



DAZL Online "COVID-19 Support With Food & Physical Activity Q1 Report.

**IMPACT AND REVIEW OF ACTIVITY DURING COVID19 LOCKDOWN
FULL OF GOOD NEWS STORIES.**



**At DAZL we are
dedicated to
improving health
and wellbeing
through dance,
even in lockdown.**

DAZL Online Dance Programmes – “Keeping everyone active and happy”

What's On Offer Online?

- Online Zoom sessions for children and young people
- Facebook Live Classes
- 10week Family Dance Fitness Program on Vimeo
- Dance, Keep Active At Home YouTube Activates



You can visit www.facebook.com/danceactionzoneleeds and via our Vimeo channel www.vimeo.com/danceactionzoneleeds or YouTube Channel www.youtube.com/dazldiamonds

We have created easy to follow routines which can fit around your day. Why not work through the videos, once you get comfortable with one, just move onto the next one. Please do let us know how you get on! visit www.dazl.org.uk or find us on social media. @danceactionzoneleeds or @DAZL_Leeds on twitter.

Here are some of our Covid-19 stats

1. We have had 75,562 views to our regular online Facebook live classes.
2. We have delivered 140 online classes.
3. Recorded 60 video classes, Garden Groovers and activity videos with 34,488 views
4. Delivered 24 Garden Groovers session & engaged 684 people but has 337 dancing.
5. We have delivered 444 food parcels to families in need each person has had 86 meals.



**95% of our
online
participants feel
happier after
taking part in
our session.**

DAZL Online Lockdown Text Feedback

Dazl dance during lockdown

I think Dazl have been amazing ensuring our children can still dance and continue to learn there routines in these strange times. It gives my son something to look forward to and keeps him active without leaving the house . Times are hard and the minute and kids struggle with not having normal routine so its things like dance that help keep them smiling. All teachers are amazing and check if all kids are ok and offer the extra support if needed .

Well done Dazl

13:11

As an 18 year old. I struggle with many outside factors in day to day life. I may be an adult but I can't get my head around things that challenge me. Dance is a place I go to, to make me feel myself and see everybody I love. This pandemic is scary, uncertain and has really challenged me mentally. I have had my sad moments and my happy but one thing that does make me happy is that my DAZL family are still there. Virtually there. Seeing everyone's faces and taking part is just amazing. It's keeping me fit and keeping me sane!

-Taylor Whitehead

17:47

I Think the online classes have been a great way to keep active during lockdown. It ensures that as dancers we are keeping fit and it has been lots of fun.

-Clinton

17:21

Just a note to say my dance classes are a really important time for me to keep both mentally and physically fit. During Covid19 it has been really hard, as I'm working from home. This has given me feelings of total isolation and disorientation in my working day. Trying to segregate work and home is challenging. With the magic of zoom and online classes Dazl staff have given me back my time and the chance to engage with my team mates,keep fit, stay mentally well and socialise in a different way. Thank you for your creative way of engaging with us all.

- Melissa Peacock

18:17

Phill - DAZL Goldstars (Printer) >

Hi mate. Just a message from me to say what a fantastic effort yourself and EVERYONE at DAZL are doing to keep the kids and their families active and entertained during these very pressing and hard times. Chloee has been AMAZING with the kids. Keep up the good work all of you and stay safe x

Thank you so much that means a lot, stay safe x

You too. Wish I could do more for you all. Hope the people you are funded by can see and appreciate all that you do. When this all calms down we need a big DAZL celebration night x

I totally agree, thank you so much x

Sally's mental health has perked up a bit since I last spoke to you. She's doing the zoom sessions now and she filmed a bit for the tutor yesterday. It something to focus on and keeping her active now and helps with mood , thank you for taking time out to check on her and help her in this time

-Amanda

17:52

DAZL supports young peoples' mental health during lockdown. Supported by Leeds Public Health & Sport England

The team at [Dance Action Zone Leeds](#) caught up with [Club Matters](#) who are part of [Sport England](#) to chat about how we are continuing to support young peoples' physical and mental wellbeing!

They heard from the DAZL young people, instructors, parents, and [Leeds Beckett University](#) on the difference that DAZL is making to their lives and that of other young people across Leeds during lockdown.

Supported by [Leeds Public Health](#) and [Street Games](#) satellite club funding we have also enabled young people to support the running of sessions that are led by a strong youth voice! At DAZL we believe we are a community dance and health organisation, that is passionate about enabling young people from deprived areas of Leeds to have opportunities where there would normally be a barrier. By using dance as an accessible, engaging and creative pathway to support the reduction in physical and mental health inequalities, we have built a fantastic reputation within Leeds and positively impacted the lives of countless young people.

