



DAZL Wakefield Review



Words from Ian Rodley, Director of DAZL

"This initial pilot has been an exciting time for DAZL with so many achievements. DAZL has continued to use dance as a creative pathway to improve the health & wellbeing of young people, engaging with 233 individual children from our newly established Wakefield programme. Our focus on dance and community development has enabled DAZL to connect with schools and communities in 4 of the 21 Wakefield District Council Wards so far. It really has been an amazing start 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 this and how we continued on this during the covid-19 pandemic lockdown"

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

DAZL Wakefield Pilot Overview



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. 245 young people took part in Urban and Cheerdance classes. This figure does not include the 166 from the taster workshops. 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 206 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 141 girls & 28 boys. Of these 15 children regularly skipped breakfast. However 110 young people stated they didn't yet achieve their 5 portions of fruit or veg a day. 44 of our 10yrs and under did more than two hours structured physical activity each week and 119 of them spent more than three or up to five 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 72 participants 11yrs+ we had 61 girls & 11 boys mainly from DeLacy Academy. Of these teenagers 44 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 64 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 from Leeds 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."



DAZL Wakefield Pilot & Online Dance Programmes

“Keeping everyone active and happy”

Here are some of our stats from the pilot and covid-19

1. We delivered 92 session across 5 venues pre lockdown
2. We deliver 10 initial taster workshops engaging 166 young people
3. We engaged 245 children age 5-19years
4. We have had 46,982 views of our regular online Facebook live classes and rising.
5. We have delivered 59 online classes and uploaded 40 video classes
6. 166 participants were inactive doing less than 2hours structured physical activity each week, not including this session.

What We Offer Online

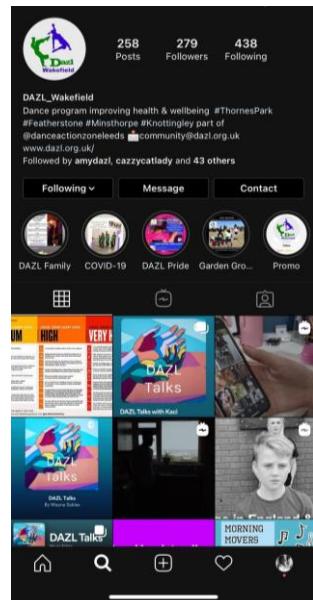
- Online Zoom & Facebook LIVE sessions for children and young people
- 10-week Family Dance Fitness Program on Vimeo & Active At Home YouTube Activities

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

We encourage people to let us know how they get on! And post to social media or visit www.dazl.org.uk

