

DANCING FOR HEALTH
Seated Dancing
ONLINE CLASSES



Evaluation Report

by Tracey Barnes

20th November 2020

DANCING FOR HEALTH

SEATED DANCING ONLINE PROGRAMME

ABOUT DANCING FOR HEALTH CIC

Dancing for Health CIC are creators of partner dancing therapy programmes to help people with long term health conditions, we also assist the elderly or disabled, people with reduced fitness levels, those commencing on extended terms of anticipated recovery, and also patients engaged within the new Social Prescribing channels. These partner dance therapy programmes are delivered within hospices, hospitals and community groups for those people who normally cannot attend a public class due to their medical or age related conditions.

PURPOSE OF THE FUNDING

Due to the recent COVID-19 pandemic and social distancing restrictions we were unable to deliver any of our partner dance programmes. This has had a huge impact on the company as well as the wellbeing of our clients. We had to cease working, the funding received from the Tackling Inequalities Fund helped us keep our organisation afloat, and provided an opportunity for us to offer an alternative activity to our clients.

We developed an Online Seated Dancing programme which was delivered remotely through Zoom and was promoted to our existing clients but also enabled us to reach a wider target audience, across the Derbyshire and Yorkshire regions. These new clients included a number of disabled clients, including young disabled adults from St Jame's Centre and Our Vision Our Future, Chesterfield.

The seated dancing offered a fun activity to not only keep our participants physically active but also socially connected whilst at home through the pandemic.

REPORT AND SUMMARY OF THE PROGRAMME

This is a report of the Dancing for Health seated dance programme, funded by Active Derbyshire and Sport England. We collected quantitative and qualitative data from our participants by sending out a survey which each participant was asked to complete at the end of the programme. Through the survey questions and gathering feedback information, we collected a small measure of the impact our programme had on their physical and mental health.

Overall, the results demonstrated improvement for all participants of the survey. Some participants showed greater change than others but everybody demonstrated some improvement.

Over the course of the 3 month programme we had a total of 30 participants. 8 Men and 22 women. They had the choice to join either one or both of our weekly 1 hour seated dancing sessions every week. We had a total 339 attendances over our 24 sessions in the 12 week period. Therefore, our weekly average number of participant attendance was 28 people each week /14 people per session.

We had people with varying abilities, from those who used crutches, sticks or wheelchairs to people with illnesses such as COPD, cancer, heart/stroke conditions, and the elderly with mobility issues from arthritis to those living on their own and affected by isolation.

We had a varied age range from young adults in their 30's - to the elderly in their 90's
Breakdown of Ages; 30's - 40's - 7 participants, 50's - 60's - 8 participants, 70+ - 15 participants

The Dancing for Health seated dance programme enabled an average of 28 people to increase their physical activity by 2 hours every week for 12 weeks. That's a total increase of 672 hours of physical activity over the 3 month session for our participants.

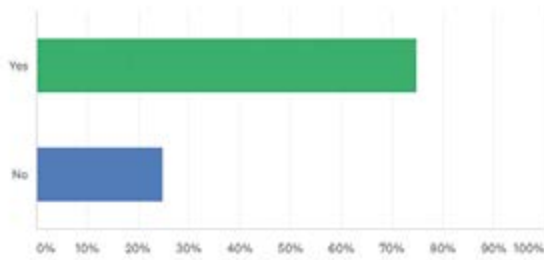
METHODS:

QUANTITATIVE OBSERVATIONS

We evaluated the 3 month programme by using the Survey Monkey software to record the quantitative data. The self administered questionnaires were completed by each participant at the end of the 3 month programme. The survey was optional. 20 participants were sent surveys, 12 completed the survey questions. Here is a sample of some of the data collected.

Do you feel the dancing sessions have reduced your stress or anxiety levels?

Answered: 12 Skipped: 0

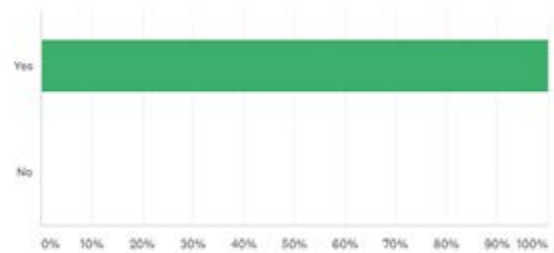


ANSWER CHOICES	RESPONSES
Yes	75.00% 9
No	25.00% 3
TOTAL	12

Comments (8)

Have you found any social or emotional benefits from attending the seated dancing sessions?

Answered: 12 Skipped: 0



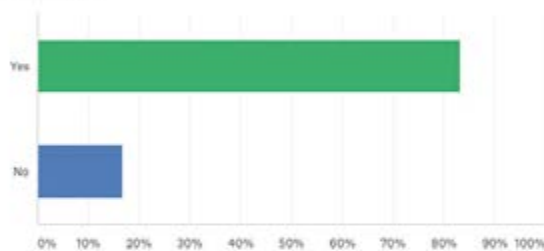
ANSWER CHOICES	RESPONSES
Yes	100.00% 12
No	0.00% 0
TOTAL	12

Comments (9)

75% of participants that answered the survey felt the sessions reduced their stress or anxiety levels
100% answered that they had found social and emotional benefits from attending the sessions.

