Our values

Inclusivity

As Social Workers, we have noticed the internal and external barriers and issues that care-experienced young people can face. Often, care-experienced young people talk about feeling lost or lacking a belonging. A core value of Care to Dance is inclusivity and we aim for every young person who attends our programmes to feel a sense of belonging and community within this space.

Young people who have experienced trauma often find it difficult to express and voice their emotions. Dance provides another medium through which they can express their feelings and process their experiences in a positive and dynamic way.

Expression

Innovation

Within Social Work practice, we have found that limited resources can result in a lack of holistic therapeutic support. Care to Dance aims to use a more innovative, holistic approach aimed at supporting care-experienced young people through the medium of dance. Dance offers a non-verbal "universal language" through which our young people can express themselves.

Within society, there tends to be a negative narrative surrounding care-experienced young people. This tends to highlight their over-representation within the prison system and amongst the unemployed and homeless. Whilst it is important to recognise this in order to drive systemic change, Care to Dance believes that it is essential to alter this narrative and recognise care-experienced young people's talents, interests and potential. The achievements they make through our programmes are continuously celebrated and allow us to reinforce the positive message that our children can achieve and attain their goals and aspirations.

Celebration



What we do

12-month programme

Our 12 month programme consists of weekly dance classes and several performance opportunities. We also provide a dance leadership programme, whereby young people can obtain Level 1 and Level 2 Dance Leadership qualifications accredited by Sports Leaders. This also provides a platform for them to develop positive and transferable leadership skills and build up confidence.

Our 12 week programme consists of a weekly dance workshop where a group of young people come together, share their love for dance and work towards a celebration event where they perform in front of an audience! This creates an invaluable sense of achievement for young people. They also experience a fun activity outside of the studio, further building positive memories with their peers.

12-week programme

One to one support

We provide one-to-one support for young people supporting them to build their confidence and to creatively express themselves through dance with the goal to support them to join the group programme when they feel ready. This is to reduce any internal barriers that they may be facing and subsequently experience the same sense of belonging and community as their peers!

Alongside dance classes we also have lots of social opportunities outside of the dance studio. This encourages young people to create happy memories together whilst strengthening their relationships and building new friendships.

