

<b>Project</b>		<b>ABL Street Performance Dance Sessions (Street Dance)</b>	
<b>Lead Delivery Partner</b>		<b>The Enthusiasm Trust</b>	
<b>Theme</b>	<b>Dance Workshops</b>	<b>Priority</b>	<b>1 – Strengthening the Community</b>
<b>Activity</b>	<b>3: Street Performances</b>	<b>Budget code</b>	<b>232</b>
<p><b>Project outcomes (from SLA)</b></p> <p>People will get on with each other and take pride in the Big Local area and get involved with making it better; and People take pride in themselves and the area because they are happy.</p> <p>The sessions will challenge respect, discipline, healthy lifestyle, difficult behaviour, confidence and self-esteem.</p> <p>This activity meets the aims of Priority 1 – Strengthening the Community, but also offers benefits under Priority 2 – Improving Life Skills (Youth) which is reported separately.</p> <p>Working in partnership with Trinity Warriors, The Enthusiasm Trust will deliver:</p> <ul style="list-style-type: none"> <li>• Weekly dance sessions for 50 weeks</li> <li>• Activities involving up to 20 children who will learn new skills</li> <li>• An improvement in the confidence and self-esteem - as measured by discussions with participants</li> </ul>			
<b>Reporting period dates</b>	<b>01/01/2018 - 31/03/2018</b>	<b>No and age of people benefiting from the project during the reporting period</b>	<b>Individuals engaged 30  Aged between 8 and 17 years  Overall engagements 154</b>
<p><b>Introduction</b></p> <p><i>Tell us basic information about the project and its outcomes and aims for reporting period.</i></p> <p>Every week up to 20 young people from Allenton are welcomed take part in this fantastic project. They are supported by a professional dance teacher and a professional youth mentor to learn and develop new dance moves and techniques alongside confidence and self-esteem in preparation for public performances and events across the community.</p>			

During this reporting period the new dance instructor from Trinity Warriors, Karlie, settled in really well and introduced a number of new techniques and a refreshing sense of discipline that the young people really responded positively to. Youth Mentor Nikita continued to support the young people during their dance journey

Trinity Warriors are a Derby based dance academy who became famous when they reached the semi-finals of Sky One's 'Got to Dance' show in 2011. The combination of professional dance sessions with specialist youth support gives local young people the opportunity to access something creative, fresh, energetic and fun in a safe and welcoming environment and take part in an activity that they may not normally be able to access.

As the sessions are open access and free of charge, they allow young people to build new friendships, nurture existing ones and learn new skills that require discipline, trust and respect, which in turn improves their view to fitness and healthy living, builds their confidence and enables them to develop a new level self-esteem. Alongside this, they also encourage them to learn and work with other young people in a team environment. In communities where there is a greater demographic of disadvantage and/or deprivation, access to arts and culture can often be restricted, with limited opportunities available for artistically gifted young people within the locality (and even for those who're not so gifted but love to dance and engage in arts and culture). The learning and relationships nurtured through this project not only addresses immediate development and life-skills themes/priorities; it is something that can never be taken away and opens up a whole new world of opportunity to some of our local, artistically talented young people.

As you will read in this report, through this ABL dance project we have also been able to continue to provide opportunities for older members of the community to engage alongside the young people; both as participants and as audience members - bringing a real multi-generational theme to the whole project and improving connectivity and understanding between different generations.

#### **Activities undertaken during reporting period**

*Tell us what you have done and how well things have gone. Include any issues carried over from previous report, activities carried out and any base line monitoring. Please attach photographs, quotes, good news stories etc*

During this reporting period the young people have continued to be dedicated to attending the dance sessions in preparation for their performance events and in order to master new techniques and improve physical attributes such as agility, balance, coordination, and flexibility. We have continued to be impressed by their levels of commitment and dedication to attend over school holidays and the Easter period, when friend/family outings, stays with extended/second home family and caring needs for other siblings added possible distractions and pressure not to attend.

With the guidance of Karlie and Nikita, the young people are currently working hard on a new routine which they hope to perform for the reopening of St Martin's Methodist Church Community Centre.

We have continued to work with a number of agencies across Derby including Derby City Council, Derby Homes, Guidemark Publishing, St Martins Methodist Church and Big Local as we prepare for the next Big Local event; helping our young people to prepare physically and emotionally to overcome any performance anxiety and confidence issues that emerge as the day draws closer. However, we anticipate that with the progress and improvement that they have shown in performance and self-confidence, these issues will become less prominent in the future.

