

DANCE ACTION ZONE LEEDS



Dance Action Zone Leeds are a community organisation, passionate about enabling young people from deprived areas of Leeds to be able to access the same opportunities of those in more affluent areas of the city. Specifically in the Middleton, Belle Isle, and Burmantofts communities, their weekly sessions are dedicated to increase the activity levels of young people, particularly inactive girls. By using dance as an accessible, engaging tool to support the reduction in physical and mental health inequalities, DAZL have built a fantastic reputation within Leeds and positively impacted the lives of countless young people.



Part of DAZL's success can be attributed to their model of supporting and nurturing young people to become leaders within their own community. After accessing Satellite Club funding and support from StreetGames in 2019, DAZL were able to engage four new young dance leaders. South Leeds residents Amy, Cam, Madison and Sally have since been helping out at Satellite Club and other community sessions as a result. General participants are also given a part to play by taking ownership and having a voice in various workshops and sessions.

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Since being involved in StreetGames, this has inspired me to be more involved and active, I feel my inner and mental health has eased from dancing and interacting with people. I thoroughly enjoy the classes and I am always looking forward to the next session. Thank you for providing and giving me an opportunity to take part in something that I have a passion for.

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Chloe Hayley - Dance Leader Final Year Degree Student.

DAZL are also embedded within local schools, delivering after school dance clubs and Mental Health and Resilience work using dance. As strong social media advocates, DAZL have built a strong presence online and use this alongside their school links to promote their sessions to young people and partners. Their social media know-how has proven valuable, as despite facing challenges with retaining a diverse and difficult group of young girls at a session in Burmantofts, they persisted with engaging them through social media and also generated more interest by releasing an online feedback video. Staff at DAZL insist that their feedback videos and use of social media have improved their engagement and retention figures.

The differences made to participant's lives, health and social skills are visible in the DAZL feedback videos and since the coronavirus pandemic, participants have leapt at the chance to continue to be involved in sessions via Zoom. You can access many example of DAZL's great work and impressive feedback here.