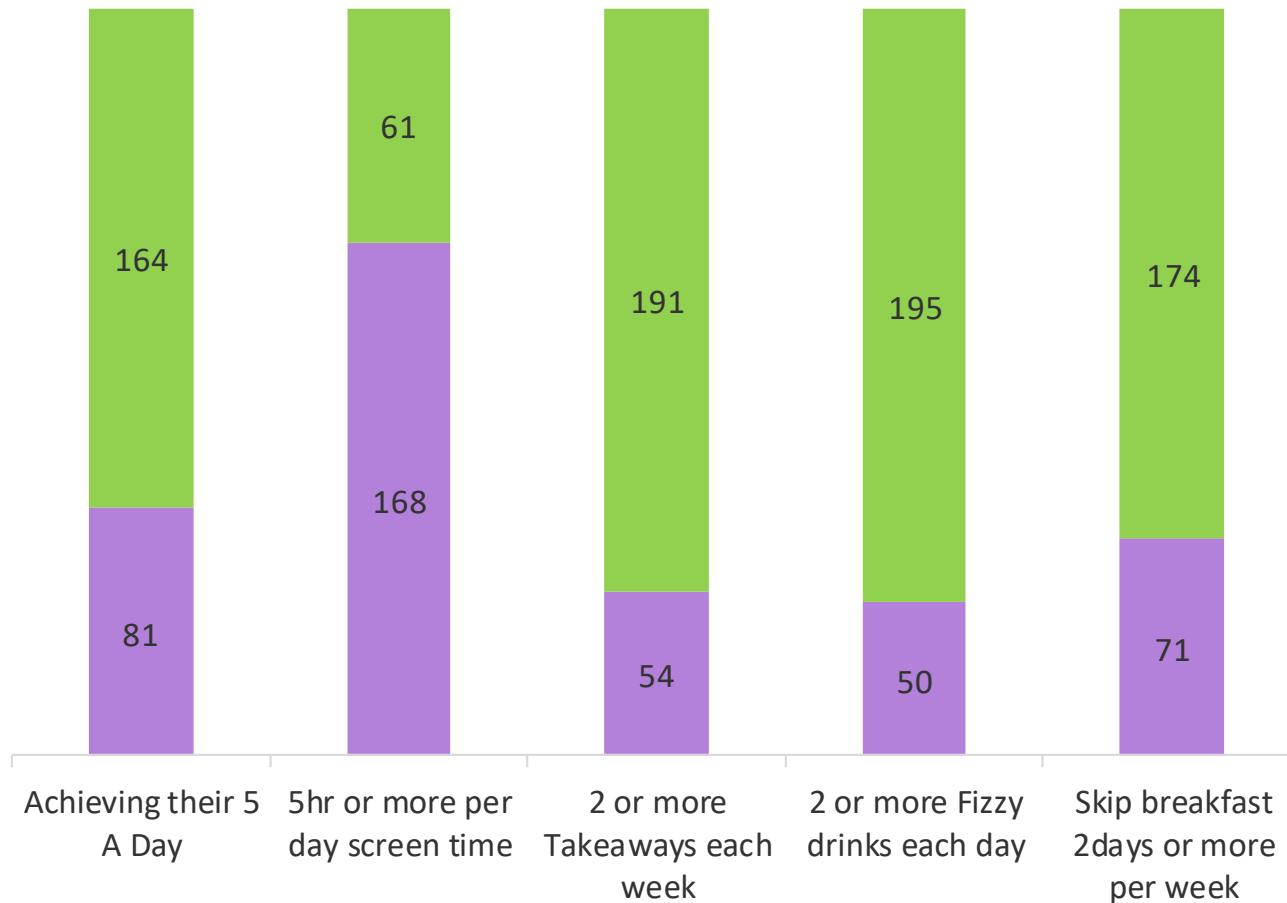


At DAZL we are dedicated to improving health and wellbeing through dance, even in lockdown.