We discussed the physical and mental benefits of dance for young people through Coronavirus! – Click this link to watch the film https://www.youtube.com/watch?time_continue=3&v=SxdgfsEerEE&feature=emb_logo

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

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



Sport England @Sport_Eng... · 2h
"The key challenges that we've had to face whilst Covid-19 is going on is keeping our young people motivated to want to do physical activity and stay connected."

@DAZL Leeds supported by @Streetgames tells #ClubMatters how they're looking out for their members' mental health



How DAZL are supporting young people's wellbeing
[youtube.com](https://www.youtube.com)

"I have been stressed out because I couldn't see my friends. At least I get to see and dance with them on Zoom" Madison Age 13yrs

"I feel my mental health has not been so good, but thanks to DAZL I feel good on Mondays" Izzy Maud Age 13yrs



DAZL & BARCA Leeds, Gets the community dancing in the street!

Garden Groovers Social Distancing Dance Project

“DAZL & BARCA have been involved in the Healthy Holiday COVID-19 Fund supported by Leeds Community Foundation and Leeds Public Health. The partnership has been wonderful and both organisations are committed to supporting the communities we serve. DAZL’s community focus approach also stretches beyond dancing to food provision for families in need and to a weekly check-in phone call to parents to make sure they’re coping, and we can offer help and advice



Ian Rodley, DAZL’s Director, said:

“The sessions have been really successful, we had 70 people engaged at Intake Square, it was fantastic. I want say a big ‘thank you’ to everyone who has been involved and especially the Youth & Community Team at BARCA who have been brilliant. We just want to get people together, get them dancing and having fun. If you want Garden Groovers on your street, get in touch.”

Garden Groovers social distancing doorstep dance project, is a city-wide project supported by Leeds Inspired, Leeds Public Health and Leeds Community Foundation in partnership with the fantastic BARCA Leeds. You don’t have to travel, and you can keep your safe ‘social distance’ whilst you make your moves. It’s an easy class that anyone of any age can join in, or you can just come to your gate and clap along to the music.



"Can you come back every week that was amazing"

"Time flies when your having fun"

"Please come back, can you come tomorrow"



*“DAZL isn’t just about physical activity, although that’s at the core of what we do”
“It’s about helping young people to be healthy, whether that’s movement, healthy eating or mental health.” Garden Groovers across the city is funded by Leeds Community Foundation Healthy Holidays, Leeds Inspired and Leeds Public Health.*



DAZL – Healthy Holidays COVID-19

DAZL in partnership with [FareShare Yorkshire](#) and Leeds Public Health is part of the [Healthy Holidays Leeds Covid19](#) provision supported by Leeds Community Foundation. We will be providing a further 40 families maximum (Monday's & Tuesdays) from South Leeds LS10 & LS11 posts code each week with food for nutritious meals via food parcels. [Mondays Fully Booked up](#) but we have a few spaces left for Tuesday, Get in touch for more information and how to refer a family

“Thank you, I am happy for the parcels especially when shopping is low and the people who drop off are always polite and make you feel at ease as I was worried that I would be judged”



The DAZL team are following government guidelines and social distancing measures whilst distributing food from Middleton Community Centre. Weekly collections and deliveries are between 1-3pm on Monday & Tuesdays. We can't guarantee what food will be in the food parcels, but there will be enough to support a few days meals for a family. This service will be on offer until 18th August 2020.

As well as food, with the support of Leeds Public Health we have created a Dance At Home activity pack to keep families active, a [Change4Life](#) activity pack and recipes sheet to keep families healthy and a Childrens' at home sheet and information on how they can access DAZL Online FREE dance activities for those who can access the internet.

For families in need please contact Chrisie Emmonds via email – community@dazl.org.uk or Call/Text 07519018675 she will then ask you some simple questions for our monitoring and coordinate our offer.

Quotes from text conversations “Thank you so much for the parcels which we are really appreciate by me an my boys think you are doing a great job for helping the community at this difficult time its hard for everyone at this time just hope other people appreciate wot your doing keep up the good work an a massive well done”

“Your doing great thank you from Rachel and sons you all deserve a medal for being there just hope some one is looking after all your fab people “

DAZL HEALTHY HOLIDAYS COVID-19 FOOD & DANCE PROVISION

NEED HELP WITH FOOD? WE CAN SUPPLY UPTO 40 FAMILIES PER DAY - 2 PER WEEK WITH FOOD PARCELS ENOUGH FOR A FEW DAYS OF MEALS!

CRITERIA - UNIVERSAL CREDITS, USING FOOD BANK OR STRUGGLING TO FEED FAMILY

Collections - Mon & Tuesday 1-3pm at Middleton Community Centre, Acre Road, Leeds, LS10 4LF
Social distancing guidelines apply for collections

Unable to leave home? we can deliver but must live in LS10 or LS11 areas.