Have you noticed any physical improvements, for example improvements in your mobility or flexibility?

Answered: 12 Skipped: 0

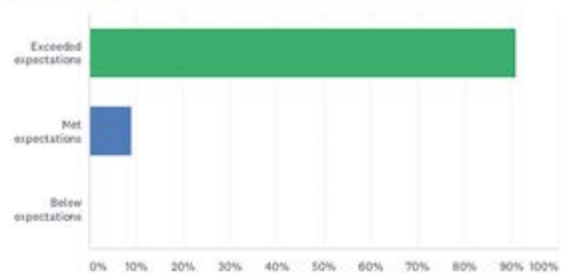


ANSWER CHOICES	RESPONSES
Yes	83.33% 10
No	16.67% 2
Total Respondents: 12	

Comments (9)

Overall, how happy do you feel with the dance sessions?

Answered: 11 Skipped: 1



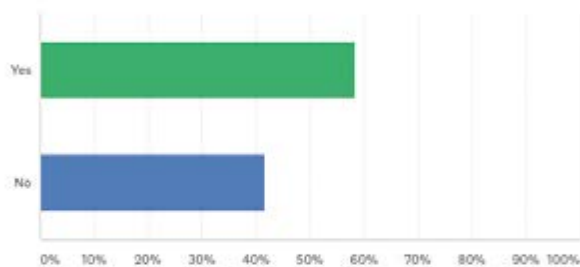
ANSWER CHOICES	RESPONSES
Exceeded expectations	90.91% 10
Met expectations	9.09% 1
Below expectations	0.00% 0
TOTAL	11

Comments (3)

83% of participants noticed physical improvements in mobility or flexibility
90% answered that the dance sessions exceeded expectations

Do you do any other physical activity other than the seated dancing?

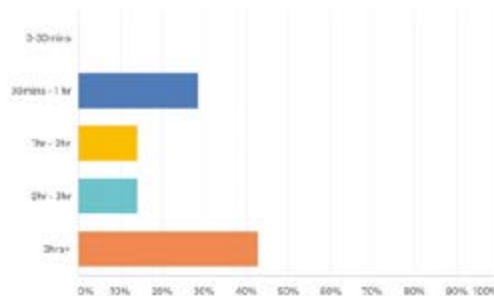
Answered: 12 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	58.33% 7
No	41.67% 5
Total Respondents: 12	

If you answered yes to the previous question, how much time are you physically active each week?

Answered: 7 Skipped: 5



ANSWER CHOICES	RESPONSES
0-30mins	0.00% 0
30mins - 1 hr	28.57% 2
1hr - 2hr	14.29% 1
2hr - 3hr	14.29% 1
3hrs+	42.86% 3
TOTAL	7

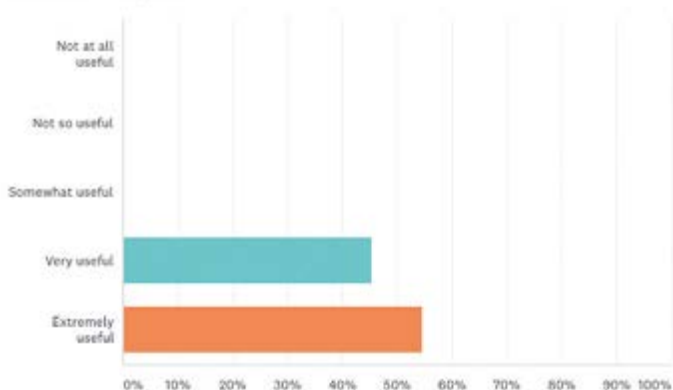
We determined that from the survey results 42% of participants were not participating in any physical activity prior to our seated dancing sessions, therefore we increased their activity by 1-2hrs every week.

Of the other participants surveyed they were all doing between 30mins and over 3 hours activity each week with a good 43% doing over 3 hours activity each week

All participants therefore had their activity increased by 1-2 hours each and every week, depending on whether they did one or two sessions of the seated dancing.

How helpful did you find the dance sessions?

Answered: 11 Skipped: 1



ANSWER CHOICES	RESPONSES
Not at all useful	0.00% 0
Not so useful	0.00% 0
Somewhat useful	0.00% 0
Very useful	45.45% 5
Extremely useful	54.55% 6
TOTAL	11

Comments (3)

This shows that all participants found the seated dancing very useful or extremely useful.

QUALITATIVE OBSERVATIONS

Qualitative data was also gathered through providing feedback comment boxes for participants to write their own personal comments. All participants expressed an enjoyment of the dancing programme. They mentioned improvements in their physical well being, mental well being and social relationships. Here are some participant sample comments:

Physical Wellbeing

Participants had physical symptoms such as breathing difficulties, fatigue, aching limbs and restrictions in mobility. The dancing sessions were designed with these health needs in mind, and dancers appreciated the seated format, the adaptations and feeling comfortable at being able to opt out and rest when they needed to.

