

<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>01/10/2017 - 31/12/2017</b>	<b>No and age of people benefiting from the project during the reporting period</b>	<b>Individuals engaged 32 Aged between 8 and 17 years  Overall engagements 165</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> <p>During this reporting period the group said a fond farewell to their dance instructor Paco from Trinity Warriors and welcomed the return of Karlie – also a professional dancer from Trinity Warriors. Youth Mentor Nikita continued to support the young people during their</p>			

dance journey and, we also welcomed the help of Leena – a volunteer from Derby University.

The transition was completed without disruption to the group and Karlie leads the dance sessions by choreographing performance pieces, while Nikita 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 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 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'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 dance project we've 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 Christmas 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.

The preparation and commitment paid off when our young people performed an energetic

and acrobatic routine at the Big Local Conference on the 24<sup>th</sup> October at St Martin's Methodist Church in Allenton. The young people's smiles and energy showed the enjoyment that they got from performing a routine that they had worked so hard to perfect and, the performance went down extremely well with the multi-generational audience, who were all members of Big Local organisations from across Britain, which was evidenced by the clapping and cheering.

The young people were very disappointed not to perform at the ABL Christmas Market Event on 16/12/2017 at Allenton Market. This was due to safety concerns because of icy conditions caused by recent snowfall. This was a big disappointment to all (including instructor and mentor) as the young people had worked very hard over the previous 2 months to perfect their routine and were looking forward to performing off the back of their previous success. 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.

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.

### **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.

Some of the young people engaged on the project continue to encounter personal/family challenges, others have issues around relationships, behaviour and respect. This does affect attendance at times, which then makes it difficult to perfect set pieces within a routine; but for the young people that are dedicated and attend weekly they manage 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 or judgement. Nikita has continued to engage with them regularly and work with them to support and help overcome their problems (or develop resilience to cope better) and return to the group. A change of instructor has presented a challenge as the young people have had to build a new relationship and learn to trust and respect their new dance instructor and the way she teaches. With this, the young people have adapted very well to the change showing great personality, resilience, communication and social skills (speaking and listening, cooperation) and have continued to work well as a 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 Tri Quarterly 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	378	35	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.

As part of our performance for the Big Local Conference we've been able to explain a little more about what Allenton Big Local is and how it helps them to take part in their dance classes regularly.

#### 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.

### *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 Conference in October and was due to perform at the Christmas Market event in December. 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.

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

April's issues resurfaced from time to time, however the support that she has through the friendships she's developed in Dance, plus the support of the Youth Mentor, help her to re-focus and keep on track.

### *Current situation and future plan*

April has multi agency support, of which Enthusiasm is a partner, to review and assist her safety and well-being. 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 just started college!

She continues to be heard and speaks up in uncomfortable situations. She 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. New instructor Karlie and Mentor Nikita are putting together an agreed plan for the upcoming events and activities they'd like to perform at.



Photographs.

Left: Learning and demonstrating the importance of warming up before dance.

Right: Saying a very flexible thank you to Enthusiasm staff at Christmas.