



# DAZL Online "COVID-19 Support With Food & Physical Activity Leeds Family Healthy Living Service - Q3 Report

**IMPACT AND REVIEW  
OF ACTIVITY DURING  
COVID19 LOCKDOWN  
FULL OF GOOD  
NEWS STORIES  
FROM SEPTEMBER –  
DECEMBER 2020.**



# DAZL Digital & Socially distanced programmes

## “Keeping everyone active & happy”

### What's On Offer Online?

- Online Zoom & Facebook LIVE sessions for children and young people
- 10week Family Dance Fitness Program on Vimeo & Active At Home YouTube Activates
- Podcast #DAZL Talks on Spotify, iTunes and Google

### What's On Offer In Person?

- DAZL Garden Groovers Social Distancing Doorstep Dance
- School Social Distancing Outdoor Dance Program
- Community Social Distancing outdoor and indoor dance & fitness sessions

You can visit [www.facebook.com/danceactionzoneleeds](http://www.facebook.com/danceactionzoneleeds) and via our Vimeo channel [www.vimeo.com/danceactionzoneleeds](http://www.vimeo.com/danceactionzoneleeds) or YouTube Channel [www.youtube.com/dazldiamonds](http://www.youtube.com/dazldiamonds) Please do let us know how you get on! visit [www.dazl.org.uk](http://www.dazl.org.uk) or find us on social media.

### Here are some of our Covid-19 stats since March

1. We have had **230,311** views of our regular online Facebook live & Zoom classes and rising.
2. We have delivered **473** online classes
3. Recorded **80** video classes
4. Garden Groovers videos have **46,301** views and rising
5. Delivered **94** Garden Groovers session & engaged **5658** people but has **2086** dancing.
6. We have delivered **247** Face to Face sessions
7. Delivered **151** Outdoor social distancing dance sessions (94 were Garden Groovers).
8. We have delivered **988** food parcels to **203** people weekly across Leeds 10 & 11 for 16 weeks and **50x 2 weeks food hampers** which equates to **31,023** individual meals/ portions.



# DAZL is committed to inclusion & improving mental health



During lock-down 2.0 with the support of the [National Lottery Community Fund](#) and our [Leeds Public Health contracted Family Healthy Living Service](#), DAZL created a podcast with young people hosted by [Wayne Sables](#). A new podcast was released every Monday at 12 noon by a different young person throughout lockdown part of series 2 of #DAZLtalks. Please follow DAZL on Spotify, iTunes and google. For more information on the podcast and to view our dance and mental health film series please visit the DAZL Mental Health and Dance page on our website [MENTAL HEALTH & DANCE – Dance Action Zone Leeds \(dazl.org.uk\)](#)



During lock-down 2.0 and during the time we were able to be face to face DAZL continue our commitment to young people with a physical or learning disability. We continue deliver weekly sessions with North West SILC (Special Inclusive Learning Centre) and the DAZL Inclusive Team who also performed in the DAZL Christmas Digital Show. We felt this was important to continue with the regular activity for the participant. This kept them in a routine and at a time of uncertainty we were able to keep them focused and in their weekly routine. Change is extremely difficult for these young people but we have been so impressed with how they have adapted to online learning. please visit the DAZL Inclusive Dance page on our website [DISABILITY/INCLUSIVE DANCE – Dance Action Zone Leeds \(dazl.org.uk\)](#)



DAZL is passionate about inclusion at every level of the organisation and within all our programs and activities. This year we supported Stonewall UK [#rainbowlaces](#) campaign. We believe sport and physical activity should be inclusive for everyone. We encourage everyone to wear their rainbow laces with pride and show this by taking a picture and using the hashtag #RainbowLaces #MakeSportEveryonesGame. Checkout our videos and how we worked with Rothwell Juniors on this project here [DAZL – Rainbow Laces Campaign – Dance Action Zone Leeds](#)



# DAZL continue to support and entertain the local community



From the 5th November we start the second national lockdown, we know this was extremely hard for everyone. We wanted to use this time to spread joy and keep everyone as fit, healthy and connected as possible. The dancing didn't stop. We created a zoom program supported by Leeds City Council Community Committees - Youth Activity Fund, The DAZL Leeds Public Health commissioned Family Healthy Living Service and Arts@Leeds. The DAZL team responded to the community and the community created some fantastic work whilst staying safe together.

**We put the community at the heart of our work**

*"Hi DAZL, Zoom is really good at the moment especially with the current lockdown. Katy enjoys it so much. She does prefer to be all together but with Zoom she can still see everyone and enjoys dancing and her lessons each week. We'd be lost without DAZL and the sessions and support you provide Katy and myself. Stay Safe."*



DAZL and our partners/ neighbours [Middleton elderly aid](#) joined forces to provide some Christmas cheer the elderly in the local community. The Middleton Elderly Aid volunteers baked and handed out mince pies, whilst dressed up as Santa and his helpers. The DAZL children entertained by performing for the two local care homes.