The DAZL Wakefield Health Impact

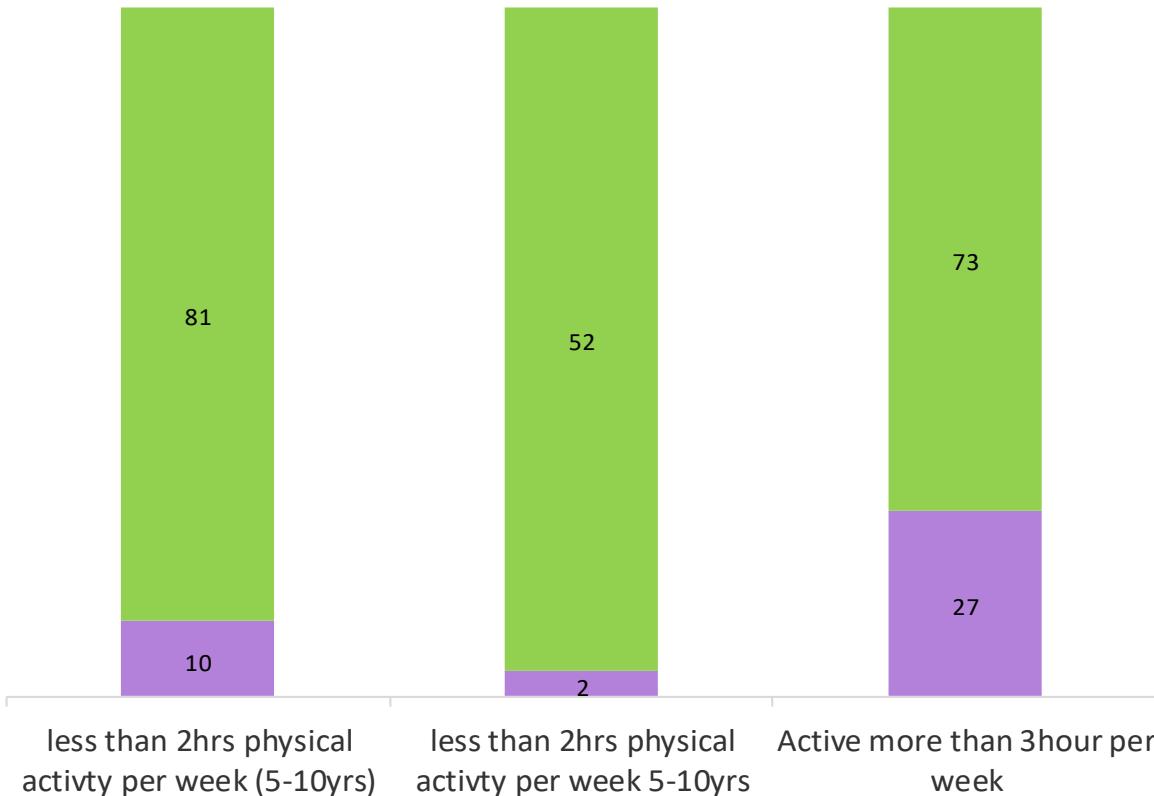
The DAZL Wakefield Program, funded by Wakefield Council, supported our DAZL families in making positive behaviour changes to their health, wellbeing and lifestyle choices. **The data below illustrates the initial changes in lifestyle habits and data collection from the 245 DAZL Wakefield participants.** For the chart below Purple is Yes & Green is No.



- 95% OF THE PARTICIPANTS STATE THEY FEEL HAPPIER FROM ATTENDING DAZL
- 90% OF DAZL PARTICIPANTS STATE THEY FEEL MORE CONFIDENT & MORE ACTIVE FROM ATTENDING.

The DAZL Wakefield Physical Activity Levels

Children and young people aged 5 to 18 should: aim for an average of at least 60 minutes of moderate intensity **physical activity a day** across the week. Inactive for this program is defined as less than 2hours structured physical activity beyond the school day. This does not include the DAZL session or in school time.



The young people from DeLacy Academy

■ Girls
■ Boys





Feedback from Lead Practitioner

Chloe Young

“I have worked on the Wakefield project from the very start and have contributed in engaging so many young people throughout our sessions. The participants were so energetic and ready to dance which made the sessions amazing. Each week we would all be so excited to work on learning and creating different dances and the feedback we received from parents on a weekly basis was so positive. Parents love to see the videos of their children performing the routines they had learnt, and I love hearing about how the kids have been practicing their routines at home. The success of the Wakefield Project then led to myself and another member of the DAZL Wakefield team being invited into The Kings School to deliver dance sessions every Friday as part of an additional Mental Health and Resilience Project. These sessions engaged young people from year groups 9 and 10 in physical activity and dance whilst also addressing the importance of young people’s mental health with the young people. The initial findings were positive but then sadly, COVID19 lockdown happened and we were no longer able to continue visiting the school. I really hope this is something we can pick back up at a later date as the school were really passionate and the young people were engaged with what we were delivering.” – Chloe Young, Dance and Health Practitioner.

Chloe Young (@chloeyoungdance)
Thank you so much for having us!! They were amazing x
The King's School (@KingsPontefract · Mar 6)
Our Years 7-9 students are having a fantastic time with @ChloeDAZL @chloeyoungdance this morning in their #Dance and #MentalHealth session.
Thank you @DAZL_Wakefield!

