



2021/22 IMPACT REPORT

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INTRODUCTION

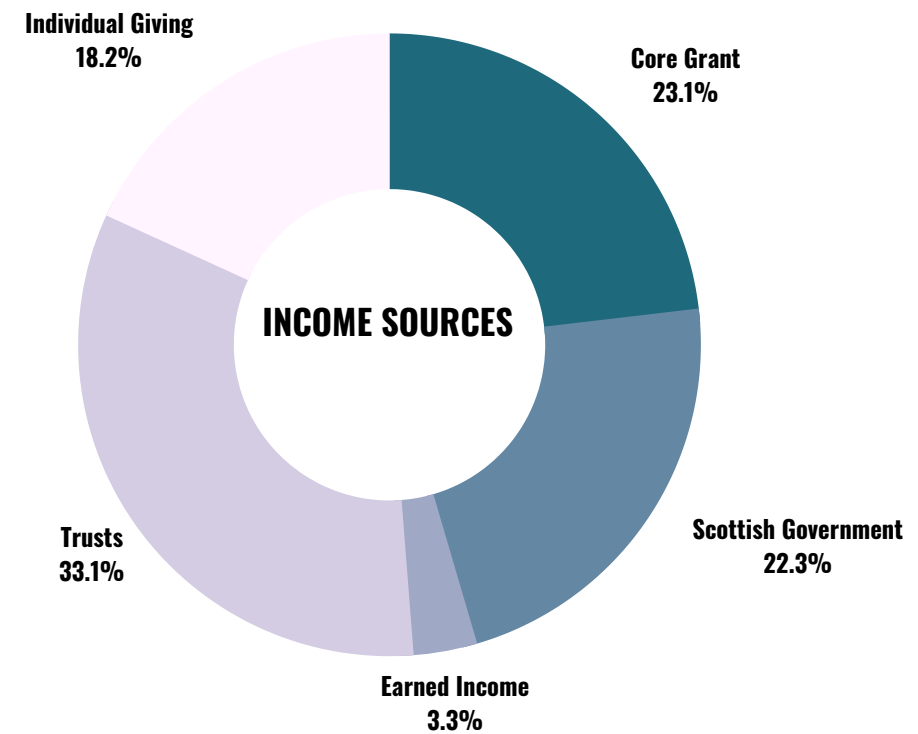
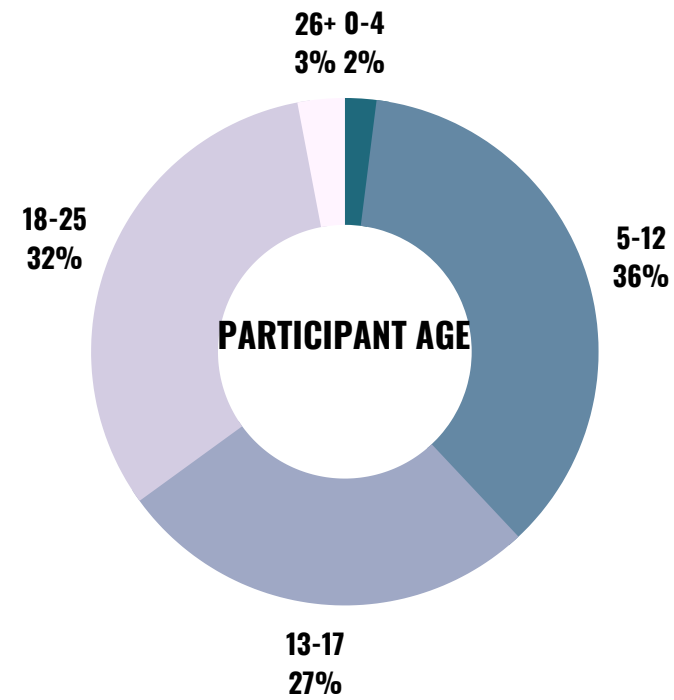
YDance (Scottish Youth Dance) is the national youth dance organisation for children and young people in Scotland. Established in 1988, YDance is core funded by Creative Scotland. We work with statutory bodies, charities, local authorities, schools and in partnership with Scottish Ballet, dance colleges and youth dance groups across the country.

We won the One Dance UK Research in Dance Award 2021 for our Shake It Up programme (2016-2020) which helped over 2000 Primary age children improve their attainment through dance.

