

DAZL
Annual Report
April 2006 – March 2007
For
Board of Trustees
By Jan Burkhardt
Director

Background Information

Dance Action Zone Leeds or DAZL as it is better known is a community dance and health project based in south Leeds. DAZL's aims are:

Primary Aim

- To improve the mental and physical health of young women aged 8 - 25 years through dance activity in disadvantaged communities of south Leeds

Secondary Aim

- To improve the mental and physical health of the wider community of Leeds through dance and performing arts related activity

DAZL also aims to:

- Improve young women's access to exercise and health information.
- Work in partnership with other community, education, health and arts organisations across the city.

DAZL was established in 2000 as a Public Health Initiative funded by the South Leeds PCT. In 2002 it was recognised as an Innovation in Public Health by the Chief Medical Officer. DAZL is now a Registered Charity and continues to be supported by the Leeds PCT and Leeds City Council. The work is particularly focused on the governments Choosing Health, Choosing Activity agenda and the PSA target to reduce children's obesity levels.

Summary of Achievements 2006 - 2007

In 2006/7 DAZL delivered more dance activity and a wider range of projects and dance styles than ever before. The Youth Dance Facilitator post funded by the Youth Work Partnership has been particularly successful and has created a series of new regular sessions and projects that engaged some of the most hard to reach and disengaged young people in the area. DAZL Advance has been the other project that has been an excellent new development and has allowed us to fill a gap in the local provision. It provides progression for able young dancers who have been involved in dance locally and want to continue with dance as a profession. DAZL Advance focuses particularly on developing the skills and knowledge to work in community dance in the future.

A completely new initiative for 2006/7 was the Engaging Inactive Children programme. This work focuses on prevention of childhood obesity through physical activity and has been developed in partnership with the Leeds PCT. Dance is a particularly effective activity as it is popular with girls who are at higher risk of obesity and are more sedentary than boys.

This year DAZL has also undertaken some Self Perception Research with Leeds University School of Medicine. This piece of research looks at whether involvement in dance activity can improve the self perception of overweight children involved. Results, if positive, will give robust evidence for the project's outcomes in improving mental health and well being through physical activity. Though the numbers of children involved in the research are small they sustained their involvement well.

DAZL targets young people who lack access to positive activities or who are at risk of sedentary lifestyles and those not involved in regular sports activity. Sally Sumpner, Head Teacher at Windmill Primary School has commented on the positive impact of the Escape Youth Dance group on her pupils, many of whom attend the project. She has reported on the numbers of girls in particular who dance at lunchtime in the playground instead of being sedentary. She has also remarked on the boost in confidence the children get from performing and how older pupils involved with Escape create dances for assembly themselves now and even teach dances to younger children in the playground!

All the DAZL youth dance groups aim to develop young people on several different levels. The involvement in dance improves both their physical and mental health. It builds their physical fitness and improves coordination, strength and flexibility. Through dance activity young people build confidence and self worth. Team work and interpersonal skills are developed through dance activity and through games and physical theatre work. Skills such as cooperation, focus, trust and sensitivity to others are developed through work involving unison dances, lifting and counterbalancing partner work and in cheer dance through stunting.

Every 12 weeks the dance groups have a new focus and target often working towards the next performance. We will explore different elements of dance and different themes and issues which ensure that there is progression for all young people involved. Many of the groups also make progression through accreditation and peer mentoring opportunities which are a key element of DAZL's work.

DAZL Programme 2006 – 2007

The Engaging Inactive Children's Programme

The programme aims to identify and target currently inactive/sedentary children in south Leeds and engage them in physical activity through dance. They present the biggest health risk as are more likely to be overweight or become overweight adults and are a challenge to engage in physical activity. This project aims to address this and increase involvement of children in physical activity.

Each programme will:

- Promote dance within school lesson time to engage inactive children when 'captive'!
- Establish after school sessions for 24 – 36 weeks to build confidence, skills and fitness, targeting the inactive
- Support the children and their families to feed into local community provision when skills and confidence are developed
- Engage parents and families in physical activity and wherever possible to encourage active lifestyles and healthy eating

The Engaging Inactive Children's Programme has been rolled out successfully and has now established after school clubs of targeted overweight and/or inactive children at the following schools:

Hunslet Carr Primary School –

- Dance sessions in school time 6 weeks – 45 inactive/overweight children
- Dance sessions in school time 6 weeks – 50 other children
- After school dance club – 25 inactive/overweight children engaged

Middleton Primary School & Rodillian High School

- Dance sessions in school time 6 weeks – 56 inactive/overweight children
- Dance sessions in school time 6 weeks – 70 other children
- After school dance club – 32 inactive/overweight children engaged