0:12 | 461 views
2:54 PM · Mar 6, 2020 · Twitter for iPhone

DAZL_Wakefield (@DAZL_Wakefield · Mar 6)
Have fun @KingsPontefract with @ChloeDAZL @chloeyoungdance today in our #Dance and #MentalHealth session @MyWakefield @WFYouthVoice @YoungLivesWake

1 2 6 1
You Retweeted
The King's School (@KingsPontefract)
Replying to @DAZL_Wakefield @ChloeDAZL and 4 others
They appear to be having a great time! Thank you :-)
11:04 AM · Mar 6, 2020 · Twitter Web App

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

DAZL Wakefield Online Feedback

"During lockdown DAZL have been amazing! I can honestly say that they have had more input into my both my daughter's health and well-being than their schools/ teachers have"

"DAZL Facebook Live have given the girls something to look forward to. It's given them the opportunity to see their friends and still feel like a team as well as keeping active

"Darren has put so much into the online classes each week; they are well planned and structured. He has been a fantastic dance leader and has encouraged everyone individually with his positive words, something that the girls needed during lockdown. Darren has made the classes fun and the girls are always laughing throughout"

DAZL has been amazing and so supportive during the lockdown. With them providing online classes has helped my son keep active and motivated. He has had up and down days like most kids I'm sure, but he looks forward to dance and gives him a focus. He likes the challenges he gets set and the progress he has made during lockdown is amazing. He could barely lift his leg above knee height and now he has almost nailed one side . Kaci has worked so hard to make sure our kids have a class 2 x weekly. I also had a massive smile watching them and all the hard work they had put into a routine over lockdown to see it all put together and out there dancing was amazing. Hard work sure does pay off. Team Dazl you rock and ty for keeping my son going through strange times

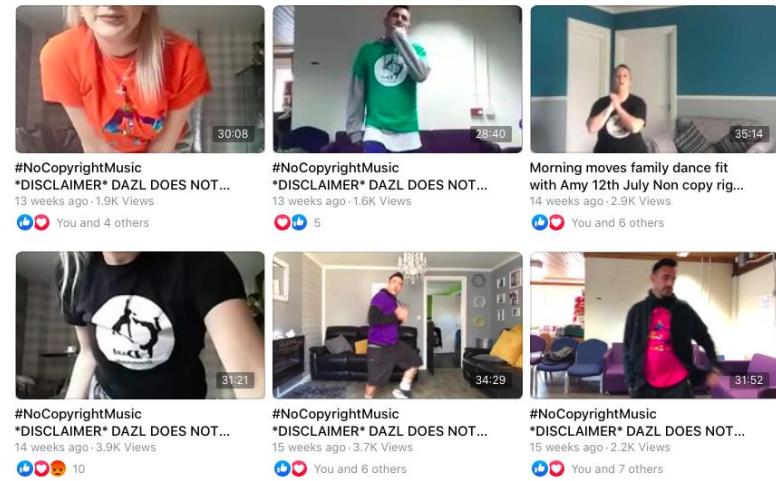


Sarah Buchanan recommends DAZL_Wakefield.

April 9 ·

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I feel it's a amazing opportunity for children to learn a new skill along side keeping fit in the most fun way. Well done keep up the good work xx



Dance with Pride, DAZL Digital Dance Competition



To celebrate [#PrideMonth](#) hosted a free online family dance competition [#DanceWithPrideDAZL](#) on Instagram, The event took place on World Pride Day Sunday 28th June 2020.

We had 181 dance take part throughout the day in this family dance event. We had the whole family moving. We have sibling duos, mums and daughters, dads and daughters and much more. All the participating dancers received a certificate, medal and for the winners and those winning a judge's special award they also received a DAZL Pride T-Shirt. Young people from Wakefield and Leeds took part in this competition.



It was an entertaining day watching children and adults doing what they love to do. We enjoyed watching such a variety of different styles. The part we loved the most was the personal touches - each entry was given such positive feedback which we think everyone appreciated and the awards being presented via video kept it exciting. We would love to take part again in the future!



