



Care to Dance Impact Report 2023-2024

[caretodance.co.uk](https://www.caretodance.co.uk)

Meet Our Team



Beth Vecchione **Director of Strategy**

Beth founded Care to Dance in 2019 whilst working as a Social Worker, supporting children and families. Beth has danced throughout her life and is passionate in promoting Youth Voice throughout the sector.



Amelia Channon **Artistic Director**

Amelia is a Social Worker and has worked with children and families for several years. Amelia danced from an early age, training in ballet. She is a true believer that dance is a powerful medium to enable children to express their inner feelings, thoughts and experiences.



Gabrielle Higgins **North East Director**

Gabrielle is an empowerment-focused Social Worker dedicated to creating a safe, positive, and caring environment for every young person at dance. She has always loved dancing herself. Care to Dance combines the two things that she is most passionate about; dancing and supporting young people.

Mission and values

MISSION

Our mission is to improve the wellbeing of young people in care through the medium of dance. Through our weekly dance workshops, we provide a safe space for our young people to come together, learn to dance and creatively express themselves through movement. They build meaningful relationships and feel a sense of belonging within our supportive community.

VALUES

Inclusivity

At Care to Dance, we believe that every young person should have the opportunity to experience the benefits that dance can bring. Inclusivity is a core value of Care to Dance in that all young people are valued for their individuality. We adapt our classes to ensure that everyone is able to participate.



“Care to Dance picks up on individual interests and talents quickly, recognising each individual in their own right” - Virtual School

Belonging

Many care-experienced young people can experience isolation and instability. Therefore, through the medium of dance, we aim to create a safe and inclusive community where every young person is celebrated.



“Care to Dance is like a family” - Young person

Mission and values

VALUES

Innovation

We use an innovative, holistic approach aimed at supporting care-experienced young people through the medium of dance. We provide an alternative creative outlet through which they can express their feelings and process their experiences. Dance offers a non-verbal "universal language" through which our young people can express themselves in a positive and dynamic way.



"Dance is an essential outlet for any anxieties and worries as she tends to lose herself during this time and feels empowered" - Social Worker.

Celebration

Care to Dance believes that it is important to lead a strengths-based narrative and celebrate care-experienced young people's talents, interests and potential. The achievements they make throughout our programmes are continuously celebrated, reinforcing that they are able to achieve and attain their goals and aspirations.



"Care to dance picks up on individual interests and talents quickly, recognising each individual in their own right. They work with partners and external providers to develop these by widening their opportunities" - Virtual School Headteacher





Our Delivery Model

Our Delivery Teams include a range of professionals including Dancers, Social Workers, Personal Advisors to name a few. Our Delivery Teams include excellent trauma-informed teachers who hold a wealth of dance knowledge and expertise with which they teach and inspire our young people. We continue to recruit teachers who will bring dynamism and inspirational energy to our company, covering expertise in a wide range of genres; from Hip hop, to Contemporary, Ballet, Jazz, Bollywood, Vogue, Break, Barre and many more. We have recently recruited teachers who have trained with prestigious companies such as The Rambert, Central School of Ballet, The Place, The Brit School, Zonation and Trinity Laban. In addition, within the more urban and commercial realm, some of our teachers have choreographed and danced commercially on stage and in music videos for several well known artists. Our young people are always inspired by our dancing role models. We are also currently exploring potential collaborations with Trinity Laban, The Royal Academy of Dance, and The Acosta Dance Foundation.





OUR PROGRAMMES

12-week programme

Our 12-week programme provides young people with an introduction to dance. Young people attend a weekly dance class where they learn different genres of dance, are supported to creatively express themselves and work towards a celebration event where they have the opportunity to perform in front of an audience. They also experience a social event outside of the studio, to reinforce positive peer relationships.

Movement Mentoring

Our mission for our Movement Mentoring Project is to support young people on a 1-1 basis with a trauma-informed Care to Dance Mentor, supporting them creatively and relationally.

