

# Annual Review 2015 – 2016



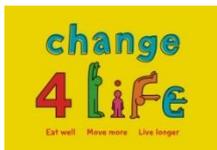
## Celebrating 15 years of Reducing Health Inequalities Through High Quality Dance In Leeds

In 2015/16 DAZL set out to improve health & wellbeing through high quality dance, focus on new artistic projects and showcase 15 years of DAZL serving the communities of Leeds.

**This year DAZL has worked with 4202 young people.**



**In 2015/16 DAZL delivered 2083 dance sessions** within **50 schools** and **32 community dance groups**, delivering **2230 hours of dance activity** across the city of Leeds and participating in **111 events/performances**. These events have attracted a dance **audience of 37697 people** (figures trapped though DAZL Data) and include audience figures which are a combination of live performances hosted by DAZL and those with partner organisations.



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# What DAZL Does...

Targeting children and young people who lack access to positive activities or who are at risk of sedentary lifestyles DAZL works within youth culture, starting with what young people enjoy which has manifest itself in dance styles like Streetdance, Urban Styles, Cheerdance and contemporary. Local need is at the heart of DAZL's work and through principles of community development DAZL has created many community/ youth dance groups, after school programmes and intensive artistic projects. DAZL's programmes attract large numbers of children and young people of all shapes and sizes - over 1000 per week on average. A key aspect of this development work lies in a commitment to training local people to deliver dance programmes in their own communities, enabling and encouraging ownership and entrepreneurship in the arts.

Engagement in DAZL's activity improves mental & physical health and well being for young people in some of the most disadvantaged areas of Leeds. DAZL's work doesn't focus solely on obesity but on wider issues, offering fun and positive dance experiences which engage some young people, particularly young girls who otherwise opt out of physical activity. Dance builds physical fitness and improves coordination, strength and flexibility. Team work, cooperation, trust and sensitivity skills are developed. Performing to audiences builds transferrable skills such as confidence, a sense of self-worth and positive body image.



## Research with Leeds Beckett University

- Research on the impact of the DAZL program on young girls from South and East Leeds using wearable technology (to be published 2016).
- Boys & Dance to show how the DAZL program impacts on the emotional and physical health of the young lads from South Leeds in partnership with Leeds Beckett University and Dr Rebecca Watson. You can read the published book here - [https://invisibleboydotorg.files.wordpress.com/2015/03/invisible\\_boy\\_web.pdf](https://invisibleboydotorg.files.wordpress.com/2015/03/invisible_boy_web.pdf)
- This work was also presented at an academic symposium – questioning the contemporary at Leeds Beckett.
- Mapping DAZL provision against other private and public funded programs. For information on this visit <http://arcg.is/1RvL8kX> to see how DAZL contributes to Leeds as a city of dance which will support



**Celebrating 15 years of Reducing Health Inequalities Through High Quality Dance In Leeds**



**Mission & Aims:** DAZL starts where children and young people are at. By offering fun, relevant and accessible dance opportunities we aim to improve health and wellbeing for disadvantaged and vulnerable 3-25 year olds in Leeds. DAZL inspires and enables through five strategic strands of work:



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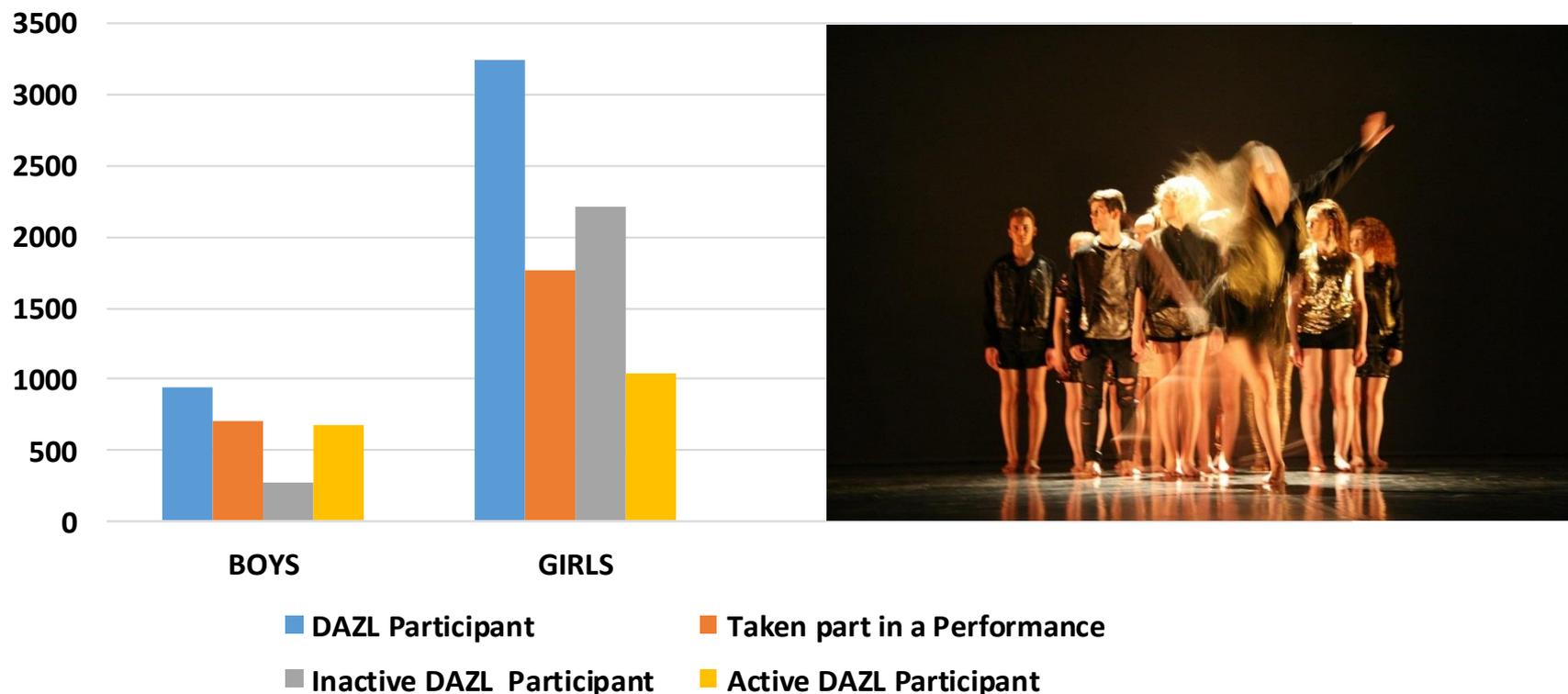
**Vision:** A uniquely positioned organisation with partnerships across key sectors delivering quality dance opportunities and training for disadvantaged and vulnerable 3 - 25 year olds across Leeds. **"A DAZL participant will be clear about their options, enabled to make positive choices, confident, happy and healthy"**.



**Celebrating 15 years of Reducing Health Inequalities Through High Quality Dance In Leeds**

In 2015/16 DAZL engaged with 4202 young people through high quality dance provision 77% were girls. This year of all the young people DAZL worked with 2488 were inactive doing less than one hour of physical activity beyond the school recommended 2 hours of structured activity per week, excluded the DAZL session. The young people had the chance to perform in at least 1 of our 111 performance opportunities in and out of school.

## DAZL Participants Activity Levels 2015/16



## 2015/16 Participation

# Engaging inactive children & young people in physical activity & dance.



The **DAZL Active 4 Life project** increases the involvement of inactive children by offering a range of fun high quality dance activities delivered with an inclusive ethos, to inspire an enthusiasm for being active throughout life. Emphasis is placed on raising awareness & educating families on issues such as active daily lifestyles, limiting screen time and promoting 5-a-Day as well as being a partner on the Change 4 Life campaign.

In 2015-16 we worked with **2786 young people** with **606 girls**, delivered **1359 session** totalling **1614.5 hours of activity** through the Active 4 Life Programme **Primary Target Group:** Inactive children aged 5–11 years from Super Output Areas with IMD's (**Index Of Multiple Deprivation**) in the lowest 10% most deprived areas of East, West and South Leeds.

## DAZL community dance program – The highlights

This year the DAZL community programmes have been supported/ subsidised through Arts Council England - Grants For The Arts, The Leeds Community Foundation - Jimbos Fund, Arts at Leeds and Leeds City Council Public Health.

The groups had the opportunity to take part in our 15 year showcase event at Stanley and Audrey Burton Theatre (Home of Phoenix Dance Theatre). The Programme is made up of 4 groups across Morley, Rothwell, Tingley and East Ardsley. The groups work in partnership with each other, with many Leeds City Council initiatives and with other Leeds based dance organisations

The groups regularly perform and this year have taken part in DAZL showcases and they have performed at gala events within their areas and across the city.

The programme has also training new dance leaders through shadowing the DAZL Community Dance Development Officer. ; this continues the community development model which underpins all DAZL's work.