Just want to say a huge massive thank you for everything you do for us and for uploading Katy's video for her. This has really lifted her spirits and doing the competition. Enjoy the rest of your evening and thank you so much again Amanda & Kat



bell_eva_ I had the best day today ❤️🌈☀️ Sharing my 100th post with my Mama because she is 100% my favourite 💕 thank you @danceactionzoneleeds for organising such a fun #digitaldancecompetition and for choosing me to receive one of the judges special award ⭐️❤️🌈 and thank you to @ross.ben.dance for the choreography so I could dance with my best friend...my mama 🌟❤️ (she secretly loved it) you guys are the best ❤️ #dancewithpride #pride2020 🏳️🌈 #tinydancer #lovedance #dancingwithmymama #igotitfrommymama #motheranddaughterdance #twinningiswinning #love #happypridemonth

Dance with Pride Competition Feedback



The dance competition was very well organized with categories of ages and times for everyone to perform. It was great to be able to watch all the sections. Every judge commented on every performance which give everyone who danced a more competitive spirit and hearing the comments praising the dancers was a great buzz. Was a fantastic day



The dance comp was brilliant! they got to dress up in bright clothes and do what they love to do, Lacie lives and breaths dancing so is missing so much and Libby did her 1st competition and a couple of weeks later we went into lock down. They don't stop, so to be able to still participate in competitions like this one is amazing and keeping their dancing spirits alive! So thank you so much for allowing us to be part of it and representing pride!.
Lacie & Libby



Hi I'd just like to say we loved how you all did the videos speeches and results. This was so different & lovely. We just loved the whole day; the team have all worked great and pulled it off a fantastic event - Merci Mae & Dad



Amelia loves Dance Competitions and looks forward to them but with none been on these virtual comps keep her interested and something to look forward too, really appreciate all time and effort the dance groups are doing to still keep the kids busy threw the lock down, just because you aren't actually at comp still feels like one waiting for the results and watching all the kids enjoying what they love, Amelia rose



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

www.dazl.org.uk



The happy moments

"Always DAZL-ing and making a difference to peoples' lives"



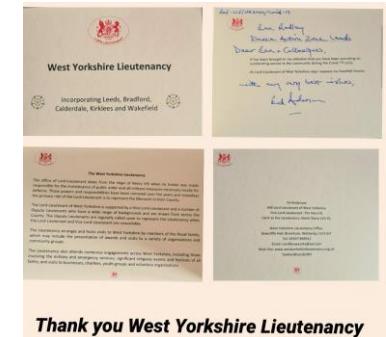
DAZL Support Yorkshire Virtual School Games 2020



Online dance classes



Dance With Pride Competition



Thank you West Yorkshire Lieutenantcy



DAZL won 1st Place at Urban Cheer Digital Competition



DAZL Wakefield Featherstone Urban Cheer with tutor Chloe



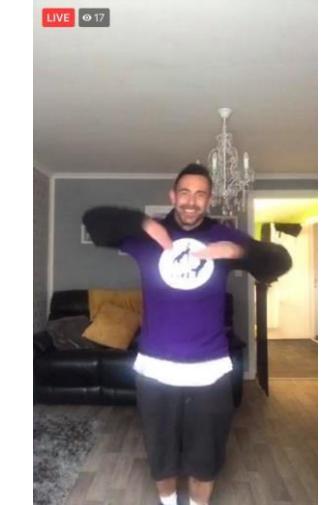
DAZL Thornes Park Boys Squad with Chloe Haley



DAZL Wakefield Featherstone Group Stretching



The weekly program
engaging 233 children



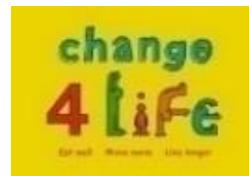
Morning Movers with Darren

Thank You For Supporting DAZL Wakefield

Throughout the pilot and lockdown DAZL Wakefield 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 Wakefield partners who have made everything possible and a very special thank you to the wonderful DAZL Board Of Trustees and all the DAZL staffing team.



@DAZL_Wakefield



LIKE DAZL Wakefield



www.youtube.com/dazldiamonds

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