Call/Text 07519018675
Email - community@dazl.org.uk

FOOD PROVIDED BY FARESHARE & PROJECT SUPPORT BY LEEDS COMMUNITY FOUNDATION

Feedback

“Thank you so much for the parcels, if there is anyway to repay for the generosity you’ve shown myself and my family, when my partner and I are back at work, please let us know. Without you and Leeds City Council help throughout this lockdown, my family would have struggled. Thank you so much from the bottom of my heart”

“Just been to collect my food parcel from DAZL as you can see my daughter Laya chuffed Thank you so much for your support”



#HHLeedsCovid19

Just been to collect this parcel from dazl as you can see my cdaughter leya chuffed Thank you so much for your support x 19:26

Thank you so much for the parcels, if there is anyway to repay for the generosity you’ve shown myself and my family, when my partner and I are back at work and on our feet. please let us know. Without DAZL and Leeds Community Foundation help throughout this lockdown, my family would have struggled so much. Thank you so much from the bottom of my heart vv

Leeds Community Foundation  **FareShare**
lighting hunger, ending food waste
Yorkshire

Today we delivered 40 families, food parcels (118 people) supported by Farshare Yorkshire & Leeds Community Foundation.

Thank you to DAZL for our food parcel today appreciate it so much and thank you from isla for her colouring sheets 😊 xx 21:1

“Hi Chrisie, I'd just like to say each week when parcels are delivered you are very welcoming and friendly. I have never ever met anyone as polite and as nice the delivery men and the parcels are a great help. Also very good as kids love trying new things every week and helping to cook and bake new foods so a big thank u to u all for helping us out in this time”

“The food parcels have been great; I’ve been sharing them with my 86-year-old grandad who’s been in lockdown longer than we have. It makes his day and ours to know we can all eat”



The impact of the DAZL team

Our Family Healthy Living Service Dance Specialist Amy Smith has been delivering lots of online dance, Garden Groovers and food parcels. Here's some feedback from her work during COVID-19 Lockdown.



“Daniel loves and is missing dance very much. We gave rugby a try first, but he decided he didn't like his toes stood on!! He loves music and dancing, and Dazl is the perfect place! He's got the dance 'bug' and even makes up his own dances at home! I like that it keeps him moving and his bum off the sofa!! Can't wait till we're back!! Xx”



I would like to say a massive Thankyou to DAZL and their staff throughout Covid -19 my children have been able to access free online dance classes. This has meant that my children have had regular exercise and have had online interaction with there friends and had structured routine. Unfortunately we had a bereavement of a very close family member whilst Covid -19 was at its highest and this was immensely hard for us as a family, but the DAZL dance classes created a safe and fun environment for my children to enjoy themselves and take there mind off the sadness they were feeling. Thankyou so much DAZL.



Lacey has been at DAZL for nearly 2 years she started at the age of 3 at the Rothwell Group; Lacey really enjoys coming to dance and even during the hard times of coronavirus she's been eager on a Tuesday to get on Zoom and get stuck in with her teachers. DAZL has made Lacey so confident she shows everyone her routines and she just dances herself through her days, it's given her an opportunity to meet new people in the community too, Lacey really has found something she loves in DAZL dance and as she gets older I think starting in the community dance will make her more determined to get more serious and turn it into a path to achieve for her future, I'd like to thank Amy & Aimee because Lacey really would be lost without her dance.

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

The impact of the DAZL team

Our Family Healthy Living Service Community Facilitator Chrisie Emmonds and her Daughter and DAZL Dance Leader Kaci Emmonds have been delivering lots of online dance, Garden Groovers, food parcels and supporting the coordination of the programs. Here's some feedback from their work during COVID-19 Lockdown.

"Hello Chrisie, I'm grateful for all your support this kind action helps us a lot. Thank you so much"



"The support that Chrisie and Kaci have given Emma over lockdown has been amazing they have been setting her 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 has improved loads now she has opened up to Chrisie and Kaci and is much more confident in herself and her dancing now"



"The online classes and the zoom classes have helped Ella and Bobby gain more confidence within themselves to dance and without them neither of them would have dreamt of practicing their routines. Thank you to both u and Kaci and all the other guys at DAZL who have taught an online class to the nation. I truly mean every word Chrisie u have all done amazing and my two have really come on so thank you so much for your continued support though all this covid rubbish. It means a lot it really"



"My feedback for the online classes are that both my girls Jodie-leigh and Emily-Mae love them. It keeps them active and they love learning the dances Chrisie and Kaci make. It at a good level for them to learn and keep up to. They look forward to the classes which is good in this situation they can't wait to get back to dance as normal but, in this situation,, they are so happy that they can still dance. We really appreciate the work DAZL and Chrisie and Kaci put in so that the kids can keep going and keep up with the routines"

"Ava loves the sessions, unfortunately she hasn't done a huge amount due to still attending school whilst we work. Ava is practising her dances daily and can't wait for the class to restart"



Our wonderful volunteers

We are so grateful for our wonderful volunteers from the 5ways Recovery Centre who have been helping DAZL with distributing food parcels for families in LS10 & LS11. Here is what they get out of helping each week.