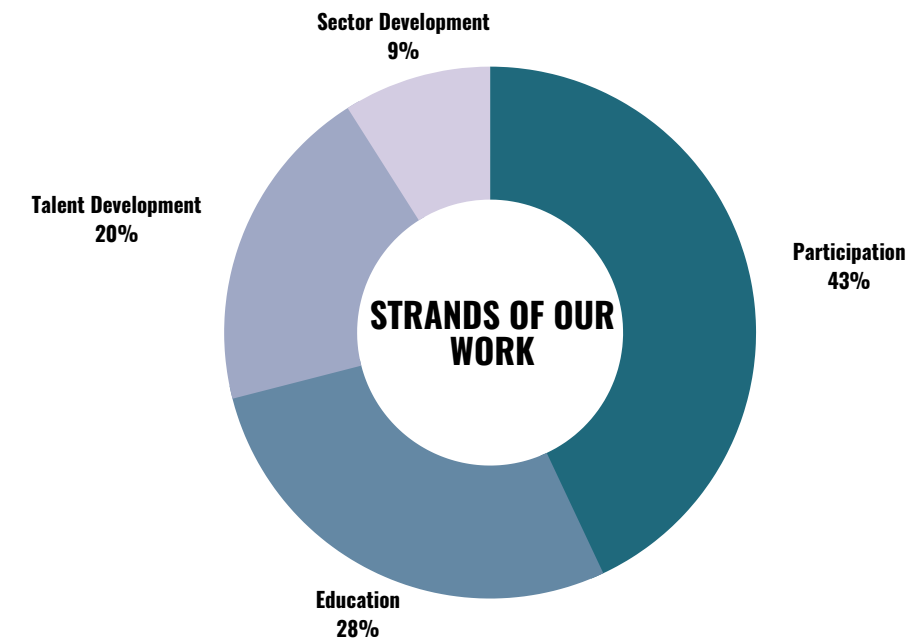
Our vision is that we offer every child and young person in Scotland the opportunity to realise their potential as individuals through dance. All our programmes are designed to achieve positive outcomes for young people across the country, to improve their mental and physical health, wellbeing and aspiration. Through dance we want to give young people the confidence and belief in themselves to succeed.

Our mission is to work through key partnerships in education, culture, health and sport to provide high quality dance experiences for all children and young people in Scotland. There are few free or affordable dance opportunities in Scotland.

IMAGE BY DANI BOWER



We led regular sessions and classes in 15 local authority areas (Glasgow City, Renfrewshire, North Ayrshire, East Ayrshire, North Lanarkshire, Perth and Kinross, Fife, Falkirk, Dundee City, Angus, West Dunbartonshire, East Dunbartonshire, Edinburgh City, Highlands, Aberdeen City) and work with children and young people from across Scotland from the Isle of Orkney to Dumfries and Galloway.



2021/22 IN NUMBERS

WE LED 1074 SESSIONS

WE WORKED WITH 1854 CHILDREN YOUNG PEOPLE AND TEACHERS

9% OF PARTICIPANTS WERE FROM AN ETHNIC MINORITY

11% OF OUR PARTICIPANTS HAD DISABILITY OR LEARNING DIFFICULTY

82% OF OUR SESSIONS WERE WITH CHILDREN OR YOUNG PEOPLE FROM AREAS OF DEPRIVATION

98% OF OUR SESSIONS WERE FREE

TALENT DEVELOPMENT

Specialist training and performance opportunities to develop young dancers' technical, performance and creative skills and broadening their experience.

Working with teaching and industry professionals, our programmes compliment and enhance the training each dancer is already receiving providing specific opportunities to enable young dancers to achieve their full potential.

In 2021/22 our talent development programmes had to be substantially changed due to the restrictions to group activity following Covid-19

Reconnect

As our regular national performance event Destinations for youth dance groups had to be cancelled, YDance held an online weekend of panel discussions and a dance films platform for young dancers (age 12-21) from across Scotland in June 2021.

Project Y

Due to COVID Project Y took place online in July 2021 with five young dancers (age 16-21) who worked with choreographers Anna Kenrick and Natalia Barua. The company produced a dance film which premiered on Facebook.

Hothouse

Five young choreographers (age 12-18) a year took part in a series of weekend workshops and mentoring with YDance and Scottish Ballet tutors. They created their own original pieces performed in June 2022 at UDance 22.

