

CASE STUDY 1



Dance workshop, Sarah Hogan, August 2015

As part of the Arts Award process we set up a three hour workshop in August with the aim of three young people gaining a new skill which they would then share with the staff team.

We worked with Sarah Hogan, she began by getting the YP people to think about which parts of the body they needed to warm up first.

Sarah had the intention of doing a Street Dance style dance but it was clear once she got working with YP that Annie "It's A Hard Knock Life" suited the girls better.

They worked together to choreograph a new piece with the girls directing much of the moves.

Unlike previous sessions, the girls all stayed in the room and participated well. They were energetic, motivated and excited about the session.

Once they had choreographed and learnt the dance they then taught it to three members of staff, the atmosphere was buzzing, they were so excited about performing the dance and then sharing it with staff.

Staff feedback

S commented she had never seen the girls all so engaged in an activity before and so excited about the performance. Staff were amazed at the focus they showed and how there were no arguments.

- *"C and J really enjoyed this and they have both joined a dance class now on a weekday evening to carry this on".*
- *"It works well being such a small group as it helps confidence".*
- *"It enabled two young people who did not get on usually to work together and share their routine with staff. This was a huge outcome for them.*
- *"The Dance workshop really engaged the girls who don't have a long attention span. This really showed staff that they could concentrate when involved in activities they enjoyed. A massive success".*

Young people feedback

"J- it was really fun, can we do something like it again".

"C- I really liked doing it with Sarah, it was funny".

"P- I was not sure I was going to like it but it was good".

The session benefited Young People in the following ways:

- Working together and developing more positive relationships
- Increased confidence
- Development of their individual creativity and a new skill
- Communication skills
- Leadership skills when they shared their skill