

# DAZL Annual Review 2019-20

## Words from Ian Rodley, Director of DAZL



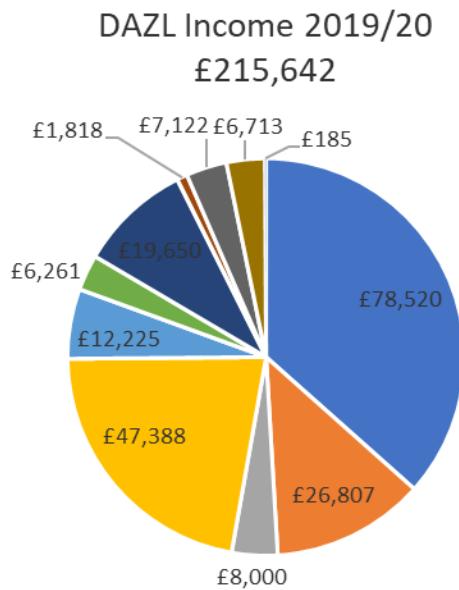
*"This year has been an exciting time for Dance Action Zone Leeds (DAZL) with so many achievements. DAZL has continued to use dance as a creative pathway to improve the health & wellbeing of 6150 people, engaging with 5917 individuals across our established Leeds programme and working with 5233 individuals from our newly established Wakefield programme. Our focus on dance and community development has enabled DAZL to connect with 52 schools and with communities in 24 of the 33 Leeds City Council Wards and, so far, 4 of the 21 Wakefield District Council Wards. It really has been an amazing year and I am proud of everyone who has played their part in our success, our participants, our staff and our partners. I hope you enjoy reading about our year"*

## DAZL engages, inspires and enables through five strategic strands of work:

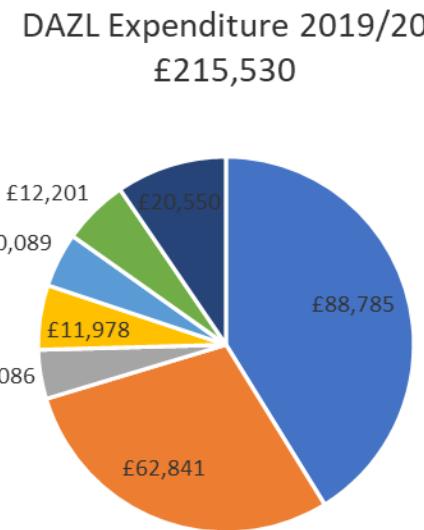
- 1. Participation**
- 2. Community Leadership**
- 3. Partnerships**
- 4. Artistic Development & Progression Support**
- 5. Celebrating Communities & Performance Opportunities**

# Leeds Public Health Investment and other Funds 2019-20

With the £78.5k initial funding DAZL received from Leeds Public Health we engaged 2290 young people in regular dance as physical activity and an additional 3127 participants through other funding sources, listed below. **This amount is less than the cost of treatment for two people with type 2 diabetes.**



- Grants Public Health
- Grants Other
- Schools Income
- Event Income
- Grants Community Committee
- Grants Healthy Holidays
- Community Fundraising
- Dance Session Income
- Grants Arts@Leeds
- Grants Wakefield
- Donations



- Staff Costs
- Freelance Costs
- Admin/Overheads
- Premises & Venue
- Equip/Production
- Event Costs
- Other Project Costs



# Leeds Public Health Impact

## DAZL Family Healthy Living Service

With the support and investment of £78.5k from Leeds Public Health for the DAZL Family Healthy Living Service we were able to deliver 1389 dance and 700 healthy eating, health lifestyle sessions. DAZL engaged 2290 people, mainly children and families from the most deprived communities across Leeds. We engaged with 11 schools of which 10 were in the top rankings for childhood obesity from the National Child Measurement Programme.

Our aim is to reduce inequalities and improve the health and wellbeing of families involved in the programme. We did this through promoting dance as physical activity, as well as healthy eating activities, as our creative pathway to deliver our Public Health outcomes.