"YDANCE IS AN IDEAL STEPPING STONE FOR YOUNG DANCERS ... GIVING THEM THE SKILLS, RESILIENCE AND KNOWLEDGE TO EXCEL AND STAND OUT ONCE THEY ARRIVE AT PROFESSIONAL TRAINING WHICH IN TURNS ALLOWS THEM TO SUCCEED AS YOUNG PROFESSIONALS IN A WAY THAT IS UNIQUE AND GOES FURTHER THAN OTHER EXISTING PROGRAMMES IN THE UK." Yael Fletcher, Award-winning choreographer, 2019

National Youth Dance Company of Scotland

Established in 2011, the National Youth Dance Company of Scotland helps Scotland's most talented young dancers develop the skills, experience and confidence to build a career in top level contemporary dance. Each year (running October to August) 13 dancers aged 16-21 take part in a programme of technical skills development, rehearsals, workshops and performances.

In NYDCS young dancers experience what it would be like to belong to a professional contemporary dance company. The programme is designed to build skills that young dancers rarely experience, creating work in different spaces, building their personal creativity, their confidence and versatility.

The 2020/21 Company created an online performance, a site-specific outdoor piece and took a series of online workshops with choreographers including Gary Clarke, Ezra Owen and Ballet Cymru alongside members of National Youth Dance Wales.

The 2021/22 Company created a performance piece "Sounds Like" with Artistic Director Anna Kenrick and Dramaturg Philippa Clark. The piece was devised in two formats, for outdoor and indoor spaces and for theatre and festival audiences.

IMAGE BY PAUL WATT

"NYDCS OPENED UP SO MANY DOORS FOR ME FOR THE FUTURE WITH ALL THE CONNECTIONS I'VE MADE... I'VE GAINED SO MUCH EXPERIENCE AND INSPIRATION".

"IT'S THE BEST OPPORTUNITY I'VE EVER HAD. I WOULDN'T BE THE DANCER I AM WITHOUT THE COMPANY".

"NYDCS WAS THE FIRST PLACE WHERE I FELT LIKE A DANCE ARTIST RATHER THAN A STUDENT OF DANCE."

EDUCATION

Enabling children and young people to develop their skills, knowledge and learning through dance.

YDance supports delivery of dance at all levels from nursery to further education college, including SQA National 5 and Higher. We also lead the Step It Up dance in education programme.

Career Long Professional Learning Courses

31 teachers participated in our online continued professional development courses aimed at secondary teachers delivering SQA Dance in schools. We delivered courses in Jazz, Contemporary, Hip Hop and Choreography at both National 5 and Higher level. These courses supported the development of teachers' knowledge and understanding of dance methodology and the fundamentals of dance technique.

"Great, fun, informative sessions. They create a good space for sharing and working. Always impressed"
"They have provided me with renewed inspiration in delivering creative dance experienced for pupils"

SQA Dance Delivery

YDance delivered SQA Dance to thirteen pupils covering dance theory, choreography, technique and performance skills. The sessions were a blend of online and in person delivery due to COVID restrictions.

Step It Up

YDance has developed two ground breaking programmes funded by Paul Hamlyn Foundation using dance to embed knowledge. Shake It Up (2016-2020) and Step It Up (2021-2023) working with Primary age children in deprived areas. Both projects are evaluated by the Robert Owen Centre at University of Glasgow. Visit www.ydance.org for the Shake It Up report.

In 2021/22 as part of our Step It Up programme we worked with 416 children in six Primary schools in Dundee, Glasgow and West Dunbartonshire and 12 teachers. We also led the first in a series of whole school CLPL training sessions for 15 teachers.

Teachers and dance tutors work together to plan and lead interactive classes which are directly linked to the curriculum. Classes are held in gym halls, providing an opportunity for unsegregated, co-operative learning. Teachers and dance tutors set the children creative tasks where they use movement to explain and explore learning.

Step It Up helped pupils still impacted by covid-19 re-build relationships with peers and adults in school and the classroom dynamic improved as children became more engaged. Pupils we worked with often lacked focus, emotional regulation, behavioural skills and had communication problems. Evaluation showed that our approach helped address these barriers to learning.



In November 2021, YDance won the One Dance UK Award for Research in Dance for the Shake It Up programme in partnership with the Robert Owen Centre at Glasgow University.

PARTICIPATION

Improving health and wellbeing, confidence and attainment through dance.

YDance has been leading high quality participation programmes throughout Scotland since 2008. We deliver confidence-building programmes across a wide-range of contexts, including in areas of multiple deprivation with young people experiencing poverty, in Secure Centres and with incarcerated young people in Young Offenders Institutes and for young people with additional support needs.

Horizons

348 young people took part in Horizons Integrated Dance Groups sessions in three groups in Aberdeen, Glasgow, Stirling and Inverness.

