



FEEDBACK SUMMARY

INTENSIVE TRAINING PROGRAMME

JULY 2024



Intensive Training Programme

The Intensive Training Programme

This is a collaborative 12-week programme between Care to Dance and Jayna's Dance Academy to create a trauma-informed intensive training programme for some of the existing participants who would like to develop further into their dance training. Our aim is to increase their confidence to integrate into the wider dance world and to further develop their goals in becoming a professional Dancer or Dance Teacher.

The sessions have been carefully structured by JDA and CTD collectively. The weekly sessions have included a combination of fitness and choreography to different dance forms. This helps participants to develop strength, flexibility and mobility.

The why

Within the dance world, there appears to be a gap in support for care-experienced young people to attend mainstream academies. This often presents as a barrier for young people who have experienced trauma. Whilst many of our young people appreciate the inclusivity of our programme, many have also expressed a desire for an additional class to develop their technique and to learn at a more advance level.

Feedback from young people

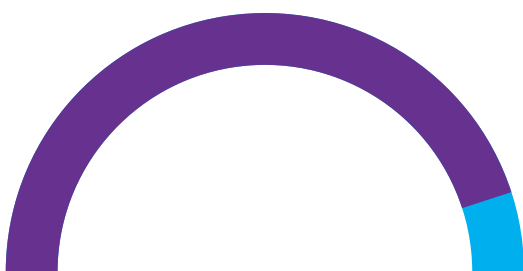
When asked how ITP has helped their confidence, they said 9!



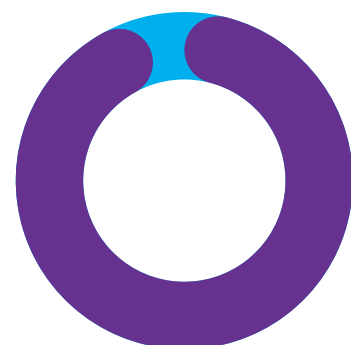
When asked how ITP has helped them to feel a belonging, they said 9.75



When asked how ITP has helped them with their emotional wellbeing, they said 9!



When asked how ITP has helped them to progress in dance, they said 9.6



Feedback from young people

"We are like a huge family and I have loved having time to learn more advance dance."



"The biggest impact has been the teamwork, the confidence, and overall it has really made me feel included."

"Learning more fitness and harder dancing impacts me on my health and becoming a better and stronger dancer."

Pineapple Studios!

“Going to pineapple studios has inspired me a lot as I have really wanted to go there for a long time and I finally got too. We have learnt tips from the teacher that taught us so I can now use going forward.”



We attended Pineapple Studios in London with the group where they experienced an intermediate commercial class with a professional dance artist!

Feedback from carers

“The staff just have a whole tool box of approaches that informs an individualised approach to getting the absolute best from our young people. They tailor their support to meet the needs of every young person to make them feel like a valued member of their dance group. I can’t praise them enough.”



“It has provided the opportunity for the young person to learn a new skill, increase her confidence and provide a positive outlet for any frustrations. She also gains the physical benefit from the exercise.”

“There has been a massive impact on the girls in my care. Confidence gained, a chance to shine, to receive praise from others, friendships with other young people in similar situations; just some of the positive influences.”