We engaged 534 boys of which 352 were inactive, and 1756 girls of which 1250 were inactive. Of these 92 were young people with care experience and 73 young people had a disability. Of the 2290 young people engaged 576 were from a black and minority ethnic backgrounds.



These participants took part in 34 outreach/engagement events and 1305 children took part in at least one performance event. We attracted an audience of 5614 people through the live performance events.

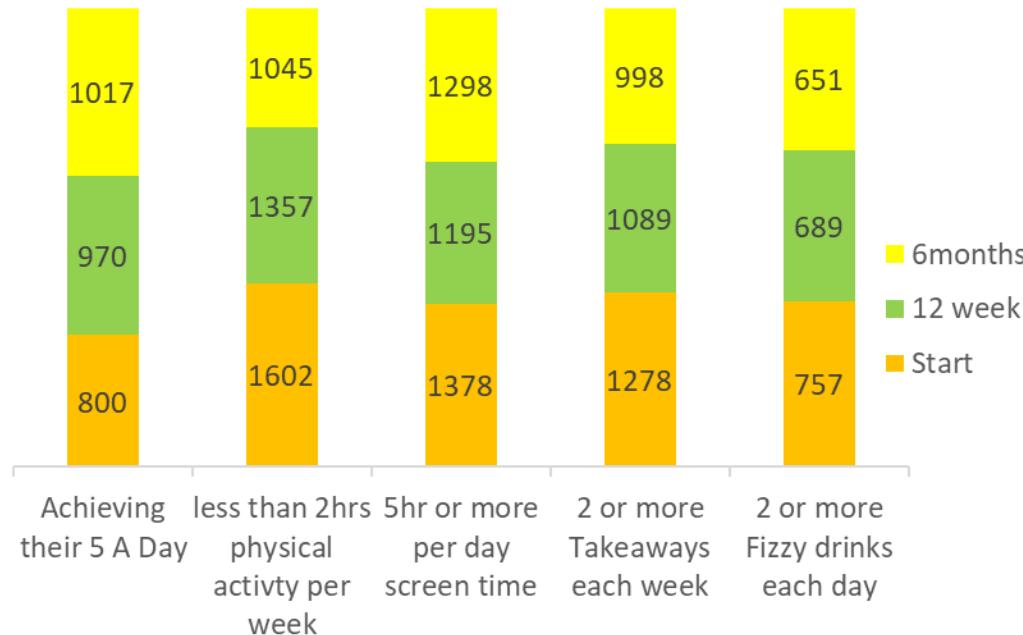
*"Thank you so much to the staff at DAZL, My children love attending their weekly dance sessions in Middleton and Belle Isle. They have gained fantastic skills in dance but also life skills such as self confidence, working as a team, and discipline. My children also attend the School Holiday Activity Camps which enable me to go to work in the school holidays, My children love attending the Activity Camps because they get to be creative with their friends. We have also taken a healthier lifestyle approach because of DAZL, we now regularly eat lots of fruit & vegetables and we're all getting regular exercise at the DAZL dance sessions that are provided for the whole family. Thank you so much DAZL."*



In 2019-20 DAZL supported 18 young people to follow a creative education pathway to study dance, musical theatre or performing arts at college. In addition to this we had 12 young people gain entry to universities to study dance. For the majority of these young people, they are the first person in their families to attend university.



The DAZL Family Healthy Living service, commissioned by Leeds Public Health, supported our DAZL families in making positive behaviour changes to their health, wellbeing and lifestyle choices. **The data below illustrates the changes in lifestyle habits of 2000 DAZL Participants which has been recorded at points throughout the year.**



**90% OF DAZL PARTICIPANTS STATE THEY FEEL HAPPIER FROM ATTENDING DAZL**

**80% OF DAZL PARTICIPANTS STATE THEY FEEL MORE CONFIDENT FROM ATTENDING DAZL**



*"I have two kids that are at DAZL Bramley, Emma and Tyler. Emma started first 2 years ago, she was shy and had very little confidence but since starting DAZL her confidence has grown and grown. Tyler started about 1 year ago, he absolutely loves to dance and loves his team. The teachers are great, The support that Chrisie has given Emma has been amazing. They have been setting Emma challenges that push her out of her comfort zone. Chrisie has been messaging Emma on a one to one basis helping her out when she needs it. Emma's confidence has grown so much, and her dancing and mental health has improved loads. Emma and myself have opened up to Chrisie and formed a real positive relationship. This has helped our relationship as a family. Its so much more than a dance organisation it's a family. Thank you, Annie."*

