

STREET DANCE PROJECT

Funder: Sport England - Active Sussex Project Reference CYP063

March 2023



**The Hangleton
& Knoll Project**
Working for a better community

Summary of project

In 2021 we ran a community based pilot street dance project in Hangleton and Knoll funded with a small grant of £500 from the Healthy Neighbourhood Fund. Since then the group have gone from strength to strength. A few young women really wanted the project to continue and not give up when they started secondary school as well as wanting to grow the group and welcome new members so we applied to Sport England through the support of Active Sussex. We were delighted to be successful for a grant of £2820 to pay for the project costs including venue hire and teaching. We are pleased to report the project has fulfilled it's programme of activity for this period. We have since secured a new partnership with the Y.E.S. project and Active for Life (Brighton and Hove City Council) for future sustainability prospects and we are hopeful we can keep it running for the foreseeable months.

Project objectives

Supporting access for young women within our targeted area of benefit to to be more physically active through the power of dance.

Addressing the need to develop their self confidence and support their emotional well being through performance opportunities.

Rebuilding community cohesion post pandemic with the wider benefits of youth membership at the Hangleton and Knoll Project to access clubs which support their personal and social development needs

Outputs table



16 trained to dance



22 weekly classes



3 audience public performances

Impacts and outcomes

The Street Dance classes have had a very positive impact on the Health and Well-being of the young people that benefited from the grant. With this regular opportunity we have seen their confidence and enthusiasm grow from presenting as shy and awkward to dancing in front of each other and performing at the Brighton Dome (twice) and at the Amex Stadium. Each week the young people engage in learning their routines, try new ideas and learn new styles which has impacted on their skills and abilities being improved. Young people have been practising at home so there are even more health benefits to them in being active outside the classes! Most importantly the young people have had the chance to broaden their horizons, have fun, meet new people, make new friends and generally feel the benefits of having a sense of belonging to a special club and keeping active!

How did we do?

"Marcie has really enjoyed getting back into dance and making new friends within the community she lives in! As a parent I'm really pleased that she has this opportunity again. Thank you for all your hard work!"

"Ollie absolutely loves dance and he has been nurtured and has continued to grow as a dancer during the classes".

"Isabella's confidence has soared since joining. She can't wait to return. Two massive stage performances already. She enjoys being part of a team, and is always speaking highly of her peers. Glad to have something for the youth that's safe and healthy and most of all fun"

LETS DANCE performance 17th March at the Brighton Dome

"How brilliant were they all! Thank you Helen and Rhiannon".

"They were amazing! Thank you so much for all your hard work and organisation".

"Well done each and everyone of you for all your efforts, what a performance! Fantastic!"

"Great performance and thank you for looking after them so well. They seemed to be buzzing when they came out. Lovely to see".

"Brilliant performance by the team! Thank you Helen and Rhiannon for organising".

"What can I say thank you so much for all your hard work, you are both amazing ladies".



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