

<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>01/04/2018 - 30/06/2018</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, 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 performed at the Derby Homes Volunteer Award Ceremony which took place at St Martin's Church.

We have continued to work with a number of agencies across Derby including Derby City Council, Derby Homes, 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 were able to give our young people the opportunity to develop on their sculpturing experience during the Easter project by inviting an external agency, Twisted Ceramic's to come and deliver a workshop to the young people. The aim of the workshop was to get the young people to push themselves a little further in what they could make. They had a group discussion about what they felt they could achieve and they decided as a group that they were going to make highland cows. The young people all participated well and produced some good work. They now look forward to having the opportunity to take a day trip to Leeds to collect their work during the summer holidays.



### 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 has worked hard to build relationships with the young people and is now seeing the benefits of her hard work, she has seen an increase in respect and trust

from the young people. Kallie can now challenge the group without them being disrespectful towards her.



**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.*

**2018 Qtr 1 report (April-June)**

Total number of individuals engaged	Total number of engagements	Total number of sessions delivered	Total number of young people in ABL area
33	532	15	20

**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 plan to move all the dance sessions back to St Martin’s Church over the summer. The young people will also be doing a litter pick in the area.

**CASE STUDY**

### *Background and context*

YP1 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. YP1 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 YP1 since October 2015. Since that time, YP1 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. The classes enabled YP1 to see what positive relationships looked like, make new friendships, build confidence, improve, and acquire new skills such as coordination, balance and agility. YP1 continues to struggle with boundaries and needs consistently encouraging to engage to stay focused on being positive not negative. This is a weekly battle and needs Nikita's support.

### *What are the successes?*

YP1 has performed at the Derby Homes Volunteer Award Ceremony at St Martins Church. She continues to show commitment and dedication and she often arrives to class early to help set up and, despite issues every so often, attends regularly and enjoys coming.

We recognise that YP1 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?*

YP1 still requires 1-2-1 mentoring and is a high risk young person requiring more than the average support.

### *Current situation and future plan*

YP1 is attending an alternative education provision good progress has been reported to Nikita from College as her engagement and attendance is continuously improving.

YP1 can now speak up 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.

During the next reporting period we have the following planned for the young people:

- To visit Trinity Warrior twice over the summer to help improve high kick's and splits
- A reward trip to Bounce Revolution for their consistency over the summer