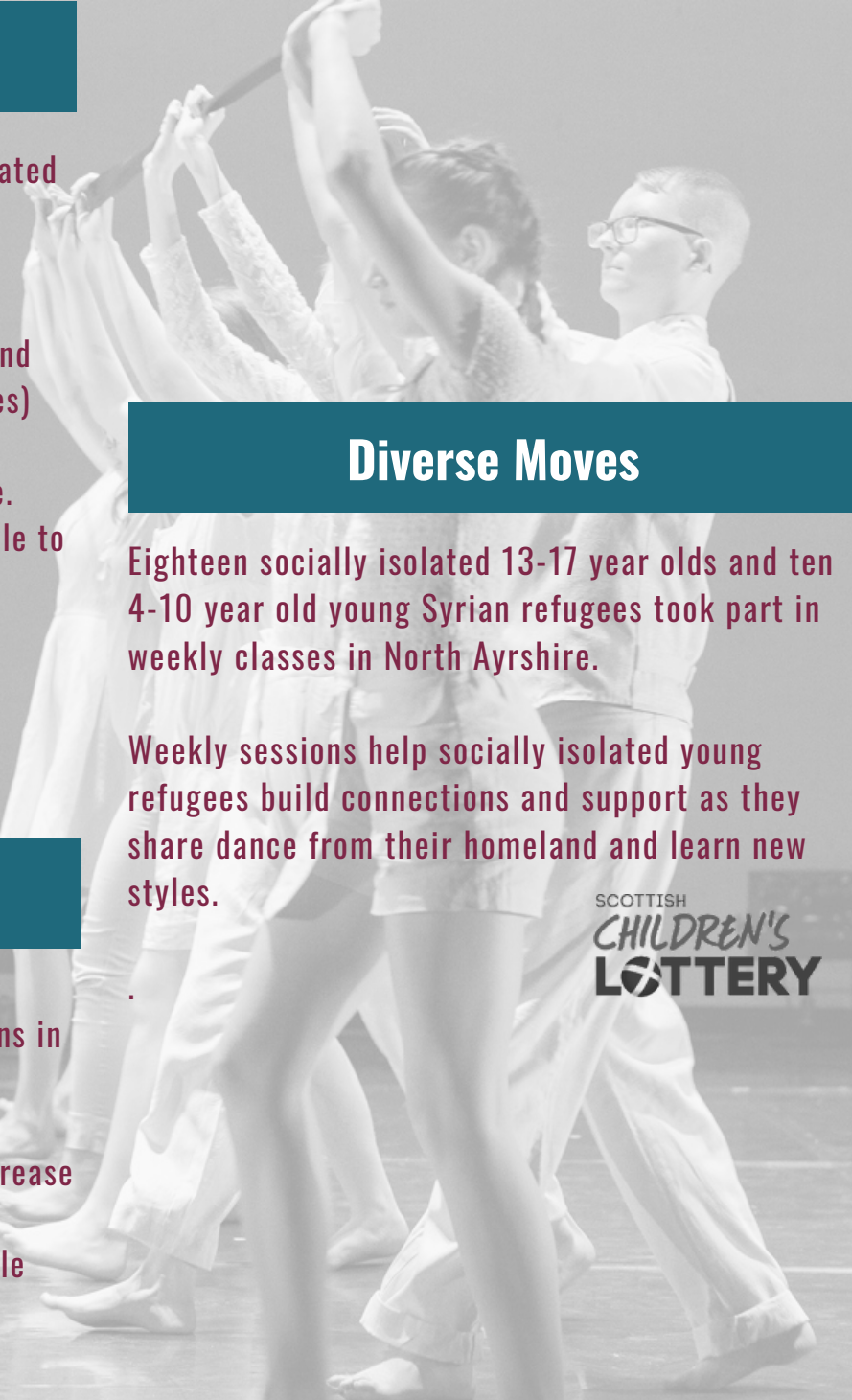
Classes helped young people aged 12-19 (around 80% with physical and/or cognitive disabilities) improve their co-ordination, health, communication, social skills and independence. Horizons sessions are a chance for young people to move in the way that works for them, through collaboration with the Dance Artists. In all sessions young people are supported and appropriately challenged to reach their full potential.

Me and You

22 babies and children aged 0-3 and 22 young parents aged 16-21 took part in weekly sessions in Edinburgh, Fife and Glasgow.

Specially designed classes are designed to increase the opportunity for bonding and attachment between parent and child and help young people make new friendships and support networks, increasing their confidence and resilience.