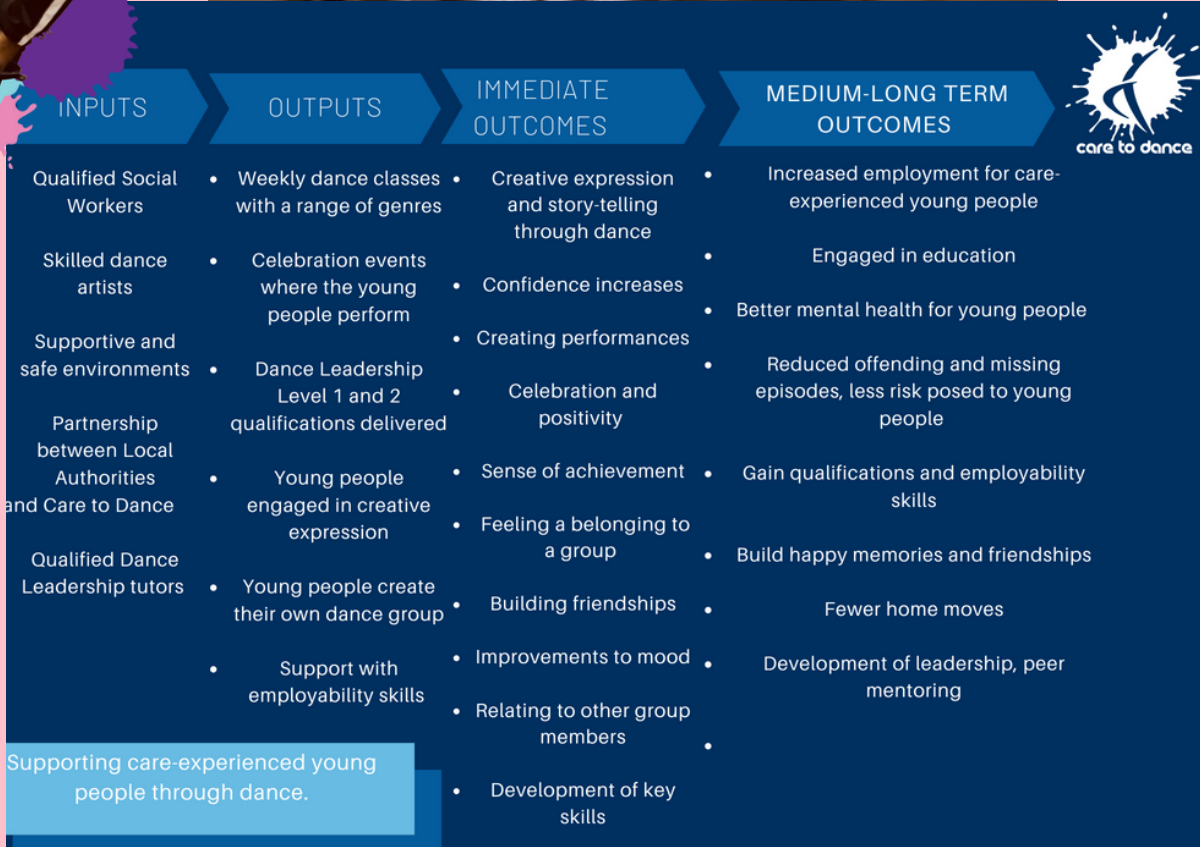
Social events



Who we are

Care to Dance is led and directed by two qualified Social Workers with extensive experience of working with vulnerable children and with backgrounds in dance. We combine the professional and emotional attributes of social work practice to provide a safe and meaningful environment for children. This unique balance of Social Work and Dance enables us to pursue a holistic approach and deliver a programme that introduces young people to various styles of dance.

We have a delivery team of dance teachers who also hold a broad range of skills, developed from Social Work, Dance Movement Therapy, Youth Work and mentoring/coaching. We believe it is vital for our mission that the delivery teams are trauma-informed and have a range of experience to enable us to holistically support our young people. Our teachers offer tuition in a range of dance genres and provide our young people with a broad introduction to the world of dance. A number of our teachers dance professionally in well known companies including Rambert and ZooNation, thereby offering our young people inspirational role models to aspire to.



Our Impact

Emotional wellbeing and confidence

"It became a way for me to feel free, escape the negativity, and feel myself again. It was my form of expression"

Young Person

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 **8.6** and carers said **9.6**.



"She didn't get much from talking therapy and she struggles to express herself through words, but dancing gave her a powerful outlet to express herself".

Carer

We asked, from 0-10, how much Care to Dance has impacted the young person's confidence. On average, young people said **8.5** and carers said **9.6**.

"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."

Young person

Sense of belonging

We asked, from 0-10, how has Care to Dance supported young people to make friends across our programmes. On average, young people said **9.3** and carers said **8.5**.

Increased educational attainment

We asked, from 0-10, how has Care to Dance impacted the young person's engagement in school. On average, carers said **8**.

"My young person had been out of education for a while. In the time that she has been attending Care to Dance, she has now been accepted back into mainstream school."

Foster Carer

2 young people passed their Level 2 Dance Leadership qualification and a further 4 are due to commence their Level 2 in 2023!

11 young people passed their Level 1 Dance Leadership Qualification and a further 9 are due to commence their Level 1 in 2023!

Our Impact

Stability at home

"The group has also allowed young people some respite from the foster carers home where she can mix with peers, while also offering respite to the carers and other young people in the home".

Social Worker

"Carers report that young people feel more confident which has a positive impact at home and in their education" - Headteacher of a Virtual School.

Increase in employment opportunities

"It has been very good for him and his behaviour. It is somewhere for him to go to with positive influences. He is always coming home on time and has behaved very well at home. He has had no missing episodes in the last few weeks too which is very good."

Foster Carer

Care to Dance aims to reduce the over-representation of unemployment across the care-experienced population. We provide a platform for young people to develop key transferable skills, along with providing employment opportunities within our organisation. Since 2020, we have supported one young person to complete their Level 4 Diploma in Dance Teaching who then joined our North East Delivery Team as a Dance Teacher!

We have also put two of our young people forward for auditions into a vocational youth dance company. We are passionate about continuing to grow these opportunities!



Our growth in 2022

In 2022, we have expanded our services across 4 regions.

As we enter 2023, we are supporting over 120 care-experienced young people across the country working in partnership with 15 Local Authorities. Our vision is for all care-experienced young people to have the opportunity to access dance. We believe in reducing any barriers young people can experience, driving inclusivity and accessibility.

We started the year working with 60 young people across 4 programmes in two regions. In 12 months, we have doubled the number of young people we support whilst continuing to seek new opportunities to maximise impact in collaboration with additional Local Authorities.

We asked Local Authorities, from 0-10, how likely would they recommend Care to Dance to another Local Authority. On average, they said 10!



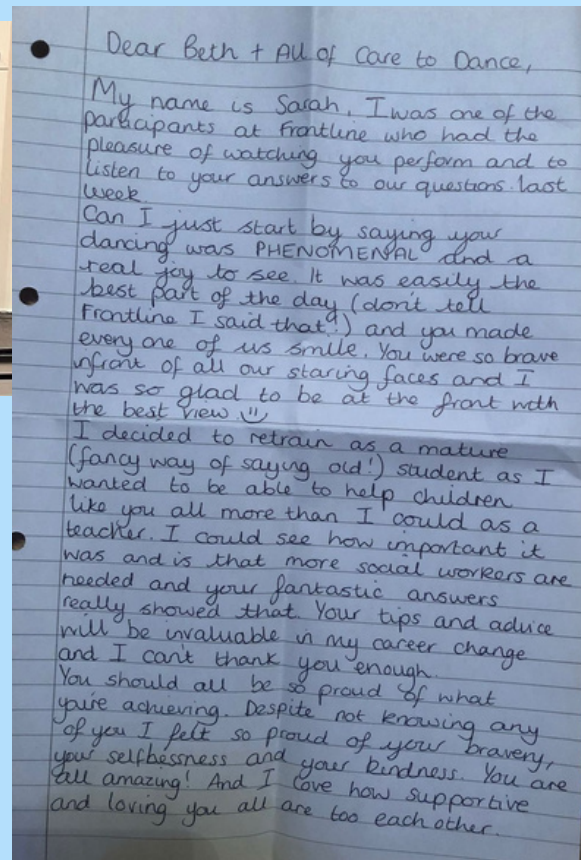
We asked Local Authorities, from 0-10, how would they recommend the professionalism. On average, they said 10.