# What DAZL Does...



From Katy

I have made lots of amazing new friends who are amazing dancers and I promise to continue to try really hard in class and win at comps. I have always wanted to perform with my friends and I like to do little shows with my best friend Josh. I can now pursue my dreams further and we will definitely recommend Dazl company to others so thank you so much, you are all amazing and please continue doing what you do. Everyone you teach are so very lucky to have you teaching them. Thank you for everything Chrisie and Fallon xxx

16:22

**DAZL starts where people are at in their lives. Local need is at the heart of our work, using asset-based community development and dance to deliver public health outcomes around obesity, mental health, inactivity and wider health inequalities. A key aspect of this development work lies in a commitment to training and mentoring local people to deliver dance and dance fitness back in their own communities. Engagement in DAZL's activity improves mental and physical health whilst improving their overall wellbeing and resilience. DAZL's work offers fun, positive dance and arts experiences which engage people, particularly girls, who otherwise opt out of physical activity or active lifestyles.**

**The DAZL Inclusive Streetdance Crew, winners at the ICE Cheerdance & Streetdance competition.**



**DAZL values young people, families and their involvement**

*"Katy has always wanted to join a dance group for years now. We never thought it would be possible to find a group who would accept Katy with her using a walking frame and having cerebral palsy. I have made a couple of enquiries for her in the past and had no luck for her. During an after-school physio session Katy spoke to Maria who then told me about DAZL. I promised I would ring. The day I rang I was very nervous and thought we would get another no. I spoke to Chrisie and explained about Katy and she told us to come along the following Tuesday night. The look of sheer joy on Katy's face was just wonderful when I told her. We went feeling very excited and nervous too. We wasn't sure what to expect. There was no need to worry because everyone was friendly. Katy did her warmup with Fallon and really enjoyed it. The group practiced for a show they were doing on the Sunday and Katy watched it enjoying every moment of it. Before we knew it, the session was finished, and Katy was gutted even though she was tired too. Katy couldn't wait for next week and we were both over the moon when Chrisie said she could come back. Katy loves being a part of the DAZL team and feels proud when she wears her T-shirt. Katy sometimes becomes a little upset if there is a stretch or move she can't do yet, due to having major surgery on her knees last year but Fallon or Chrisie shows her a different move or stretch that she can do so she is still included in everything they are doing. I honestly couldn't thank you all enough for allowing Katy to join your team. You have made a young lady extremely happy and her mum too."*

## Partnerships with other organisations

At DAZL we pride ourselves on working in partnership with other organisations, using dance as a tool to meet the wider health and social care agenda. In 2019-20 we worked in partnership with over 20 organisations, full list of logos on the back page. Here is two case studies from our work at 5ways Recovery Centre and examples of one of the partnerships with BARCA Leeds, both wonderful organisations. Both have been working with Amy Smith, Dance & Health Specialist



My name is David Pocock. I have known Amy from DAZL for about four months. I first met Amy at 5ways where I attend a weekly DAZL Dance session. She was so bright, and her personality was open and professional that it instantly made me feel at ease. I was very apprehensive, but she made me feel welcome. Even though I had gotten very unfit through hard times, she encouraged me and to this day has never stopped. Since that time I've attended many DAZL sessions at 5ways and worked voluntarily along side her. I work with Amy once a week and she will do anything and go the extra mile for anyone, even lending me some money when I didn't have electric. Amy is always open to ideas and makes the session fun. Dance has really helped my recovery and I want to thank her and the DAZL team – David