12-month programme

Our 12-month programme supports young people through weekly dance workshops, multiple social events and many opportunities to perform throughout the year. Additionally, young people are supported to complete their Level 1 and 2 Dance Leadership Qualifications, accredited by Leadership Skills Foundation, delivered by a trauma-informed tutor.

Alongside this, young people have opportunities to become an Ambassador where they support to facilitate systemic change in the Social Work sector.

“I always look forward to my one-to-one class- it is the highlight of my week! It has improved my confidence so much in everything I do”



OUR PROGRAMMES

Our ambassadors and CTD Youth Board

We have a number of ambassadors across our programmes who are representatives of our young people's voices collectively. In addition to developing our organisation, many of our ambassadors have attended a range of events, facilitating positive change in the Social Work sector. This year, they attended Frontline's Summer Institute where they performed and spoke in front of 450 Trainee Social Workers!

Our Podcast

We believe that discussion and campaigning as a community is pivotal in supporting positive change, led by the voices of children and young people. Check out our podcast where you will hear from a number of young people.



SYSTEMIC IMPACT

“The performers at Care to Dance were the most powerful voices I heard this week. To hear what cared for children feel is important and I will take this into my practice.”

“Care to Dance were amazing and touched so many of us. They gave a real insight into the lives of the children and young people we will be working with on our student placements.”

“Listening to the young people’s views and perspectives gave me a greater insight and understanding of how best to support children in care”.

“What Care to Dance said and did will stay with me long after I finish my student placement. That is the stuff we cannot get from lectures, e-learning or academic articles.”

“I thought the Q&A after the performance by Care to Dance was very insightful and important to hear the voices of children who have experienced social care themselves”

Lecture Theatre B →



Our growth

In 2023, we have supported 135 young people across 9 programmes. Going into 2024, we will be facilitating 12 programmes across 18 Local Authorities, supporting approximately 180 young people nationally.

In 2023, we said we would:

Expand across 5 regions.

Support more young people to employment opportunities

Support 30 young people towards their Dance Leadership Qualifications

And now we have achieved:

Working across the North East, East Midlands, South East, London and North West.

Supporting 8 young people to employment opportunities within our organisation, including dance teaching, social media content creation and a business administration apprenticeship scheme.

Supporting 8 young people to commence their Level 2 Qualification and 46 young people to commence their Level 1 Qualification.

Our Goals for 2024

1. Expand our programmes to support 200 young people.

2. Support 50 young people through their Dance Leadership qualifications.

3. Support 30 young people to teaching and/or leadership roles within Care to Dance.



Meet Cicero, our Inclusion Lead!

Cicero started our first programme in 2019 and has since supported our organisation as an Inclusion Lead. Cicero has a strong motivation to ensure that everyone has a safe space at dance.