Birchfield Primary School – (Estimate)

- Dance sessions in school time 6 weeks – 15 inactive/overweight children
- Dance sessions in school time 6 weeks – 20 other children
- After school dance club – 20 children engaged

DAZL Advance

A secondary aim of this project is training local people to deliver physical activity in the community. DAZL Advance as explained elsewhere in the report focuses on this. This year the group developed and improved their contemporary dance skills. They were selected for the Youth Dance England Regional platform which took place in February 2007 at The Carriageworks Theatre. Their piece was well received and the feedback commented on the large improvement in the group's contemporary dance skills. They were not selected for the final Youth Dance England Festival but are keen to enter again next year.

- **10 young people aged 16 - 21 years**

Inner South Area – Core Youth Dance Groups

Sustaining and developing key DAZL groups has been successfully achieved over the year with funding from Leeds City Council Inner South Area Committee.

Escape Youth Dance Company

This group is a highly successful long standing street dance group who now also incorporate cheerleading in their work. The group meet every week for 2 hours and work towards performances at a wide range of venues. This group which was already 40 strong in April 06 has grown in size and popularity to 80 participants. The dance leaders are from Middleton and Belle Isle and most are trained thorough DAZL's Dance Leader's programme.

- **60 young people attending taster sessions**
- **80 young people aged 3 – 18 years attending youth dance group**

New Beverley Dance Group

This well established group has continued successfully throughout the year with numbers increasing from the summer. A new addition which was a response to a request by the participants was for a boys breakdance session.

- **40 young people attending taster sessions**
- **58 young people aged 4 – 16 years attending youth dance group**

South Leeds High School Community Cohesion Project

The project aims to establish positive relationships through dance between children across the area particularly those from different ethnic backgrounds. It is a

partnership with South Leeds High School and a successful after school dance session has now been established with a multicultural focus. 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 the 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 elements of their traditional dance styles to the group.

- **90 young people attending in curriculum sessions**
- **35 young people aged 8 – 16 years attend youth dance group**

Outer South Leeds Area - Core Youth Dance Groups

These youth dance groups have been supported with funding from the Leeds City Council Outer South Area Committee.

Revolution Seniors and Intermediate Youth Dance Group

This group has grown in size over the autumn with a large number of 13 – 15 year olds joining. We have therefore created two sessions aimed at different age ranges. They performed at two DAZL Showcases with many of the group performing for the first time this year.

- **25 young people aged 10 – 12 years**
- **20 young people aged 13 – 16 years**

Rothwell John O Gaunt's Lads Breakdance Group

This group has been a success despite working with some of the most challenging young people in the area. The all male group have taken part in regular breakdance sessions run by 2 experienced dance leaders. Despite major issues of behaviour the group have developed their dance skills and successfully performed at the DAZL Dance Show at Morley Town Hall in March 06. 4 of the group have ASBO's and many do not attend school so their involvement in this dance group is an exceptional achievement.

- **15 young people aged 8 – 16 years**

Hill Top After School Dance Club

Successful after school dance club which led to several performances at DAZL shows.

- **25 young people aged 10 -11 years**

Woodkirk High School Youth Dance Group

This group was established and ran successfully this year with a performance at Christmas that was a first time experience for many of the group. The school has now taken the dance club on and it runs independently of DAZL.

- **200 young people aged 13 - 16 years in short dance projects**
- **40 young people attending after school dance session aged 13 – 16 yrs**

Newlands Youth Dance Group

This group for 10 – 16 yr olds was promoted again with taster workshops in Morley Newlands School. This produced a large increase in numbers which has now filled the venue to capacity. They performed successfully at the DAZL Christmas Showcase.

- **50 young people attending taster sessions**
- **35 young people aged 8 – 16 years attend youth dance group**

Rothwell Youth Dance Projects

DAZL provided after school sessions at Rodillian High School now funded and supported by the school. This group has also produced several excellent new peer mentors.

- **15 young people aged 13 – 16 years**

Youth Dance Facilitator Programme

This programme of work led by Ian Rodley, the Dance Facilitator for DAZL is funded by the Leeds Youth Work Partnership.

DAZL Diamonds Seniors

The DAZL Diamond Senior Cheer Squad meet weekly, they have been working towards local showcase events and national/ regional competitions. The project is a partnership with St Luke's Cares and Getaway Girls. The group compete in cheer dance which is similar to street dance. In July 2006 they performed at the International Cheerleading Championships in Nottingham and gained a 2nd place ranking. Following on from this success the young people helped fundraise to go and perform at the Blackpool Winter Gardens in November 2006 where they gained another 2nd in the Funk Squad section of the Northern Classics. 6 of the squad members are boys, with this programme in particular the boy factor is catching on. They also performed at all the DAZL Showcases and PAYP event where they gained PAYP Bronze and Silver Awards.