"Staff are nurturing, professional and fun. Young people do not feel judged and they feel free to explore their limits and creativity. The teachers communicate really well with us, they provide weekly updates of each child and they are always looking for new opportunities for the young people."
Virtual School

Wider societal impact

Within Care to Dance, we appoint a number of Ambassadors amongst the young people we support. An ambassador supports the delivery team and young people in class, they help with the development of Care to Dance and they represent the voices of young people throughout our programmes.

We have appointed 13 ambassadors across our programmes. Recently, we attended Social Work Charity Frontline's Summer Institute where the ambassadors performed in front of over 400 Student Social Workers, showcasing their creativity and talents! They also showed incredible courage and leadership in participating in a seminar sharing their views on 'What makes a good Social Worker?', informed by their lived experience.



To me, inclusivity means everyone feels involved and everyone feels valued in the Care to Dance community. Within Care to Dance, I felt it would be beneficial for someone to have oversight and lead on driving inclusivity throughout the programmes across the country. To this day, I continue to lead systemic change through hosting my own podcast platform, attending a range of events in the Sector and being the voice of many care-experienced young people.

Cicero, Inclusion Lead

Cicero attended Care to Dance's very first pilot in 2019 and has since become our Inclusion Lead, driving inclusivity throughout our organisation. Cicero participates in advocating for wider systemic change, including hosting his own podcast.

Cicero's conversation with Bailey

Expressing through dance!



With **Cicero**

Podcast

Supporting young people's talents and interests



With

Cicero, Inclusion Lead

For more info, visit our website

www.caretodance.co.uk

Cicero's exploration of using empowering language



With **Cicero**

The Care Leaders Fellowship

We are so excited to announce that Care to Dance has been selected as a member of The Care Leaders Fellowship! The Care Leaders Fellowship brings together Professional and Lived Experience Leaders to develop an idea, project, or business to support care experienced young people. This is a wonderful and newly-formed community of those with Professional and Lived Experience who share similar missions to support children and young people. Their vision is that lived experience and professional leaders become allies in developing services that solve social issues.

The aim of this programme is to connect with like-minded and inspirational leaders whilst expanding our network, subsequently supporting more children and young people throughout the country. We would like to create as many opportunities for young people to pursue their dreams and aspirations whilst celebrating their achievements. Driving a culture of innovation to support better outcomes for children and young people is a key goal that we strive to achieve at Care to Dance.



Goals for 2023

We are so excited about a new year with new goals and aspirations to maximise impact across the country!



Support across 5 regions!

Moving into 2023, we are due to support young people across 4 regions; North West, North East, South East and London! We aspire to continue our growth working in partnership with Local Authorities across the country, further expanding to the East Midlands!

In partnership with John Lewis's Building Better Future's Fund, we are exploring potential support for creating an apprenticeship scheme, allowing us to maximise opportunities for care-experienced young people to education and employment.



Exploration of an apprenticeship scheme



Support 30 young people through towards their Dance Leadership Qualifications

We aim to support over 30 young people to complete their Level 1 and Level 2 Dance Leadership Qualifications. This tangible achievement will also build their confidence and help them to aspire to high levels of educational attainment.

Thank you!

Thank you to all supporting organisations and Local Authorities who have been key partners in our growth and impact across the country!

South Tyneside Council

North Tyneside City Council

Stockton-on-Tees Borough Council

Newcastle City Council

Gateshead Council

Brent Council

Barnet Council

Harrow Council

Ealing Council

Hackney Council

Newham Council

Portsmouth City Council

Oxfordshire County Council

Bury Council

Bolton Council

NE Youth

The Care Leaders Fellowship

Avocados Advocacy

Curious Monkey

Brighter Futures/Stratford Youth Zone

Danceworks

Boomdiggidy

FunKidz Dance

UnLtd

Social Enterprise Support Fund

Sports Leaders

Northumbria Police and Crime

Commissioner

Frontline Social Work Charity

What Works in Children's Social Care PINE



Hear more about us!



In 2022, our North East group Limitless were featured on Sky News FYI where they shared the meaning that dance has on them! Take a look!

Take a listen to The Care Leaders podcast where you hear from Founder, Director and Qualified Social Worker Beth Vecchione speak with Luke Rodgers BEM, Director of Strategy, about the journey of Care to Dance and the impact that dance can have on a young person!



Also check out Cicero's podcast here! You will hear him talk all about what dance means to him as well as hosting a number of discussions himself.