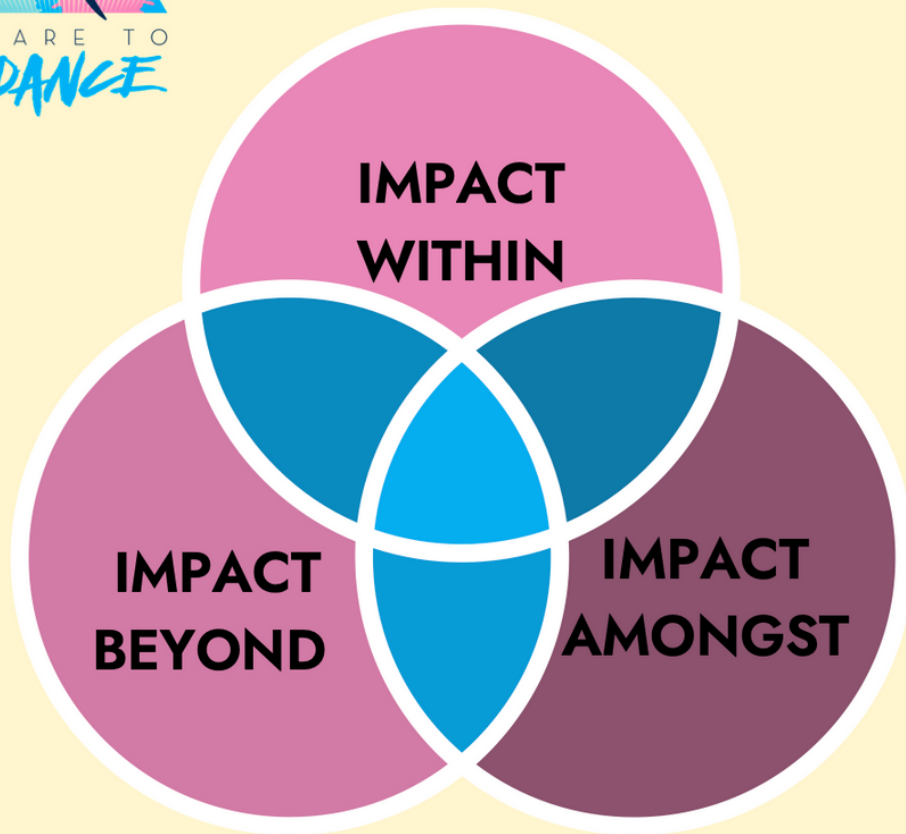
He empowers youth voice throughout the organisation.

“Dance has been an inclusive space where everyone feels valued. Dance is also a place to socialise for young people who might otherwise struggle”

[Check out Cicero's podcast here!](#)



IMPACT MODEL



• IMPACT WITHIN

- Dance classes
- Social events
- Dance Leadership Qualifications
- Performance opportunities
- Platform to build relationships
- Ambassador programme
- Trauma-informed delivery model

• IMPACT AMONGST

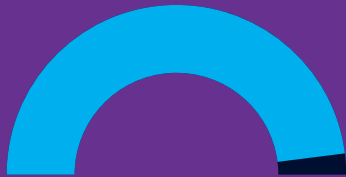
- Mentoring young people holistically in collaboration with other organisations.
- Collaboration with organisations who share similar missions and values.
- Providing employment opportunities for care-experienced young people.
- Providing leadership skills for life.
- Working in partnership with Local Authorities.
- Ambassador programme engaging young people in wider systemic discussion.

• IMPACT BEYOND

- Changing the narrative of care-experienced young people within society.
- Creating more opportunities through collaboration.
- Leading by lived experience.
- Supporting young people throughout childhood into adulthood.
- Providing transferable skills in all aspects of their life.

Our Impact Model demonstrates our approach to supporting care-experienced young people holistically and in driving positive systemic change within the sector. Evidence highlights the impact that dance can have on a young person, particularly those who have experienced trauma. As a result of providing our holistic delivery model, we strive to achieve several positive outcomes for young people. Combining *Impact Within*, *Impact Amongst* and *Impact Beyond* maximises the impact amongst our young people and across the sector. Our approach increases young peoples' confidence, mental and physical wellbeing, creates a sense of belonging within their community, increases employment and educational engagement alongside many other outcomes. All of which intertwine with one another and causes a positive ripple effect within their individual lived experience, the wider community and the sector.

Young people and carer's feedback



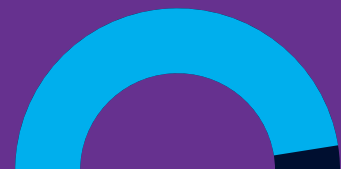
We asked, from 0-10, how much Care to Dance has impacted the young person's confidence. On average, young people said 7.4 and carers said 9.6.



We asked, from 0-10, how much Care to Dance has impacted the young person's engagement in school. On average, young people said 7.4 and carers said 7.



We asked, from 0-10, how much Care to Dance has impacted the young person being able to make friends. On average, young people said 8.4 and carers said 8.3.