- **20 young people aged 16 – 21 years**

DAZL Diamonds Juniors

DAZL Diamonds Juniors Cheer Squad have been up and running since November 2006 and has become extremely popular. Young people from across inner and outer south Leeds attend the group and there is a waiting list of young people aged 12 - 15 wanting to be a part of this team. They are working towards accredited work and also local and national competitions and events.

- **20 young people aged 12 – 15 years**

South Leeds High Dance Group

Weekly after school street dance session at South Leeds High School. We have 24 young people attending each week. These young people have been working towards performances in and out of school.

- **25 young people aged 12 – 15 years**

Cockburn High Cheer

Cockburn Cheerleading Squad meets after school working on stunts and tumbling work and also cheerleading routines. We are working in partnership with St Luke's Cares and Getaway Girls on this programme as they are delivering the accreditation work for this programme. The group has participated in two performances at the school and had a fantastic response. As a result of this more young people from the school want to get involved in this after school club.

- **25 young people aged 12 – 15 years**

Belle Isle Girls Group

The Belle Isle Girls Group is a particularly challenging group we are working with who meet weekly at the Belle Isle Family Centre. DAZL deliver dance and group work in partnership with the local Youth Service. The young women have performed at two DAZL Showcases. This was an extremely positive experience for these young women and has encouraged them to want to do more performing.

- **10 targeted young women age 13 – 16 years**

South Leeds Cheerleading Group

This group based at South Leeds High Schools are creating work at the moment for showcase events and is also becoming popular with boys.

- **25 young people aged 12 – 15 years**

Summer Holiday Programme

Lads Breakdance Project

24th – 27th July at Tenants Hall, Middleton

- This week was a big success with 12 young men taking part. It was the first time a lads only summer project ran and shows that DAZL is also successfully engaging young men to dance. Having a male dance facilitator we believe encourages this.

Escape Summer Project

31st July – 4th August at Windmill Primary School, Belle Isle

- A week with an unprecedented number of young people aged 6 – 16 years taking part. Over 60 children and young people were involved and produced some high quality performance material fusing elements of street dance and cheerleading and performed at the I Love South Leeds Gala.

DAZL Summer Programme in Beeston

31st July – 4th August at the United Free Church, Beeston

- This summer programme went well but only 10 young people attended. This was probably due to the promotion being less intensive and the venue not being a regular one for DAZL.

DAZL Advance Summer Project

7 – 11th August at Tenants Hall, Middleton

- A week of choreographic development by Jez Gregg produced this group's most interesting work yet. The dance piece based on characters and status was performed at the I Love South Leeds Gala and was submitted for the Youth Dance England Regional Platform which led to successful selection.

I Love South Leeds Show in a Week Project

14th – 19th August at Hunslet Club for Boys and Girls in Hunslet

- This ambitious project was led by Ian Rodley with a team of 4 dance teachers and was very successful. 70 children and young people took part with over 30 of them being 13 years of age upwards. The aim was to improve community cohesion by producing a performance which brought together young people from across south Leeds with a wide range of cultural backgrounds to create a large scale dance performance. The choreography fused elements of African dance, Bollywood, street dance and cheerleading and incorporated carnival costumes. The final piece was a spectacular and celebrational piece which provided a suitable climax to the I Love South Leeds Show.

Performance and Events

Summer Showcase

July 15th at South Leeds High School

10 groups and over 150 young people performed at this successful show. An audience of over 200 members of the local community attended.

I Love South Leeds Show and Gala

19th August at the South Leeds Stadium in Beeston

This ambitious event was the culmination of the DAZL summer programme and a community cohesion event in partnership with Youth Services and many other agencies working in the area. It also included sporting activities for young people which linked to the South Leeds PCT Physical Activity programme. The partnership working proved to be disappointing with many activities and events programmed for the day never materializing and also rain meant outdoor activity was limited. The dance show however was excellent with an audience of over 250 community members and representation from BME communities and the Middleton and Belle Isle area mixing together.

DAZL Christmas Show

15th December at Cockburn High School

This successful event included an afternoon show for the younger groups and an evening show for the older participants. This was a successful format as it allowed 15 groups to perform over the day and there still be enough capacity in the audience for friends and family to attend. The quality of the evening show was excellent with several parents remarking on the noticeable improvements in skills of young people who have been involved over several years and the quality of the dances. Over 250 young people performed throughout the day with over 450 audience members.