"Since I started my recovery, I have had trouble motivating myself to do any activity and going to 5Ways Centre was crucial to that recovery. So now that the virus stopped 5Ways from opening, there was a very real threat of my recovery stopping and going backwards. It's because of this that I'm so grateful to have an opportunity to volunteer alongside Amy & Chrisie. They have started to become an integral part of my social life now as there is very little chance of going and meeting anywhere else for the foreseeable future. Working at the center with Chrisie & Amy starts my week off with an open perspective and not just my personal bubble, and so helping my recovery move forward. Volunteering my time to help those in need also gives me a sense of achievement that would otherwise be lacking in my life"

"i started volunteering with Chrisie and Amy for DAZL, packing food parcels In May. Like everyone else I had been on lockdown and was having very little human interaction. The positive impact that the volunteering has helped my state of mind. Amy and Chrisie are always upbeat and positive and they make the day fun. They are supportive and have made Monday's feel like being a part of a family. Being around them and fellow 5Ways members really lifts my spirits and puts me in a more positive frame of mind because as well as that human interaction we are also helping those in need. Now working on a Monday's packing food parcels is the driving force behind my positive frame of mind for the week. It has given me something to look forward to and for that I'm truly grateful to Chrisie, Amy, 5ways gang and DAZL for being the positive driving force behind my week. Thank you, Darren"



"I've been volunteering with DAZL now for over a month or so. Having first engaging with DAZL and Amy attending one of there dance fit class . This was a great lift in my mood and brought love as the class and company was so much fun and beneficial. Knowing that DAZL was aiming to help the local communities I was keen to help and give back to what was freely given to us. Through helping with the food parcels and deliveries I've felt a great part of what DAZL gives to there communities and has helped me to stay active and productive whilst we're all experiencing changes in the lockdowns and the pandemic. Meeting other members of the DAZL team like Chrisie along with Amy was great too. They are so welcoming and extremely well organized. Meeting up every week with this team from 5Ways hasn't just provided structure for me but I feel complete joy and gratitude in being part of this great service that DAZL offers. Long may this continue, Much love and kind regards – Stuart"



Lockdown moments

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



Middleton Garden Groovers



Warburton's supported our food work



Fox's supported our food work



We took part in Breeze Leeds Lockdown Video



DAZL won 1st Place at Urban Cheer Digital Competition



Melissa was highlighted by DAZL on Volunteers Week.



Ground Up Digital named DAZL Charity of the Week



DAZL Director Ian Rodley talks about what DAZL is doing in lockdown

Tune in from 10am tomorrow Thursday 21st May



<http://www.elfm.co.uk>

DAZL Director talks to East Leeds FM



ASDA Middleton supported our food distribution to families in LS10 & LS11



Outdoor social distancing dance class for West Wood Primary School



Supporting families with food

Dance with Pride, DAZL Digital Dance Competition



- To celebrate [#PrideMonth](#) we're hosting a free online dance comp [#DanceWithPrideDAZL](#) on Instagram, Sunday 28th June 2020.
- You need to Create a 50sec dance & upload to your Instagram tagging [@danceactionzoneleeds](#) at your specific dance sections time throughout the day.
- There will be Solo, Sibling Duo & Parent Duo sections and a 10yrs & under division and 11yrs + division. If we have many entries, we will simply add more ages divisions on the day. They will then be announced at the end of the day with all the winners. All dancers, duos will receive our fabulous rainbow certificates.
- Each dancer can enter only 1 division each.
- We have 6 winners per section, one for every colour of the rainbow everyone will receive Rainbow medals & certificates and we will also have some special judges' choice [#DanceWithPrideDAZL](#) prizes for one lucky individual or duo from each section.
- We will have two judges per section and different judges for each division. The judges will be announced at the end of the day.
- Remember be fabulous, shine bright and there is no such thing as too much glitter, so feel free to go wild with the costumes.
- We hope you all join us!
- All dance schools, groups and individual dancers are welcome



WE USE DANCE AS A
CREATIVE PATHWAY TO IMPROVE
HEALTH & WELLBEING

www.dazl.org.uk



Thank You For Supporting DAZL and our work during lockdown

Since March DAZL has worked the following organisations, funders and projects to widen our offer to communities, young people and families during 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.



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