The first time I met Amy from DAZL was after attending 5Ways, after my last relapse and recovering from a broken fibula due to my drinking. I saw a dance fit class on the timetable which was great as I had always enjoyed dancing for the freedom and joy it gives me. From that first dance session and those that followed, they felt so good. Amy as a tutor really delivers a fun and feel good session. The company was so nice, and I was made to feel so welcome and after that I attended every Tuesday. I can honestly say that coming back from a very destructive episode of the madness in addictions, I felt lifted thanks to Amy. It was from the heart and I felt needed and for that I was immensely grateful. The fun, inclusive approach for all of us has brought us all closer together and speaking from my own opinion I sure everyone feels the same. I feel part of something, like a big loving family that purely wants to help and give back. I feel honored to be able to now volunteer at DAZL, This helps me look forward to the good time. Thank you, Amy, for being you and DAZL for what you do. PEACE AND LOVE - STUART



DAZL have been supporting the BARCA Leeds, Stronger Families project. Amy delivers dance activities to families that have been signposted to BARCA. She encourages both children and parents to take part in lots of different dance activities throughout the hour session. Amy also chats with the parents every week, encouraging them to keep active at home and has built a trusting relationship with the families and staff at BARCA. The project was initially 6 weeks but due to its success the project ran for 20 weeks, overall working with and supporting 40 different families.

# Dance as a creative pathway to improve mental health and resilience.

We delivered a prevention focused dance and mental health project which engaged 655 teenage girls (12-19yrs) from various diverse backgrounds. All the girls were from across Leeds' most deprived communities. The aim was to build strong relationships to improve the girls' overall emotional wellbeing and resilience. Alongside the major participation work we worked with 12 dancers from the DAZL Youth Dance Company on thematic work and explored the process of creating work around young girls' emotional wellbeing.. The piece was titled #RUOK? Here is a link to the films process from the young people and how they create this work with DAZL and Fall Into Place Theatre <https://www.youtube.com/watch?v=xCaNilbBnG4&t=17s> Throughout DAZL ensured that the young peoples' voices were at the heart of everything within the program and research.



*"I feel more confident talking about my mental health to others" Izzy Age 13yrs*

*"I don't always feel that our mental health is taken seriously"*  
Madison Age 13yrs



*"I know where to go and who I can talk to if I need support" Cam Age 15yrs*

*"Since being involved in this program, this has inspired me to be more involved and active, I feel my inner and mental health has eased from dancing and interacting with people. I thoroughly enjoy the classes and I am always looking forward to the next session. Thank you for providing and giving me an opportunity to take part in something that I have a passion for." Chloe Hayley - Dance Leader Final Year Degree Student*

The research program was led by Leeds Beckett University (funded by Leeds Public Health). They researched the aims, outcomes and the benefits that dance as creative physical activity has on young peoples' physical and mental health. The findings of this research will be published in late 2020.

DAZL Worked with Fall Into Place Theatre and Wayne Sables Project throughout this Dance & Mental Health project.



# Anchor Trust and DAZL partnership.



Over the past 18 months DAZL has been delivering a dance program in partnership with the six Leeds based Anchor Care Homes. This project works with older people who are living with dementia. The residents have really responded well to the weekly dance for fun sessions and to date we have engaged 124 older people throughout the Anchor Trust across Leeds.



**DAZL Children  
entertaining the residents  
at Anchor Care Home,  
promoting our  
intergenerational work.**



**Holly Clemenshaw  
Leeds  
Beckett MA Student &  
Researcher.**

DAZL worked with Leeds Beckett MA student Holly Clemenshaw to evaluate this project. Although the research paper is not quite ready yet please have a look at the film. This film is the result of the research project that investigated the effects the DAZL dance sessions has on social isolation factors for dementia patients who live in the Anchor care homes. The video of the session is played by actors who are playing the dancers who participated in the project.  
<https://vimeo.com/413678446>



