

Partner Dancing at the Winding Wheel



Summary Report

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DANCING FOR HEALTH

PARTNER DANCING AT THE WINDING WHEEL

REPORT AND SUMMARY OF THE 10 WEEK PARTNER DANCE PROGRAMME

This is a report of the Dancing for Health partner dance programme, funded by Chesterfield Borough Council. We collected feedback data from our participants by sending out a questionnaire 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 improvements for the participants of the survey.

We asked the participants which area in Chesterfield they were from, their responses included, Brockwell, New Whittington, Tupton, Newbold, Ashgate, Boythorpe, Bolsover, Walton, and even a participant from Leeds

Over the course of the 10 week programme we had a total of 24 participants. 6 Men and 18 women
We had a total 98 attendances over our 10 sessions. Therefore, our weekly average number of participant attendance was 10 people each week. (I had 5 volunteers who also supported the group.)

We had an age range from 59 - 85 years old with the majority of the group 70+

We had people with varying abilities, from people with illnesses such as COPD, heart conditions, stroke, fibromyalgia, people with mobility issues/joint problems and physical limitations and others suffering with depression and anxiety.

50% of the participants had mobility or joint issues and a third of the participants were suffering with depression.

The partner dance programme enabled our participants to increase their physical activity by 2 hours every week.



QUANTITATIVE OBSERVATIONS

The self administered questionnaires were completed by each participant at the end of the 10 week programme. The questionnaires were optional. 12 people completed the questionnaire. Here is a sample of some of the data collected.

- 100% of participants that answered the questionnaire felt the sessions had reduced their stress or anxiety levels
- 100% answered that they had found social and emotional benefits from attending the sessions.
- 50% of participants noticed physical improvements in mobility, balance or flexibility
- 90% answered that the dance sessions had improved their self confidence and self esteem.
- 100% said they would like the classes to continue.
- Some of the participants found the dance routines easy whilst others found them more difficult, but overall everyone found the dance sessions helpful and felt happy with the sessions.

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.

Here are some participant sample comments:

Comments

" The classes have increased my confidence and ability tremendously. I have thoroughly enjoyed the exercise and social aspects, think I would benefit from continued classes"

Dawn

"These classes have made a massive difference to my life for the good. I would love this to continue. My health varies. Very sociable"

Christine

"I have enjoyed these classes and have been surprised at what I found I was able to do. Also it's been lovely to meet new people and build up my confidence"

Marion

"These classes have improved my balance and mobility as well as learning several new dances"

Michael

" I feel many more people could benefit - social/health wise. There are many in the community who do not know about it"

Dot

"Best dance in Chesterfield, very helpful. Gets me feeling fitter. Good friendly people"

Peter

"Great, easy to follow lessons. Everyone friendly and helpful. Really enjoyed it. Needs more advertising - not many people know about it."

Sharon

"Tracey is an excellent teacher, very sociable and makes the classes very enjoyable"

Jan

"It's good that it is in the daytime. I didn't find out about it until it had been running for 6 weeks - not advertised enough - S40 magazine?"

Kath

“I would really like to continue the dancing sessions”

Barbara

“I’ve enjoyed my dancing and wish they would continue”

Margaret

Participants talked about the dancing having positive effects on their mental well-being. 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.

Here is a link to a short video clip of the participants dancing - <https://youtu.be/k263VZFftJY>

