

Project		ABL Dance Sessions (Street Dance)	
Lead delivery partner		The Enthusiasm Trust	
Theme	Dance Workshops	Priority	1 – Strengthening the Community
Activity	Street Performances	Budget code	232
<p>Project outcomes (from SLA)</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).</p> <p>Working in partnership with Trinity Warriors, The Enthusiasm Trust will deliver:</p> <ul style="list-style-type: none"> • Weekly dance sessions for 50 weeks • Activities involving up to 20 children who will learn new skills • An improvement in the confidence and self-esteem - as measured by discussions with participants 			
Reporting period dates	26/09/2016 To 28/03/2017	No and age of people benefiting from the project during the reporting period	Individuals engaged 21 Aged between 11 and 16 years Overall engagements 121
<p>Introduction</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, where they are supported by a professional dance teacher and a professional youth worker to learn dance moves and techniques alongside confidence and self-esteem in preparation for public performances and events across the community.</p> <p>The professional dancer, Karlie, is a member of the Trinity Warriors dance group. She teaches the dance sessions, while Jess, one of Enthusiasms professional youth</p>			

workers/specialist youth mentors welcomes, encourages, challenges and mentors them.

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 give local young people the opportunity to access something creative, fresh and fun in a safe and welcoming environment and take part in an activity that they may not normally be able to access.

The sessions also allow young people to build new friendships 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, it also encourages 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. The learning and relationships nurtured through this project not only address immediate development and lifeskills themes/priorities; it's 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 project we've also been able 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. New friendships have been formed and every one of them has had fun and learned new things.

It's been fantastic to see the young people's levels of commitment, attending all weekly sessions and putting in additional time for extra practice as they approached the Heritage Lottery performance, which took place at the prestigious opening of the Rolls Royce Memorial Window on Saturday 28th January at Marble Hall on Nightingale Road.

We worked with a number of agencies across Derby including Derby City Council, Derby Homes, Culture Train and Guidemark Books to produce a music track from scratch, a video, as well as a heritage booklet. All of the young people wore customised outfits to fit in with the Memorial Window theme. They overcome any performance anxiety and confidence issues and by the time they started the performance they were really excited and wanted to

perform in front of the local community, businesses, Councillors, funders and family members.

We attended regular meetings with partners over the 3-month planning period in order to make this event a success.

Challenges:

Along the way a number of young people faced difficulties that they successfully navigated. Some encountered personal/family challenges, others were more around behaviour and respect. This did affect attendance at times, which then made it difficult to perfect set pieces within a routine; but for the young people that were dedicated and attended weekly they managed to overcome this issue, develop a flexible team approach, fill the gaps, learn and perform a complete 6 minute routine – part of this was the decision to be as flexible as possible in order to welcome group members back easily and without disruption. Jess engaged with them regularly and worked with them to help overcome the problems (or develop resilience to cope better) and return to the group.

Karlie, their dance teacher was impressed at how the young people came up with solutions themselves and overcame this issue. She was really pleased with the outcome.

Quote from Karlie – Trinity Dance Teacher

“Teaching with Enthusiasm has been a pleasure, the young people have shown a great amount of growth, both as people and dancers. I have enjoyed the journey we have been on and the goals they have achieved. I have seen such a positive impact on the children throughout the sessions. I believe that the classes have helped the children in a safe environment to experience and express themselves.”





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.

January – March 2017

Total number of individuals engaged	Total number of engagements over all sessions	Total number of sessions delivered	Total number of young people in ABL area
17	78	13	14

2016-2017

Total number of individuals engaged	Total number of engagements over all sessions	Total number of sessions delivered	Total number of young people in ABL area
49	332	40	25

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 provided a safe environment for the young people to attend, keeping them focused on a positive and fun project. Young people have told us that they feel the project has improved relationships between young people in the area. We have also supported 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 directly helped to reduce the ASB in the area.

As part of our performance with the Heritage Project at Marble Hall, we required the young people to research the history of Allenton/Osmaston. Members of the dance group came up with the idea to invite some older members of the community along to some of the dance sessions – specifically when they were planning and researching. This gave the dance group the opportunity to speak to/interview the older generation and gain from their local knowledge. This was really successful. We used this information gathered to help produce a Heritage Guide (attached), dance video and music track. This was a fantastic way to encourage inter-generational work across the community.

See link below for video produced by young people alongside the dance performance and heritage guide:

<https://www.facebook.com/OSCARderby/videos/786504401488263/>

CASE STUDY

Child A is the second eldest of 4 siblings who lives with his mum and dad. His older sister is open to CSE (Child sexual exploitation) and is on our mentoring programme and is used to having services involved with the family. He is a lovely boy who does well in school, but has low confidence and self-esteem. He never used to socialise within the community due to issues around his other siblings.

Since attending dance sessions he has built a great relationship with Enthusiasm staff and other young people within the group to the point that he now has the confidence to attend the ABL youth club at St Martins on his own. He actively gets involved in the provided activities available to him. He is now an active role model for his siblings and other young men in the youth club. His older sister's behaviour has also improved at the youth club over the past few months.

Child A attended a trip to Skegness with Enthusiasm. Young people were picked for the trip as a reward for good behaviour in the community, towards staff during other activities and personal progression. Child A was an easy choice as he has made a positive impression on all the staff members he has interacted with.

Child A has become really talented in dance and seems really focussed during the sessions. He is able to do back flips, break dancing and numerous other skills. Child A now gets on with his siblings better as they have a better understanding of each-others feelings and abilities, and when around others their family bond is much closer, which is a pleasure for us and their parents.

Child A plans on continuing attending the youth club on a Tuesday and has also shown interest in the other youth provisions we provide in adjoining areas within the city.

Child A is not on the mentoring programme and commented to our staff that he feels supported through all our other provisions we provide.

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.

With bank holidays and a short period of sickness we have arranged to continue running the sessions until the week commencing the 10th of April in order to fully complete all sessions and ensure we meet the SLA requirements for this reporting period.

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 and techniques at each session. There are no more street performances planned at the moment so the young people are enjoying the variety of skills they are learning while they identify potential new opportunities for public performances. As part of their confidence and self-esteem building they are also undertaking outreach sessions at the moment to welcome new young people to the group. They have met and planned these sessions together and agreed who is going to complete which tasks and when. The young people would love for the sessions to continue as they are making great progress.

We are looking into social media and how we promote to young people living in the ABL area specifically – snapchat and Instagram are our two main areas of interest.

We have 4 placement students from Derby University Youth and Community Degree, starting in April. These students will feed into the delivery of new activities for all youth provision we run across the ABL area, bringing new ideas and faces to the team.