We had an Arts and Heritage project that ran for two weeks over the Easter period, when 15 young people, 2 volunteers and 3 staff members engaged with the University of Derby and DerwentWise to explore a variety of art disciplines and visit heritage sites across Derby and Derbyshire.

The young people thoroughly enjoyed this opportunity and are excited that we are planning the next partnership event for summer 2018.

### **Challenges:**

The very nature of our work is that some young people encounter a number of challenges and 'trip wires' along the way; this is the very reason we complement dance sessions with life-skills mentoring and support, both in the sessions as well as through links to other projects and our outreach work.

Some of the young people engaged on the project continue to encounter personal/family challenges, others have issues around relationships, behaviour, education and respect. Nikita has continued to engage with them regularly and work with them to support and help identify and overcome their problems (or develop resilience to cope better) and return to the group. Karlie, their new dance teacher is impressed with the group's overall attitude, how they have embraced change and the way they support one another.



### Outcomes the project has contributed to

*Tell us what difference you have made in relation to the SLA outcomes and more widely in the area.*

#### 2017-2018 Year End Report

Total number of individuals engaged	Total number of young people engaged over all sessions	Total number of sessions delivered	Total number of young people in ABL area
65	532	48	28

**People will get on with each other and take pride in the Big Local area and get involved with making it better; and People take pride in themselves and the area because they are happy**

We have had a consistent positive presence within the Allenton area and have continued to provide a safe environment for the young people to attend, keeping them focused on a positive, sometimes challenging (as they master new techniques and barriers) and fun project.

We've continued to support some of the young people through anti-social behaviour contracts (ABC's) and have helped them maintain consistent good behaviour during their time with us; which has continued to reduce the ASB in the area.

#### CASE STUDY

##### *Background and context*

April was originally referred to Enthusiasm because she was named as being a part of a group causing ASB in the Bingham Street area of Allenton. She was verbally abusive towards adults and children alike and made life difficult for local residents. April was offered a place on the trusts Triple R mentoring programme and appointed a youth mentor to work one-to-one with her.

We recognised through her assessment that she had low self-esteem and confidence. She struggled with her school and Mum believed she was dyslexic. She struggled to make positive friendships and was identified as being at risk to CSE. She wasn't involved in any positive activities and had difficulty recognising healthy relationships and behaviours.

##### *What has Enthusiasm done?*

Enthusiasm have been mentoring April since October 2015. Since that time April has been encouraged and supported to engage in different activities supported with intensive mentoring.

One of the activities she was encouraged to attend was the ABL Dance Project. Despite a very rocky and often disruptive start, April gradually started to focus more, improving time-keeping skills and being respectful of the other young people attending and their opinions and thoughts. The classes enabled APRIL to see what positive relationships looked like, make new friendships, build confidence and improve and acquire new skills such as coordination, balance and agility.

### *What are the successes?*

April has performed at the Big Local Youth Conference in October and the Rolls Royce Memorial Window on Nightingale Road. She continues to show commitment and dedication and she often arrives to class early to help set up and, despite blips every so often, attends regularly and enjoys coming.

We recognise that April continues to make fantastic progress in other areas of her life and is on a journey that may take considerable time. We also recognise that her relationship with Nikita, Karlie and the group is key to her attendance and progress throughout her journey. With regards to the Dance Project - she still requires a lot of support, encouragement and challenge to attend classes but her progress continues to be fantastic. In the sessions we've created a 'safe space' where young people can go if they feel anxious or upset.

April has made sufficient progress against her risks and vulnerabilities to be exited from Triple R Mentoring Programme and now gets support in group activities like Dance Project and outreach activities.

### *Any drawbacks & how these have been addressed?*

April is transitioning from 121 to group support and sometimes needs a little extra challenge and support to complete this journey.

### *Current situation and future plan*

April has reduced her need for multi agency support. The wrap around support she receives from the different projects she's engaged with through Enthusiasm are helping her make the most incredible progress – despite all her challenges she was able to dig deep and with her new friends, prepare for her GCSE's; she passed and has almost completed her first year in Further Education!

She is able to speak up now if she feels uncomfortable and feels confident enough to attend the dance project every week without being brought by her mentor; she tells us she looks forward to it and encourages others to attend.

### **Timescales**

*Is project on track? If not what are you planning to do to address the issues?*

The project is on track to achieve all its outcomes.

*Plans for next reporting period*

*What are you going to do next? Are there any activities we should know about?*

The young people are continuing to build their confidence and learn new dance moves, genres and techniques at each session. The next performance is currently being planned and a new routine is being created to showcase their progression as dancers and young people for the launch of St Martins Community Centre and other local events being planned by the ABL Events sub-committee.