**The residents and Anchor  
Care Home team, having a  
dance.**

*"In later life, maintaining movement is key, and is a huge part of wellbeing and healthcare. However, this is not always easy to achieve. For people living with Dementia, it is the little things that count, or in the case of DAZL, the fun things. A bunch of enthusiastic, skilled, caring dancers, DAZL are an absolute joy. The way they interact with the residents, we have found it is almost impossible to resist joining in, whether resident, carer or visitor alike. I returned to one home the day after DAZL had visited and was greeted with conversations and smiles regarding the previous day's events. Such recollections are, regrettably, rare so for the DAZL team to have achieved this was praise indeed. I would recommend dance to other care homes or anyone who is living with Dementia or caring for somebody who is. Kind Regards – Jo Bailey, Wellness Coordinator Anchor"*



# Using media to share stories and measure the impact of our programs.

Connecting communities physically and digitally continues to be at the heart of our work, celebrating peoples' achievements and encouraging the wider community to have ownership of the DAZL programmes through engagement and performance opportunities. This not only builds a dance audience but brings dance to many of those who may not ordinarily get these opportunities. The young people and DAZL team with the Wayne Sables Project have created short films, online resources and video evaluations. These address the themes around various health and wellbeing topics and the impact of the various DAZL programs. They can be viewed via all our social medias and our YouTube/ Vimeo channels.

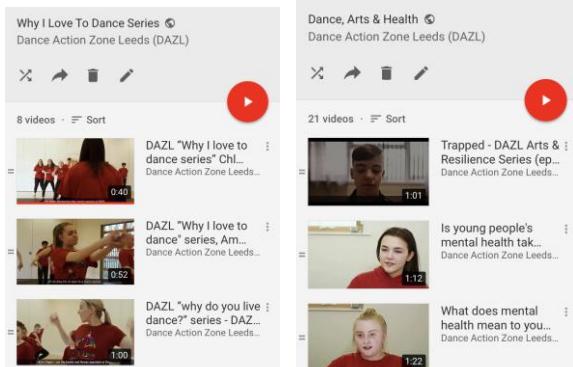


DAZL young people took part in 2 major digital projects which with the support of Wayne Sable they have able to turn these into digital resource series.

- **Why I love to dance series (8 Films)**
- **Mental Health and resilience series (21 Films)**

The young people also took part in short process documentaries and film evaluations which highlighted DAZL's work and partnerships.

*It's an absolute honor and pleasure to work with such a forward thinking, proactive, caring organisation such as DAZL. Their communities and young people are supported both in terms of their physical and mental health. I've worked with the wider organisation and specific communities. I've been blown away how committed and passionate they are about creating high quality experiences and engaging those hardest to reach. DAZL are truly leading the way especially in these very troubling and uncertain times. Their care for their communities has never been more evident. Working with DAZL makes me a better practitioner.- Wayne Sables*



We have highlights from our funded programs on the DAZL website [www.dazl.org.uk](http://www.dazl.org.uk) and you can view the video evaluations and feedback from all community groups and projects via our YouTube [www.youtube.com/danceactionzoneleeds](https://www.youtube.com/danceactionzoneleeds) or Vimeo channel [www.vimeo.com/danceactionzoneleeds](https://www.vimeo.com/danceactionzoneleeds)



## **Highlighting the DAZL Healthy Holidays Program**

**DAZL  
understands the  
communities we  
work,  
particularly  
those who have  
barriers to  
provision**



# DAZL Wakefield



DAZL Wakefield is part of Dance Action Zone Leeds (DAZL) and aims to improve the health & wellbeing of children and young people aged 5-19 years across Wakefield and the Five Towns. 233 young people took part in Urban and Cheerdance classes. All sessions for the initial 12-week programs are FREE, beyond your first 12-week program there is a small charge which supports the program going forward. We aim to provide performance opportunities across Wakefield and The Five Towns along with opportunities for peer leadership and training.



The program is funded by Wakefield Council Public Health to engage inactive children and families with a focus on the Knottingley, Wakefield Central, Featherstone and Minsthorpe areas. We have been working in partnership with Wakefield Council Sports and Leisure Services & Aspire Health along with DeLacy Academy part of the DELTA Academy Trust and Kings School, Pontefract Academy Trust. We **engaged 194 girls and 39 boys** aged 5-15yrs from the targeted areas promoting healthy lifestyles, confidence and resilience. We delivered 94 dance sessions over the first 3 months.

