



Dance Action Zone Leeds Healthy heARTS overview and impact report

What did you plan to do and achieve with the support of the Morrison's Foundation?

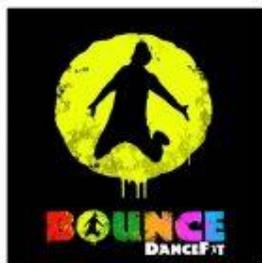
This below is taken from DAZL Website – Morrison Foundation Page

Morrison's Foundation Support DAZL Healthy heARTS project.

We are so grateful to have received support from The Morrison's Foundation who support local charities making a positive difference in local communities across England, Scotland and Wales. DAZL has been awarded a grant for a health and wellbeing project "The DAZL Healthy heARTS Project". The Project offers fun, relevant and accessible high quality dance and healthy eating opportunities. Targeted at disadvantaged and vulnerable children and young people aged 3-25 years in Leeds 10 or close to the area of Morrison's Hunslet store.



Working within youth culture, starting with what young people, families enjoy. Also targeting children and families in deprived areas, who lack access to activities or are at risk of sedentary lifestyles. Using a community development methodology. Starting where the children and families are at! We have a commitment to supporting local people enabling and encouraging ownership and entrepreneurship. Parental involvement is a crucial feature of the project engaging the whole family to have the greatest impact to support a healthier lifestyle. We will deliver two, 12 week projects and a 1 week school holiday activity program for children and families. We have a particular focus on looked After Children and those children who are struggling to maintain a healthy weight/ lifestyle.



We will be working with the Wayne Sables Project to create a short film/ online resource addressing the themes of the project. Thank you so much to the Morrison's Foundation for their support. For more information on The Morrison's Foundation visit <https://www.morrisonfoundation.com/about-us/> The DAZL staffing team are all trained Bounce dance fitness instructors and this program will be delivered part of the #HealthyHeARTS project supported by Morrison's Foundation. This is a fun dance fitness program



Dance Action Zone Leeds Healthy heARTS overview and impact report

and is accessible to all, for more information visit <https://www.bouncedancefit.com/> Here is a link to a write up of what we did in the summer, posted as a blog on DAZL website. This is to inform the public what a wonderful impact the support from the Morrison's Foundation is having on our community work - <http://www.dazl.org.uk/dazl-summer-project-supported-by-morrison's-foundation/>

DAZL Healthy HeARTS Summer Program - Support by The Morrison's Foundation.

With the support of the Morrison's Foundation over the summer we provided a week long summer project. This program aimed to improve the children's health and wellbeing part of the "The DAZL Healthy HeARTS Project". The Project offered fun and accessible high quality dance and healthy eating opportunities. **We engaged 40 children from Leeds 10 and surrounding areas, we also provided a healthy Breakfast and lunch courtesy of Morrison's Hunslet.**



Targeting children and families in deprived areas, who lack access to activities or are at risk of sedentary lifestyles. **We have a commitment to supporting local people enabling and encouraging ownership and entrepreneurship, we had 3 local parent volunteers help out and 4 youth dance leaders from the local community.** We had a particular focus on looked After Children and those children who are struggling to maintain a healthy weight/ lifestyle.

The young people and DAZL team worked with the Wayne Sables Project to create a short film/ online resource addressing the themes of the project which has been shared via all our social media and our YouTube/ Vimeo channels. Please check out the impact of the project in the film links. **DAZL Healthy HeARTS - Short Film** <https://youtu.be/a858zbePulc> also the DAZL

Healthy HeARTS Project - Change 4 Life Sugar Swap <https://youtu.be/5AVd4fbigls>



A general link to the DAZL Healthy HeARTS Dance and Health Project page on DAZL Website can be viewed via this link - <http://www.dazl.org.uk/morrison's-foundation/>



Dance Action Zone Leeds Healthy heARTS overview and impact report

What's has been the impact on the community?



The impact of this project (*x2 12 week dance and healthy eating projects and then the 1 week summer project*) to the community has been that they have gained new skills in physical activity and healthy eating habits. As well as proving fun activities for the children it has also given those families who struggle and are deemed hard to reach the opportunities to take part in an inclusive program which is assessable to them on their doorstep.

With this funding support we have engaged 85 children aged 6-15years from Hunslet, Belle Isle and Middleton of which 11 were looked after children and 5 with a disability. The other children were either not achieving a healthy weight (*12 young people*) or like many of the children we engage fall into the category of social deprivation.

The young people have gained lots of skills around the Change for Life messages and the importance's and fuelling your body with the right foods to support and maintain a healthier style. We trained up all the DAZL team, young dance leaders and volunteers in the delivery of the Change 4 Life activities. We delivered a different activity each week and in the summer we deliver a Change 4 Life afternoon for the children and parents. This went down a treat as the children and parents got the opportunity to and test smoothies and fruit tasting. We have been able to train the DAZL team and 4 young dance leaders who come from the community and assist them in gaining a dance fitness qualification. They all gain their bounce junior dance fitness qualification and are able to continue this work with the children and families beyond the life course of the funding support. This is also important as we believe in supporting and nurturing local people so they can benefit the wider community is key and enables activities to be sustainable.

The participants have increased their confidence, self-esteem, friendship[s and overall mental and physical wellbeing. The volunteer's parents helped with shopping at the local Morrison's in Hunslet and the preparing, cooking and serving of all the food in the summer activity camp. This was so important that we provided food for breakfast and lunch as we know that for some children not always getting breakfast and a warm meal is sadly common place so that fact we could provide this alongside the activity was extremely impacting to the families. This has the added benefit of some children trying foods and learning about food in a fun activity for the very first time.

What feedback from participants? The half term camp was so successful we have now made this a permeant fixture each half term holidays, the feedback from the parents has been nothing but positive especially the looked after children parents/ careers. Improved confidence, overcoming shyness and communication skills, interacting with other and been able to build positive relationship. The parents were pleased that their children tried new foods and also explored the change 4 life activities in fun way which focused on fun rather than the making of changes to lifestyles.



Dance Action Zone Leeds Healthy heARTS overview and impact report

What lessons have been learnt and how can you improve this project or develop the work further?

If we was to do the project again we would do the following:

- When incorporating the healthy living sessions to do this in smaller bitesize chunks or 15min tasters rather than trying to do an hour each time. The young people found it hard to retain all the information from a longer session.
- Starting with the bounce dance fitness at the start of each session really helped focus and bring the young people alive, it was inclusive to all so worked with all abilities. We have now incorporated this throughout all DAZL community provision which has improved our overall service and development.
- We can develop this and add the best parts across the DAZL community sessions and provision beyond the life of this funding support from the foundation.

Budget - DAZL was awarded £3000 from the Morrison's Foundation this is how we spent it. Here is an overview of expenditure but attached is a detailed income and expenditure printed from our QuickBooks account which is externally audited annually.

	Budget Expenditure
Delivery Fees – x2 12 week project & summer project	£1,615.00
Bounce Training & Workforce development	£256.00
Event & Project Costs & expenses	£143.59
Film/ promotion Costs	£1,000.00
Total	£3,014.59