*"I loved the Christmas performance, it was great to see all of the children & young people from the local community dancing and having fun. What a great way to show how you can still stay connected through a very difficult year"*



# DAZL surprise the local community with food hapers & presents

Thank you for my delivery today for the food parcel will really help me out in such difficult time the gift we're amazing too for the kids age appropriate and a few cheeky treats in there x x

And thank you personally for all your hard work you have done x x x

Thankyou so much i did thank people who brought them your an absolute angel x

Your welcome hope it helps xx

Ty it certainly will your a star x

Hope it helps out x

Its dose thank you so much I had a cry when I shut door luv xx

Aweee yw x

19:17

Thank you luv it really got to me that u helped xx me out xx

I got a lovely surprise today when I got delivered a food hamper & a present for my little one, it was a big box full of a variety of food to make lots of different meals & even a meal planner to give ideas, thank you so much x



Dance Action Zone Leeds - DAZL

Posted by Ian Rodders Rodley  
5 mins · 🌐

Today we deliver presents to children and families in the community. These were donated my families/ business organised by Dazl [Christie Emmonds](#) we also provided 50 families with food hampers including DAZL dancers! We also provided all dancers/ parents with chocolate Santa's 🍫 #DAZLfamily

Great work Mason Jubb Amy Dazl Stephanie Faye Dobson Ian Rodley

Leeds Community Foundation #HealthyHolidays



# HAVE A DAZLING CHRISTMAS

The DAZL Digital Christmas Show “A Christmas Card to our DAZL Family” supported by DAZL Leeds Public Health commissioned Family Healthy Living Service, Leeds City Council Community Committee - Youth Activity Fund and National Lottery Community Fund. The 1hour show is available to view via the DAZL Vimeo channel. The show was a combination of digital and face to face work created in lockdown and throughout the pandemic. The show brought to life the impact of the DAZL teams work with special thanks from the Board Of Trustees. The show included work funded by Leeds Inspired, Leeds Community Foundation, Leeds Housing Advisory Panel, Street Games Yorkshire and Wayne Sables Project and highlighting our partnerships with BARCA Leeds, ACE Leeds, Street Games, West Yorkshire Police, Fall Into Place Theatre and Carr Manor High School who all feature.

You can checkout more information and get link here via our website [DAZL Digital Christmas Showcase – Dance Action Zone Leeds](#)



*“It was a great to see all the dances the children from all the different teams and areas did for the show. It was also great to see the people behind the scenes that you don't see, the board members especially and the staff having fun crazy jumpers and dances. This made my family smile. You can see all the hard work from everyone. Well done to all and merry Christmas from Sarah”*



From Sharon Jackson: *“Discovering DAZL has provided me with a little me with a ray of sunshine in what has proved the darkest hour of my life. At the beginning of the pandemic I was suffering from an acute mental collapse and chronic alcohol dependence then both my parents passed away. On my journey of recovery I attended 5ways wellbeing academy where I first heard about DAZL. To be able to dance and connect with others had such positive impact on my mental health i was delighted to join further groups run by DAZL. It has helped with my anxiety and raised my confidence level. I feel part of this warm community where everyone is accepted and encouraged. It felt great to strut my stuff in the DAZL Queen's Xmas video. I thought the showcase film demonstrated the diversity of groups benefitting from DAZL and a message of hope for the future”.*



# Feedback from DAZL DIGITAL SHOW.

To be able to watch all of the children young people and adults have a bit of Christmas dance fun brightened my day. Being in lockdown or restrictions at the time it just took away some of the monotonous routine I have. Oh and I got to have a glass of wine and relax at the same time 🍷 Melissa - DAZL Queens



The Christmas showcase was amazing great to see all the children happy and dancing and keeping active while we are in this situation Emily-mae loved every minute of it and it's a bit of normality for her too and it has helped keep up her confidence she really enjoyed doing the Christmas showcase so thank you all so much for making it happen. Abbie - Bramley

The Christmas showcase was fantastic and was good to see the kids could still showcase their talents during these strange times. I look forward to all the shows with Dazl as does Preston 😊 he just loves to dance and perform 🎭 and Dazl still provided us with the Christmas show on line and really appreciated it and all they have done in lockdown for the kids to keep them going. Amanda & Preston



Hi DAZL, feedback for Christmas show...Orla loved being a part of the Christmas show, it really brought a new confident side out of her. The whole performance was heart warming, just what we needed after a challenging year. Dazl are doing an amazing job and have worked tirelessly during the pandemic, promoting children, young people and adults mental health - the Christmas show summed up all the hard work, it was emotional to watch. I'm proud that Orla is a part of DAZL - Emma & Alex - Wortley