We asked, from 0-10, how much Care to Dance has impacted the young person being able to engage in dance. On average, young people said 8.9 and carers said 9.5.



We asked, from 0-10, how much Care to Dance has impacted the young person emotional wellbeing. On average, young people said 8 and carers said 9.1.



Local Authority feedback



We asked, from 0-10, how they would rate the professionalism of the service. They said 10!



We asked, from 0-10, how likely they would recommend our service to another Local Authority. They said 10!



Carer's testimonials

“

One of my young people has found a place of safety, warmth and encouragement. It has been life changing.



”

“

Amazing to see the progress in their confidence and mental wellbeing of all the young people. The friendships and support they have for each other is incredible. The impact this programme has had in supporting the confidence, wellbeing and engagement is phenomenal.



”

“

Our young person has consistently wanted to come and has enjoyed every session. That is no small thing. She loves dance but has struggled in mainstream leisure activities. The trauma-informed teaching and behaviour management approaches at Care to Dance has been very positive on her self-esteem as well as having her own creativity celebrated and encouraged. Her perseverance and determination to try to follow the routines and keep going even when it got hard for her, without any persuasion, was really striking!



”

“

Fantastic teachers who are good at communicating with carers and they know the children very well and treat them as individuals.



”



Young people's testimonials

"At Care to Dance, we don't just dance together, we are a family and we spend time together doing other things too."



"We are like a puzzle and our group fits together."



"You have been a massive impact on my life and helped me through really tough times. I have gained amazing experiences from performances that we have done in Care to Dance. I am truly thankful for all that you and Care to Dance have offered me."



"CTD helped me to express myself through dancing and go out of my comfort zone"



Local Authority Testimonials

Care to dance has been incredible. The dedication and support that goes into each individual young person is mind blowing and this impact is evident. We have young people who are struggling to engage in education and care to dance has brought some consistency and belonging into our young peoples lives; this means that they can now begin to re-engage in education.

At the heart of everything that care to dance does is the idea of helping young people reach their potential, this includes helping them to engage in education by supporting them to build up their confidence and believe in themselves so that they can thrive.

Thank you so much for being such a wonderful partnership to work with. Thank you for the hard work you do, the passion and the dedication to support our young people to dream and achieve. What an incredible thing to be able to do.

Children & Young People Now Awards 2023

Finalist



Care to Dance was highly commended for the CYP Now Arts and Culture Award in November 2023. This award is for the initiative that has done the most to inspire children and young people in cultural activities, especially amongst disadvantaged groups and where collaboration is shown between public services, the cultural sector and children and young people.

Collaboration

At Care to Dance, we value collaborative partnerships with Local Authorities and local organisations to maximise impact.

We are really excited to share that Care to Dance and Leicestershire Virtual School have been accepted onto the Artful Alliance programme in collaboration with Blue Cabin CIO. This is a national action research programme exploring cultural and creative education for care-experienced children and young people.

Check out [Artsmark's recent blog](#) celebrating our partnership with Leicestershire County Council.

Environmental impact

In partnership with Carbon Jacked, Care to Dance has undergone a comprehensive carbon footprint assessment to measure, understand and report its emissions in line with the Greenhouse Gas (GHG) Protocol. We are working with Carbon Jacked to reduce our carbon footprint.

Check out our [Climate Action Page here!](#)



Thank you to our supporters

The Linbury Trust
Sport England
National Lottery
Hargreaves Foundation
KFC Foundation
UnLtd
Pears Foundation
Wates Family Enterprise Trust
KOXJA Tattoo
Wickers
NE Youth
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Curious Monkey
Stratford Youth Zone
Trinity Laban
John Lewis
Leadership Skills Foundation
Northumbria Police and Crime
Commissioner
Frontline Social Work Charity
Charnwood Arts
Leicestershire Cares
Mighty Creatives
Leicestershire Music
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De Montford University
ARC Stockton
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