“ Improved mobility to left hand side and muscle strength ”

“ I found the dance moves helpful as my limbs are quite stiff ”

“ More fun than I expected and lasting benefits on shoulders and neck”

“ Shoulder and neck muscles less tight”

“ Only exercise I can do by myself, don't need any one to help me.”

“ More flexibility in head & shoulders and arm strengthening. ”

“ Seated dancing has much improved my shoulder - impingement condition. ”

“ I suffer with osteoarthritis so am generally stiff with joints, The seated dancing has helped me stay mobile and uplifted mentally ”

“I would recommend these sessions to everyone, especially those who have life impacting issues. These sessions help connect us with others at this challenging time. I would also comment that the teacher Tracey Barnes is so empathic towards we the participants and not all dance instructors possess these kind of traits which Tracey practises; I say this as someone who once attended a dance class years ago and thought never again as it was run by a teacher who put me off forever, but Tracey has changed my perception of what a dance teacher can be. Thanks Tracey!”

Mental Wellbeing

Participants talked about the dancing being a distraction from their illness and having positive effects on their mental well-being.

“Future sessions would be very welcome! Something positive to look forward to, that brings physical and emotional benefits, and helps you to leave behind any thoughts of loneliness and discomfort.”

“ They help me forget my worries and take me away from my own thoughts, especially the stress associated with not being able to get outside because of the pandemic and having to shield ”

“ The sessions increase my feel good feeling, both physically and psychologically by doing , seeing others , thinking , and feeling ”

Social Relationships

All the participants talked about the benefits and importance they felt from the social interaction of the group. The whole group bonded very well, they shared experiences, and new friendships have formed that will hopefully continue outside the dance sessions.

“ The fun and social element of the activity adds to the enjoyment of it ”

" Seeing other people during this difficult time is uplifting"

" As a lover of dance just hearing the music leaves you with a happy feeling and helps to relieve any tension. The social aspect is also of great benefit"

" You lose confidence through shielding and lockdown about going out so its been good to have the chance to feel you are surrounded with friends for a time and the music sets you up for the rest of the day, sometimes singing along and dancing round the kitchen. "

" Knowing that we are not alone during this strange period and connecting with people who are / have gone / going through similar medical / body experiences as myself "

Other Comments

" These sessions have been invaluable to me."

"I really enjoy the movement, the music, the exercise. I will never be able to walk or dance again, but it's the next best thing."

"Tracey's warm and friendly personality is a big bonus for the sessions "

" I absolutely love it and it's something to look forward to. Puts something in my diary! "

" I do hope this programme can continue I have thoroughly enjoyed it "

CONCLUSION

This report on the delivery of the Dancing for Health Seated Dance programme, was extremely well received by all participants and, while the sample size is small, early indicators as detailed above suggest that this programme can make a valuable contribution to the support and wellbeing of this vulnerable client group.

Moving forward all participants of this report have reported that they would like the Dancing for Health Seated Dancing programme to continue.

RESOURCES



Click the image on the left to watch a short video clip of the seated dancing in action.

This was our fun Halloween routine. The clients really got in the spirit of it and some wore fancy dress!

Visit our website for more information about Dancing for Health projects
<http://www.dancingforhealth.co.uk>



TESTIMONIALS

Dancing
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“ I try not to think about my disability and just get on with my everyday life, but when the pandemic hit and I was stuck in isolating, I started to feel depressed, frustrated and isolated. The seated dancing has made such a difference to me. I can't thank you enough! ”

Kay, from Dronfield



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“ I cannot stand or walk independently due to a spinal injury. Joining in the seated dancing is something that I look forward to. It's enjoyable and motivating, encouraging me to do my exercises. I have a physiotherapist every week and they have noticed an improvement in my upper body strength and mobility. ”

Flora, from Sheffield



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“ The choice of music for the seated dancing is full of energy and uplifts your mood, even on the dullest of days. And with all this enjoyment going on, you forget the lockdown, your discomfort and pain and feeling lonely, and the hour passes all too quickly. ”

Sharon, from Sheffield



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“ I have many side effects from my cancer treatment and initially I thought ...ooh chair dancing... not for me....but roll on a few sessions... my joints feel looser, less painful and my brain is switched on because I'm connecting brain and limbs. Its good for you and fun and it doesn't matter if we do it wrong! ”

Pauline, from Sheffield

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“ I would just like to tell you how much my head and neck rotation has improved since joining your seated dancing classes. I love the music and making new acquaintances with other participants. ”

Mary, from Sheffield



Dancing
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“ Because I have been diagnosed with chronic rheumatoid arthritis and unfortunately have also suffered three strokes, my mobility and balance is greatly impaired. Since doing the seated dancing both my physical and emotional well-being is amazing. Both muscle strength, particularly on the left side of my body which was affected by my last stroke, and general mobility through my joints is much improved. ”

Debbie, from Sheffield

