

Area Committee Well-being Fund – Project Proposal for Area Committee commissioning

Sections should be expanded as required and any other key information provided as an attachment

Project Name: DAZL Youth Dance Well Being Project

Lead Organisation & contact details:

Dance Action Zone Leeds (DAZL)

Tenants Hall

Acre Close

Leeds LS10 4HX

0113 2706903

Jan Burkhardt

Jan.Burkhardt@slhfa.org.uk

Project Delivery - How the project will be delivered (inc how any partners are involved in the project, what each will contribute, project timescale etc):

This project will be delivered by DAZL working in partnership with local schools, Youth Service, Leeds PCT. Sessions are delivered by freelance dance tutors on a sessional basis. The project is for the year 1 April 2007 – 31 March 2008.

- We promote the project through local schools and delivering taster sessions. We will also support the local schools with the taster sessions that will provide a small input into their curriculum.
- We share information with Youth Services locally and they have already referred young people though to the project over the last year. DAZL works closely with the Youth networks and has been involved in the Leeds 10 and 11 partnership groups
- We work closely with the South Area Management Teams to support other community events or activities in the area.
- We work in partnership with the South Leeds PCT Public health Directorate who deliver healthy lifestyle initiatives that will complement and support the work with the DAZL Youth Dance Groups.

Project Summary (including a brief description of the main activities and why this project is needed and its links to key priorities/actions particularly within the Area Committee's Area Delivery Plan):

This is a new project looking at engaging young people aged 7 – 18 years in healthy living awareness through involvement in dance activity. The dance activity in 2007/08 will have an emphasis on healthy living and this will be the focus of creating performances for the Leeds Town Hall Show.

Mapping of physical activity by the Leeds PCT shows that only 22% of children and young people are involved in regular organised physical activity across the South Leeds area. In South Leeds young women are a high risk group at risk of smoking and teenage pregnancy and dance can provide enjoyment, meaning and diversionary activity for them. Research from the British Heart Foundation shows that physical

activity has important beneficial effects on the current and future health of children and young people.

This project involves:

- Supporting 3 Youth Dance Groups in Inner South Leeds to create dance work on the theme of well being
- Bringing them together to create a high quality show at the Leeds Town Hall on the theme of Well Being.
- A summer holiday programme

Each group would work throughout the summer and autumn towards creating this new performance for the end of 2007. The young people would help choose a theme and they would get input from Health Education professionals in developing the idea. This would in turn engage the young people in a healthy living issue. Each group would use elements of video projection to enhance their productions at the Leeds Town Hall. Alongside developing their individual dance piece they would also be part of a finale production combining all 3 groups. This will bring the children and young people from the different dance groups in Leeds 10 and 11 together and help community cohesion across the area.

This project is also about supporting the newly expanded Youth Dance Groups that are established in the Belle Isle and Beeston and Holbeck areas. The Escape Youth dance Group has doubled in size in 2006 and the 40 new participants need extra input to develop their skills and confidence.

The Youth Dance Groups:

DANCEACTION Youth Dance Group

Community access youth dance group
Venue - At New Bewerley Primary School
Every Saturday in term time plus holiday programmes

Escape Youth Dance Company

Community access youth dance group
Venue - Windmill Primary School
Every Wednesday in term time plus holiday programmes

Both youth dance groups are open to young people of all abilities and DAZL works with peer educators - young people who will help to supervise the group and provide support for those younger and less experienced. The skills and creativity of the older members will also be developed in these peer leadership roles. We will also aim to encourage our 14 – 18 year olds into the South wide DAZL Advance project and into training opportunities in dance leadership.

South Leeds High School Community Cohesion Dance project

After school dance sessions for students at South Leeds High School
Venue – South Leeds High School
Every Wednesday in term time

In partnership with South Leeds High School a successful after school dance session has now been established with a multicultural focus. The project aims to improve community cohesion within the school and beyond. The group include young people from a wide range of backgrounds including African, Czech and Bangladeshi. It is the

most popular after school club at South Leeds High School and the group share in a love of Urban Street Dance style which integrates them as well as having time to develop dances which draw on their own cultural backgrounds. They also share dance cultures by teaching element of their traditional dance styles to the group. There will be a multicultural focus. This project also allows the group to focus on a new and important theme of healthy lifestyle.

Local young people across all these projects will attend weekly dance sessions with professional dance tutors and either a peer mentor or support dance leader. DAZL will organise 2 dance showcases during the year at which the groups will come together to share and celebrate their work. The young people will be involved in creating dance productions in their preferred dance styles (e.g. street dance, hip hop etc.) and contribute to the ideas and choreography. The performances will be videoed and copies made available to performers and families.

Summer Holiday Project - Community access youth dance

We propose to run 3 week long dance summer schools that will all culminate in a dance show. We aim to engage new participants from the community as well as those involved in the regular programme. To do this we will deliver short dance projects and workshops in 5 local Leeds 10 and 11 schools.

The summer schools will create a "Show in a Week" which we have evaluated as the most effective and popular format for our summer programmes. The performances will include a range of dance styles and music drawn from a range of cultures including Capoeira, Bhangra, Hip Hop, Samba and Salsa. We hope to work with video projection too and this could involve young people working with a professional artist.

We aim to integrate children and young people from the Leeds 10 and 11 areas and where there is a need they will be bussed from LS10 and 11 to a central venue such as Cockburn High School or Hunslet Boys and Girls Club

Summer Schools - Week long projects

- Youth Dance Summer Show project for 13 - 18 year olds
- Youth Dance Summer Show project for 10 – 13 year olds
- Youth Dance Summer Show project for 8 – 10 year olds

Outcomes (a summary the main expected outcomes, outputs and benefits to participants the project will achieve):

More young people involved in more activities.

Young people engaged in positive activity and to improve their health and well being. Schools assisted in offer an extended provision and their community role expanded.

Development of community cohesion through multicultural focus and sharing of dances drawing on different cultural backgrounds.

- Over 167 children and young people engaged in regular dance activity that will help improve their mental and physical well being
- Over 310 children and young people engaged in short projects and one off dance sessions to promote engagement in physical activity
- Over 80 children and young people taking part in summer holiday projects and

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- performance opportunities will help improve their mental and physical well being
- Over 200 children and young people taking part in dance performances to improve confidence and self esteem
 - Over 800 local people attending dance shows which will allow them an opportunity to enjoy and celebrate the achievements of the young people in their neighbourhood
 - 8 Peer mentors and dance leaders trained who support the dance tutors in leading dance sessions thus developing leadership skills and building local capacity for education and employment.

Project Cost (an indication of how much the project will cost, how much funding or in kind contributions is sought from what sources with an idea of when you will know the funding is confirmed. What funding is already secured. Breakdown between capital and revenue):

The project cost is £16,548.

Revenue funding sought from Inner South Area Committee: £10,548

Balance of £6,000 from subscriptions, ticket money and in kind from the PCT

Which geographic areas will benefit (ie particular neighbourhoods, wards etc):

Belle Isle and Middleton (Middleton Park Ward)

Beeston and Holbeck (Beeston and Holbeck Ward)

Beeston Hill and Hunslet (City and Hunslet Ward)

Other key information not covered by the above:

Re seeking alternative funding support

- Due to long term sickness of the DAZL Director, the running of this year's programme has had to be the main focus. This means that we have not had the time to pursue fundraising for next year. This is something we will prioritise in 2007/08 for 2008/09 and beyond. We will be looking to secure funding that can support the groups in the longer term