My name is Paige, my little girl has been with DAZL since she was 3 she's now nearly 5! I just would like to say a massive well done for all involved in the Christmas showcase! You all pulled it off in such uncertain circumstances and involved all our children who has had involvement with Dazl, I think the way Dazl brought all the dances and awareness through the video was amazing and they all did themselves proud it was a lovely way to still be apart of it seen as though we can't be together in person was such a touching way to make it still happen! Congratulations to our Dazl family stay safe and take care all of you! Paige - Rothwell



The show was amazing, great to see all staff that has made this happen and all different groups still getting on zoom every week even though it's been tuff last few months, all the board members 😊 the effort with Christmas jumpers and accessories it was just great to have a smile at the end of such a terrible year. Thank You x



# DAZL support young people and third sector with covid-19 messages

As a Leeds Public Health commissioned organisation we felt it was important to be involved in the Together Leeds Youth COVID-19 Project to support with the messaging around covid-19. We used this as a gateway for our children, young people and families to be able to access vital support services. DAZL has been involved in many of these programs including mental health service support and then working with NHS Leeds, Public Health, Forum Central and Street Games to get young peoples voices heard and the messages out to communities across Leeds.



Here are Katy's tips - <https://youtu.be/SbxxtsOxfOVY>

Here are Connor's tips - <https://youtu.be/3EqX86KiA2M>

At DAZL we are major advocates for youth mental health support and feel better Leeds has a great page where you can get help, support and advice. <https://www.feelbetterleeds.org.uk/health-and-wellbeing-services/>  
 DAZL has distributed young peoples coronavirus support guides on behalf of Feel Better Leeds and Leeds Public Health. You can get your on the Feel Better Leeds website **#FeelBetterLeeds #StaySafe #WearAMask #StayConnected**



Young people at DAZL - Wear a face covering



**Supporting young people to have a voice is central to all our work.**



The young people at DAZL want you to help stop the spread of COVID-19 - Wear a face covering  
<https://youtu.be/CIJ9EUKkcdE>

The young people at DAZL want you to think F.A.C.T.S and help stop the spread of covid-19 in Leeds **#TogetherLeedsYouth**  
<https://youtu.be/7XHkaDSprM>



# Lockdown moments Q3

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



**DAZL Christmas Showcase**



**DAZL Support Yorkshire Sport Virtual School Games 2020-21**



**BBC Leeds Highlight DAZL's work**



**DAZL delivered a 6 week afterschool dance project with Carr Manor High School**

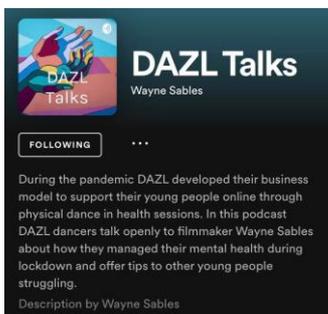


**Rothwell Juniors supported DAZL and took part in Stonewall UK Rainbow Laces Campaign**



**#TogetherLeedsYouth  
#PositivePartnership**

**DAZL and other third sector youth organisations joined forces to get the covid-19 messages out to young people.**



**Series 2 of DAZL Talks Podcast by young people**



**We delivered a primary schools dance & sport project with partners ACE Leeds**



**DAZL Online Zoom Dance Program**

If you want to join any class, please Email [community@dazl.org.uk](mailto:community@dazl.org.uk) or Call/Text/ WhatsApp 07519018675 - Christie will send you a link, the password and online consent form.  
All session will be £2 each, payable via PayPal [paypal.me/DAZLLtd](https://www.paypal.com/paypalme/dazlltd) <https://www.paypal.com/paypalme/dazlltd>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30-6pm DAZL Inner South (DD 6-11yrs)	4.30-5.30 DAZL Seacroft	4.30-5.30 DAZL Outer South	4.30-6pm DAZL Inner South (DD 6-11yrs)	4.30-6.30pm DAZL Inner West	9.30-10.15am Inner South Xplode Dance
5pm-6pm Adult Dance-fit	4.30-5.15 DAZL - CATCH	4.30-5.30pm DAZL Outer West	4.30-5.30 Inclusive	4.30-5.30pm Inspire (Gipton)	9.30-10.15am Tinies/ Family
6.15-8pm DAZL Inner South (DD 12-19yrs)	4.30-5.15 DAZL Wakefield (FB Live)	5.30-6.30pm Inspire (Burmantofts)	6-7 DD Mums		
	5pm-6pm Adult Dance-fit		6.15-8pm DAZL Inner South (DD 12-19yrs)		

**DAZL deliver a online Zoom Lockdown 2.0 project**

# Thank You For Supporting DAZL and our work

Throughout September – December, DAZL has worked the following organisations, funders and projects to widen the DAZL Family Healthy Living Service offer to communities, young people and families during the COVID-19 pandemic.

## 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.



 Dance Action Zone Leeds

 @DAZL\_Leeds

 LIKE Dance Action Zone Leeds

 [www.youtube.com/dazldiamonds](http://www.youtube.com/dazldiamonds)

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