# 2015/16 Community Leadership & Partnerships

Engaging and empowering local communities, supporting and delivering the wider health/ social care agenda

DAZL's community development approach means we are committed to empowering local people/ communities in developing their skills to become the next generation of community dance leaders. From volunteering, accredited Youth Dance Leaders programmes, new graduates and other local individuals develop that sense of ownership which is key to the DAZL Model.

DAZL Supported 5 new practitioners and the development of x2 Northern School Of Contemporary Dance 3<sup>rd</sup> Year Degree Students (Delving work/ developing DAZL community provision).

The DAZL community dance provision finds those special individuals to train up and deliver back in the community, inspiring others. The NSCD students are using their training to inform their practice at DAZL whilst been supported by the organisation to grow as confident community dance practitioners and improving the quality of what we produce artistically. This year we developed a **new young dance leaders programme** where **6 Local young people** who act as ambassadors for the organisation have been supporting to develop there leadership skills

*The funding DAZL received from public health we engaged 4202 young people in regular physical activity, the amount is the same to treat 3 people with type 2 diabetes.*



**The DAZL Female & Male Youth Dance Companies** Building on their successes, in 2015-16 the companies gained a place on the main stage at FRESH 2015, They have created dance films with the Wayne Sables Project, performed in youth dance platforms across Yorkshire and all DAZL showcase events across the city of Leeds. This work underpins the ethos of community development perfectly enabling the DAZL youth dance leader and new emerging talent to thrive and develop their professional practice. All work created has health & wellbeing messages embedded within its choreography – striving as dance & health youth companies

**Partnerships** with other organisations is key to delivering the DAZL Programme and wider health/ social care agenda. This is embedded in the DAZL Model/ Ethos of working. DAZL has worked in partnership with **11 Dance organisation** and **10 community organisation & universities** across the region. DAZL was also involved in many partnership health initiatives and using DAZL as a model of good practice nationally.

# 2015/16 Artistic Development & Progression

## Support, developing and nurturing new & existing talent

In 2015/16 DAZL Team took part in the following training/ personal & professional development opportunities. This goes hand in hand with the constant support and weekly supervision/ development from the Core DAZL administration/ development team.

- Dance Leadership Level 1 for 12 New Youth Dance Leaders.
- West Yorkshire Sports Training days.
- Community Development in practice training.
- Health Coaching Training.
- All Staff Equality and Diversity Level 2 course.
- 2 days of CPD Hosted by Phoenix Dance Theatre.
- A week intensive dance with hard to reach young peoples training hosted by Dance United Yorkshire.
- A Week with Phoenix Dance Theatre dancers and Artistic Director creating work.
- A week with The Yorke Dance Project in London.



## 2015/16 Celebrating Communities & performance opportunities

In 2015/16 DAZL hosted its 15 Year showcases Event engaging old and new participants to DAZL's work.

Community support and engagement continues to be at the heart of our work celebrating the young peoples' achievements and encouraging the wider community to have ownership of the DAZL programme through the many performance opportunities. This not only builds a wonderful dance audience but bring dance to people who many not ordinarily get these opportunities.

***We couldn't have don't this without Wayne Sables, Sharon Watson, Phoenix Dance and the funding from Jimbo's and Arts Council's – Grants For The Arts.***

### ***Performance opportunities 2015-16 –Highlighted***

- 111 x Performance opportunities in 2015 -2016
- 12 x Community gala events/ Change 4 life events
- 60+ x School sharing's/ performances
- 4 x Fundraising/ Benefit Event
- 4 x Fundraising events for other charities/ causes
- 6 x Conferences/ other arts organisations events
- 1 x National Dance Competitions
- 13 x performance with other dance organisations

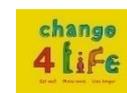


# 2015/16 Grants & Donations & Supporters

This year DAZL has had support from the following organisations/ people....

## Massive Thank You To....

- Leeds City Council – Public Health
- Leeds City Council - Arts@ Leeds
- Arts Council England – Grants for the arts
- The Area Community Committees – City Wide
- Local Councillors/ MPs
- Child Friendly Leeds
- The Leeds Dance/ RDDN networks
- Leeds Community Foundation - Jimbos Fund
- Leeds City Of Dance members
- Change 4 Life & Leeds Lets Get Active
- Health For All & The South Leeds Youth Hub
- DAZL after school clubs - Leeds Schools
- Wayne Sables Project
- Phoenix Dance Theatre
- Slanjavah Danze
- Leeds Beckett University
- Finally a very special thank you to the wonderful DAZL Board Of Trustees and all the DAZL staffing team, young people and their families from across Leeds.



**We'd love to stay in touch & keep you up to date with all things DAZL....**

Sign up for our newsletter on our website  [www.dazl.org.uk](http://www.dazl.org.uk)

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