



Dance Action Zone Leeds

Improving Health Through Dance

DAZL is a not-for-profit Charity and Limited company. We aim to improve the mental and physical health of children and young people through engagement in dance activity. Dance builds physical fitness and improves coordination, strength and flexibility. Through gaining skills and performing dance young people build their confidence, self esteem and team working skills.

DAZL was established in 2000 and was recognised as an Innovation in Public Health by the Chief Medical Officer in 2002. Now a registered charity DAZL continues to be supported by the NHS Leeds and Leeds City Council. DAZL has grown significantly in the last 15 years, expanding to develop new projects and initiatives in areas of deprivation across

Additional Services

- DAZL delivers holiday and half term programmes in partnership with a range of other organisations across the city and beyond.
- We also deliver and arrange workshops performances at local and regional galas and festivals such as BREEZE etc.
- Targeted Dance and Health projects.
- Peer Education work.
- Project specific work using themes to explore social issues through dance.
- We can deliver an Accredited Dance Leadership Course Level 1 & 2.

With 15 years of experience of delivering dance sessions, there is no one more uniquely placed to deliver activity for you.



Contact Us

Tenants Hall, Acre Close, Leeds,
LS10 4HX
Tel 0113 270 6903

Email: info@dazl.org.uk

Web: www.dazl.org.uk

Registered Charity No. 1106394
Company Reg No. 5228208

 LIKE **Dance Action Zone Leeds**

 @DAZL_Leeds

 **Dance Action Zone Leeds**

 www.youtube.com/dazldiamonds



Need a dance teacher?

DAZL works with a wide range of staff who specialise in teaching dance to children and young people. Classes include a warm up and cool down as well as learning routines and creating own material but the content can be tailored to meet the specific needs of a particular group. DAZL believes that everybody has individual needs and our staff are particularly experienced in delivering dance to individuals and groups who could be considered "hard to reach" for a variety of reasons, as well as catering for other specialist areas including learning difficulties and disabled groups and Looked after Children's Homes

"The sessions are working really well; we change the class every half term so that all our children will get a chance to take part, as they quite clearly love it. It's always amazing how the children who you think may cause some distraction throughout the sessions, actually behave well and thoroughly enjoy it. The free style part of the session regularly shows some real talent and flair for dance among our children, which never ceases to amaze us. The tutors are excellent and although there is always a member of staff supporting in this group, they are more than capable of managing our children very well" Mrs **Cath Storey – Low Road Primary School**

DAZL works within youth culture; starting where children and young people are at. Through offering dance styles like Street Dance, Cheerleading and Break dance, DAZL has been highly successful at engaging young people from disadvantaged communities who may lack access to positive activities. DAZL is committed to training local people to deliver youth dance in their own communities.

DAZL Active 4 Life

We aim to increase involvement of inactive children by offering a range of fun dance activities delivered with an inclusive ethos, to inspire an enthusiasm for being active throughout life. The emphasis is placed on raising awareness and 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 and Leeds Lets Change campaigns. The primary target group is inactive children aged 5–13 years from super output areas with IMD's in the lowest 10% in Leeds.

In DAZL's 2014/15 Active for Life programme we worked with **2657 young people** and delivered **1361 sessions totaling 1593 hours of activity** just through this programme.

"Thanks Dance Action Zone Leeds for inspiring and motivating our children! They loved it – here's to continuing the wonderful partnership" Head Teacher, New Bewerley School.



Our fees are available on request as they are dependent on the type of dance, number of hours, choice of venue, number of dance tutors required.

Please contact us to discuss your individual requirements on 0113 2706903 or info@dazl.org.uk



Why use DAZL for a Tutor?

When you hire DAZL you hire peace of mind. We can look after legal compliance and best practice concerning CRB/DBS, risk assessment, insurance, and contract management. All tutors/ dancers contracted with DAZL also have First Aid Trained, Safeguarding level 1 and are listed on the Leeds City Councils Approved Coaches list DAZL has 15 years' experience of delivering a range of dance Interventions, particularly with groups who may be considered "hard to reach" and NEET young people. If you want a true community development ethos then we are for you, we provide free music and resources to support activities e.g. Pom-poms etc., saving you money.

Most of our tutors have a degree in dance and all are experienced teachers, however we also have a strong community development ethos where we train local young people to deliver dance into their own communities, these young people are called Youth Dance Leaders and are trained by DAZL. Therefore we can provide a very cost effective service for particular projects e.g. working as assistants in large groups or delivering in pairs.

"DAZL provides a great opportunity for our children to experience extracurricular groups that they wouldn't necessarily be able to pay for or travel to in the private sector. There aren't enough ventures like DAZL who provide opportunities for children from more disadvantaged backgrounds. Our children of varying academic and sporting ability show commitment and thrive on the positive praise they receive from our DAZL tutor, we would highly recommend Dazl to other schools in the community" – Mrs **Greaves Head Teacher Ingram Road Primary**