**Of the 173 participants 10yrs and under** we had 145 girls & 28 boys. Of these 8 children regularly skipped breakfast. However 103 young people stated they didn't yet achieve their 5 portions of fruit or veg a day. 84 of our 10yrs and under did more than two hours structured physical activity each week and 54 of them spent more than three hours per day on their phones/ iPad/ electronic devices.

**DAZL is dedicated to improving access for the community, nurturing and supporting them to become part of the DAZL family.**

**Of the 60 participants 11yrs+** we had 49 girls & 11 boys. Of these teenagers 34 regularly skipped breakfast and 54 stated they didn't yet achieve their 5 portions of fruit or veg a day. Only 18 of our 11yrs+ participants did more than two hours structured physical activity each week and 49 of them stated they spent more than five hours per day on their phones/ iPad/ electronic devices.



**DAZL Wakefield Dancers  
enjoying their weekly sessions.**

# Replicating and expanding the learning in Wakefield

DAZL has worked closely with Wakefield College Mechanics Performing Arts Students to develop this program. We have three students who are all at various dance education stage. They are undertaking their B-TEC Level 3, HND and Degrees in Dance. This has enabled DAZL to replicate the model from our Leeds work, nurturing and support new talent from the local community to become DAZL Dance Leaders who can lead from the front and develop the new DAZL Wakefield programme whilst gaining their professional qualifications.

The DAZL Model – Reducing Inequalities and improving health and wellbeing through dance.

- 1. Participation**
- 2. Community Leadership**
- 3. Partnerships**
- 4. Artistic Development & Progression Support**
- 5. Celebrating Communities & Performance Opportunities**



**DAZL Dance Leaders &  
Mechanics Performing Arts Students.**



**Kaci Emmonds**

**DAZL Dance Leader &  
Mechanics Performing Arts  
HND Student.**



*"I started dancing at DAZL at 6yrs, since then I haven't ever doubted that dance is what I want to do in life and what I love the most. When I was 13yrs, I started to get into teaching/ supporting Ian the Director of DAZL. This has allowed me to get some experience and expand my skills within the dance community and join the Young Dance Leaders programme which gave me a qualification. This then led me onto the pathway in furthering my education and skills at Wakefield College at the age of 16. DAZL helped me to apply and have the confidence to challenge myself. I am now 18 years old and still currently furthering my career studying at Wakefield University doing the HND in dance course.*

*This has meant that the journey I have taken so far with my dancing has enabled me to be the first person in my family to go to university which I am proud of. Thanks to the help and support from DAZL who have supported my progression all the way to university. I am continuing to learn new skills and by working and teaching in the local communities, primary schools and high schools, I can put these skills into practice. This would have never been possible without having the support system I've had from DAZL. Thank you, Kaci."*



# 2019-20 moments

## *“Always DAZL-ing and making a difference to peoples’ lives”*



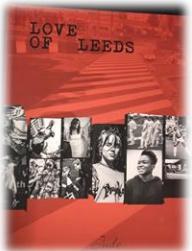
DAZL troop at Leeds Pride 2019



Slanjayvah Danza came to perform



Performing for Leader of Leeds City Council Cllr Judith Blake



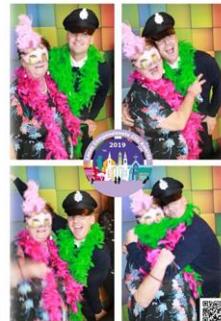
DAZL perform at launch party of Love of Leeds Book



Dancing on the Wards of Becklin Centre



Winning at Compassionate City Awards 2019



Bringing East & South Groups together



Winning at Urban Cheer UK Competition



Working with Active Schools



# Thank You For Supporting DAZL 2019-20

This year the DAZL has worked the following organisations, funders and projects to widen our offer to communities, young people and families.

## Special DAZL thank you to;

- All our partners who have made everything possible
- Local Leeds & Wakefield elected members
- And a very special thank you to the wonderful DAZL Board Of Trustees and all the DAZL staffing team.



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