IMAGE BY PAUL WATT



Diverse Moves

Eighteen socially isolated 13-17 year olds and ten 4-10 year old young Syrian refugees took part in weekly classes in North Ayrshire.

Weekly sessions help socially isolated young refugees build connections and support as they share dance from their homeland and learn new styles.



CashBack For Change



497 young people (aged 10-21) took part in sessions in HMYOI Polmont ((His Majesty's Youth Offenders Institute), alternative education and secure centres and in areas of multiple deprivation. We work with local partners (detailed later in the report) in Angus, Dundee, East Ayrshire, Glasgow, North Ayrshire, North Lanarkshire, Perth, Renfrewshire and West Dunbartonshire.

"The support from YDance makes a huge difference to my life at the moment. I feel a lot stronger as a person since I started the classes. I get bullied at school, so these classes bring my confidence back up. It gives me something to do, there's not much to do in my community outside of this because the people aren't very nice"
Participant Community Group

- ➔ 91% of participants felt increased confidence
- ➔ 97% feel more resilient
- ➔ 83% feel more able to do new things
- ➔ 91% report increased skills
- ➔ 79% reported improvements against the SHANARRI wellbeing indicators (Safe, healthy, achieving, nurtured, active, respected, responsible, included)



SECTOR DEVELOPMENT

Building youth dance in Scotland for the future

Fostering growth in the youth dance sector by providing training and support

We run workshops, offer internships and training opportunities with Dundee & Angus College, West College Scotland, Glasgow Clyde College, Dance School Scotland, Performing Arts Studio Scotland.

We lead dance programmes and workshops working in partnership with dance organisations and agencies across Scotland including Scottish Ballet, Royal Conservatoire of Scotland, Scottish Dance Theatre, Eden Court Theatre, CityMoves and Dance Base.

We support the work of youth dance groups across the country. Thirteen dance tutors took part in the Growing Day event in January 2022 which offered a free online training event by leading inclusive dance group Stopgap Dance Company.

40 arts practitioners took part in Youth Arts Training ran by YDance supported through Covid Recovery Funding.

“My ability to structure and deliver sessions has become more developed and insightful. My choreography and artistic abilities have improved hugely and I feel a massive improvement in my confidence”

Promoting Scottish youth dance on a national and international platform

YDance works with the other national youth arts organisations in Scotland (National Youth Orchestra of Scotland, National Youth Choir of Scotland, Scottish Youth Theatre) to increase the perceptions and value of youth arts.

YDance is part of the Time to Shine Youth Arts working group, Creative Scotland Dance Regular Funded organisation group, Federation of Scottish Theatre, Voluntary Arts Scotland, Expressive Arts Network, SQA National Qualification Support Team and was part of the Arts in Education Recovery Group. YDance Executive Director is Vice-Chair of People Dancing (UK Foundation for Community Dance) and the Artistic Director is a mentor on the FST mentoring programme.

YDance is a national partner of One Dance UK. We also work with other UK youth dance organisations - National Youth Dance Company England, National Youth Dance Wales and DU: Dance in Northern Ireland.

YDance works with youth dance organisations across the world. Our Head of Education presented a paper to the International Teaching Artists Conference about Shake It Up and to an online conference for North West University South Africa.

The National Youth Dance Company of Scotland and Hothouse choreographers presented films as part of UDance in July 2021. The National Youth Dance Company of Scotland took part in an online collaboration programme with National Youth Dance Wales in 2021

Building the skills and experience of emerging dance artists - Take Flight

Three emerging dance artists aged 21-25 took part in a 6 month programme to build their skills and experience. They took part in bespoke training sessions and mentoring with YDance Artistic Director Anna Kenrick, Head of Education Linzi McLagan and dramaturg Phillipa Clark. They each created a new dance performance in a school.



THEMES



IMAGE BY PAUL WATT

All YDance programmes are designed to help young people achieve their potential through dance as well as learning about the artform of dance and its many components. Through our work we help children and young people overcome some of the things that hold them back in life, to build their life skills, confidence, motivation and give them opportunities.

Improving health and mental wellbeing

Dance is active, fun and social. Classes are accessible, supportive and non-competitive. As a result children and young people become physically fitter and increase their wellbeing.

Building confidence

Without confidence, nothing is possible. YDance tutors nurture and encourage the children and young people they work with, building self-esteem and confidence.

Becoming part of a community

Some of the young people we work with are socially isolated. Being part of a group, and through making new friendships young people feel accepted and included building long-term resilience.

