



## Who are we?

Care to Dance is a social enterprise that supports care-experienced young people through dance, led by Qualified Social Workers and Dancers. The combination of Social Work and Dance provides a holistic approach in supporting those who have experienced trauma.

## Our mission

To pioneer new ways of using dance to improve the wellbeing of care experienced young people. They will have a place to go on a weekly basis that provides a space to safely express themselves in an understanding and caring environment that is focused on developing confidence through dance.

## Our vision

A world in which all care experienced young people have the opportunity to express themselves through dance. Care experienced young people will have opportunities to lead by experience; driving a culture of inclusivity, innovation and creative expression.

## The challenges

Research shows that care-experienced young people often experience marginalisation. Care to Dance aims to overcome certain barriers that care-experienced young people face by creating a safe and inclusive environment. We aim to use dance as a means for young people to express themselves, build friendships and to support their resilience, skills and aspirations.





## What we offer

Care to Dance provides a range of programmes that support care-experienced young people through dance.

### 12-week programme:

Our 12-week programme facilitates a platform for up to 15 young people to come together every week for an hour and a half, where they can safely express themselves through dance, build confidence and develop meaningful relationships.

Within this programme, we facilitate a social event where the young people can build positive memories and have fun!

The programme ends with a celebration event where the young people celebrate their creativity and achievements throughout the programme.

### 12-month programme:

Following the 12-week programme, we aim to continue to support the young people through a weekly dance class, continuing to build their confidence.

We hold a variety of social events and performances for the young people to continue to feel a sense of achievement.

Alongside this, we support young people to complete their Level 1 and Level 2 Dance Leadership qualifications. This provides them with key skills and qualifications to support them in their employment and educational opportunities. They also have opportunities to become an ambassador for Care to Dance, attending a range of events and programmes, supporting the development of Care to Dance and other young people throughout their region.



## Find out more:

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