DAZL Easter Show

29th March at Cockburn High School

This show involved 10 groups and sold out which led to parents complaining about lack of tickets. It was however an excellent event and was our first event with Priority Photographs who came and took high quality photos and DVD's of the show. Performers can now buy these at a reasonable cost via the web. This has proved very popular with over 42000 hits on the site in the first 3 weeks after the show!

DAZL Regular Dance Session Information
Open Sessions

Name of Dance Group	Day	Time	Venue	Age	WARD	Numbers Participating x Number of Sessions
DAZL Diamonds Junior Cheer Dance	Monday	4.30-6pm	Tenants Hall	12-15 yrs	Middleton Park	20 x 40
DAZL Diamonds Senior Cheer Dance	Monday	6-7.30pm	Tenants Hall	16+ yrs	Middleton Park	20 x 40
Newlands Youth Dance	Monday	5.30-7pm	Newlands Methodist Church	10-16 yrs	Morley South	30 x 40
Revolution Intermediate Dance	Monday	4.30-5.45pm	Tingley Youth Club	10-11 yrs	Ardsley & Robin Hood	30 x 40
Revolution Seniors Dance	Monday	5.30-6.45pm	Tingley Youth Club	12+ yrs	Ardsley & Robin Hood	20 x 40
Hilltop Primary	Wednesday	3-4pm	Hilltop Primary School	10-11 yrs	Morley South	30 x 40
Escape Youth Dance	Wednesday	4.30-6pm	Windmill Primary School	6-18 yrs	Middleton Park	40 x 40
DAZL Advance	Thursday	5.30-8pm	Tenants Hall	15-19 yrs	Middleton Park	10 x 40
DD Prep	Friday	4.30-6pm	Tenants Hall	7-10 yrs	Middleton Park	15 x 25
DD Peewees	Friday	6-7.30pm	Tenants Hall	9-11 yrs	Middleton Park	15 x 25
Dolly Mixtures	Saturday	10-10.40am	New Beverley Community School	3-6 yrs	City and Hunslet	10 x 40
Dance Action	Saturday	10.45-11.45am	New Beverley Community School	7-11 yrs	City and Hunslet	25 x 40
Dance Action	Saturday	11.45-12.15pm	New Beverley Community School	Boys only 7-11 yrs	City and Hunslet	8 x 25
Dance Action	Saturday	12.15-1.15pm	New Beverley Community School	12+ yrs	City and Hunslet	15 x 25
John O'Gaunts Lads Breakdance	Saturday	11am-12.30pm	Rose Lund Centre	Boys only 8-19 yrs	Rothwell	15 x 40

DAZL Regular Dance Session Information
Closed Sessions

<u>Name of Dance Group</u>	<u>Day</u>	<u>Time</u>	<u>Venue</u>	<u>Age</u>	<u>Wards</u>	<u>Numbers Participating x Number of Sessions</u>
Blackgates Dance and Health	Monday	12.20-1.20pm	Tingley Youth Centre	10-11 yrs	Tingley	50 x 40
Cheer Dance After School Club	Monday	2.30 – 3.30pm	Cockburn High School	14-16 yrs	Beeston and Holbeck	25 x 40
Engaging Inactive Children In curriculum Dance	Monday	2.30-3.15pm	Middleton Primary School	9 -11 yrs	Middleton Park	30 x 25
Extreme Elite After School Dance	Monday	2.45-4.15pm	Rodillian High School		Rothwell	15 x 40
Engaging Inactive Children After School Dance	Monday	3.30-4.30pm	Hunslet Carr Primary	9 -11 yrs	Middleton Park	12 x 30
Tuesday Girls Group	Tuesday	5.30-6.30 pm	Belle Isle Family Centre	13-19 yrs	Middleton Park	8 x 25
Street & Cheer After School Dance	Wednesday	2.30-3.30 pm	South Leeds High School	13-15 yrs	Middleton Park	30 x 30
Engaging Inactive Children After School Dance	Wednesday	3.30-4.30pm	Birchfield Primary School	7 – 8 yrs		15 x 25
Street Dance Group	Thursday	2.30-3.30 pm	South Leeds High School	11 – 12 yrs	Middleton Park	30 x 30
Engaging Inactive Children After School Dance	Thursday	3.30-4.30pm	Middleton Primary School	9 -11 yrs	Middleton Park	15 x 25
Cheer Dance After School Dance	Friday	2.30-3.30pm	South Leeds High School	12-15 yrs	Middleton Park	20 x 30
Adult Dance Session After School Dance	Friday	2.30-3.15pm	Middeton Primary School	9 -11 yrs	Middleton Park	8 x 25