Building life skills

Being able to work effectively with others is key to succeeding in life. All the groups are based on team work and designed to improve social, communication and behavioural skills. Children and young people work together, learning to communicate their ideas, to listen to others and compromise.

Creating opportunity

All our work is about giving young people additional skills, qualifications and training. We work with partners to build pathways, opportunities and positive destinations.

Developing creativity

Creativity is at the heart of YDance. Through dance we help young people learn to express themselves. Creativity helps children and young people learn to come up with new ideas, increasing adaptability and flexible thinking.

A person-led approach

Projects are led by the interests of the young people in the groups. This helps give young people agency, builds confidence and engagement.

PARTNERS

All our programmes are run in partnership with other organisations, helping the children and young people they work with.

In 2020/21 we worked with:



Charities: Barnardo's, Rathbone, YMCA Tayside, Fife Gingerbread, Gate 55
Local Authority Social Work and Education Departments: Glasgow, East Dunbartonshire, Perth, North Ayrshire, East Ayrshire, North Lanarkshire, Dundee, West Dunbartonshire

Justice organisations and secure facilities: HMYOI (Her Majesty's Young People's Institute) Polmont, Scottish Prison Service, Community Justice Scotland, Kibble Education & Care (Mirin Academy, Goudie Academy), Rossie Young People's Trust

Alternative Education Centres: Spark of Genius Caledonian School, Spark of Genius Skypoint School and North Ayrshire Extended Education

Networks: Federation of Scottish Theatre, One Dance UK, Dance Hubs

Schools: Sidlaw Primary and St Mary's Primary (Dundee); Cadder Primary, Holy Cross Primary (Glasgow); Linnvale Primary, St Peter's Primary (West Dunbartonshire); Hillhead Primary ASC (East Dunbartonshire); Smithycroft Secondary School, Kirkintilloch High School Wider Achievement, Crieff High School Wider Achievement and the Active Schools network across Scotland

Robert Owen Centre at Glasgow University

Dance organisations: Scottish Ballet, Dance Base, CityMoves, West College Scotland, Dundee & Angus College The Space, Edinburgh College Performing Arts Studio Scotland

Arts organisations: Glass Performance, National Youth Arts Companies (National Youth Orchestra of Scotland, National Youth Choir of Scotland, Scottish Youth Theatre), Royal Conservatoire of Scotland, Eden Court Theatre, Macrobert Arts Centre, Museum of Rural Life, Tramway, Glasgow Life, Scottish Dance Theatre, Right2Dance, Fusion Youth Dance Company, SkyeDance, Indepen-dance, National Youth Dance Wales

FUNDERS AND SUPPORTERS

We are very grateful to our funders and supporters:

Creative Scotland

Paul Hamlyn Foundation

CashBack for Communities

Leverhulme Trust

Robertson Trust, Garfield Weston Foundation, Scottish Children's Lottery, Ironmongers Foundation, Hilden Charitable Foundation, Russell Trust, Pump House Trust, Dr Guthrie's Association, Thistle Trust, Austin & Hope Pilkington Trust, Souter Charitable Trust, Gordon Fraser Charitable Trust, WCH Trust for Children, Hedley Foundation, Mugdock Children's Trust, EIS, Endrick Trust, McGlashan Charitable Trust, Thomson Charitable Trust, JTH Charitable Trust, Stafford Trust, Western Recreation Trust, Trefoil, Murdoch Forrest Charitable Trust, Saints and Sinners Club of Scotland, Merchant House of Glasgow, D'Oyly Carte Charitable Trust, Swinton Paterson Trust, Hugh Fraser Foundation, Tillyloss Trust, Sylvia Aitken Charitable Trust

We are also grateful to our individual supporters: Alan Busby, Carolyn Lappin, Angela Shannon and Zoe Van Zwanenberg.

FUTURE PLANS

All of the programmes in this impact report will continue throughout the next year.

CashBack for Change continues until March 2023. We have already worked with 606 young people on target to reach over 1000 by April 2023 with around 400 achieving a qualification. Cashback for Change community groups will all come together for a Celebration Event this December.

Step It Up continues until June 2023. Robert Owen Centre first year evaluation will be delivered in December.

Destinations showcase event took place in May 2022. Around 200 young dancers from 13 dance groups across Scotland took part in Eden Court Theatre, Inverness. The next Destinations event will take place in February 2023.

Horizons groups from Glasgow, Aberdeen and Inverness will come together for an event this November, taking part in workshops, classes and performances.