

# Dance Creative

Changing Lives Through Dance

## 'DANCE FOR LIFE WITNEY'

### Annual Report 2019-20

#### This year in numbers:

- 27 weekly sessions
- 316 total participants
- 12 - average number of participants per week
- 67-87— age range of participants

'DANCE FOR LIFE WITNEY' is a creative health project for older people in Witney which aims to improve physical and mental health and well-being, and reduce social isolation amongst older people, by providing regular opportunities to socialise and dance together.

The project offers weekly sessions of 2 hours, incorporating a creative dance class followed by social time with refreshments. The project is much more than a regular exercise class, developing participants' confidence, social bonds, and emotional support.

#### . Our 2019-20 Highlights:

- **May**—we bought some parallel bars to help support participants to stand, thanks to a grant from Witney Lions Club
- **June**— The Witney Carnival —we ran taster sessions, collected donations, and met the Mayor
- **October**— we were chosen to be the monthly charitable cause for Waitrose, and raised £334
- **September**—we were awarded £500 from West Oxfordshire District Council to support the group for the Autumn term
- **September**—we ran a taster session for Witney Community Hospital as part of their Health and Wellbeing Festival
- **January**—we were awarded £500 from Witney Town Council to support the group for the Spring term

#### *Participant Quotes:*

“My health and happiness have improved. My arms and legs can move more [after a stroke].”

“This is a lifeline.”

“Six months ago, I could not walk or climb stairs properly after a fall. Now six months later, I am back to normal for an 84 year old. Such a good enterprise.”



Photo: Witney Carnival, June 2019

**'Dance for Life Witney'**

**Annual Accounts April 2019-March 2020**

| <b>Expenditure</b>     |              | <b>Income</b>                  |              |
|------------------------|--------------|--------------------------------|--------------|
| <b>Dance Artist</b>    | <b>£1470</b> | <b>Participant Fees</b>        | <b>£1485</b> |
| <b>Dance Assistant</b> | <b>£1380</b> | <b>WODC Grant</b>              | <b>£500</b>  |
| <b>Venue Hire</b>      | <b>£675</b>  | <b>Witney TC Grant</b>         | <b>£500</b>  |
| <b>Equipment</b>       | <b>£87</b>   | <b>Participant Fundraising</b> | <b>£536</b>  |
| <b>Total</b>           | <b>£3612</b> | <b>Waitrose</b>                | <b>£334</b>  |
|                        |              | <b>South East Dance/Aesop</b>  | <b>£260</b>  |
|                        |              | <b>Witney Lions</b>            | <b>£150</b>  |
|                        |              | <b>Carry Forward 18/19</b>     | <b>£495</b>  |
|                        |              | <b>Total</b>                   | <b>£4260</b> |
|                        |              | <b>Carry Forward 19/20</b>     | <b>£648</b>  |

The Carry Forward from 2019/20 will enable us to fund a year's online classes through Zoom, to support our participants through lockdown and the pandemic.

With grateful thanks to:

Grant aided by



WITNEY TOWN COUNCIL



**Witney Lions Club**  
Chartered June 1969  
District 105A

