

# Breathing Space

Dance Centred is a Community Interest Company offering a way in for those who might think creative dance is not for them, and to those who have not had access to dance before. Breathing Space is a project run by Lois and Sam for Dance Centred.

## What has this support enabled you to do?

The Breathing Space programme took place over six weeks during February and March 2021 and offered four different weekly sessions. The programme had to be adapted to take place using Zoom under Covid-19 restrictions.

## How has this support helped your community?

It's clear that the Breathing Space programme was successful in meeting its aim of improving mood and boosting confidence.

From the feedback gathered people enjoyed meeting and joining with other people and the sessions helped people feel less isolated during the lockdowns.

## How many participants are taking part from targeted audiences?

There were a total of 244 attendances across all sessions. 34 people took part in the programme overall. The majority took part in more than one session.



"I felt much lighter in mood after my session."



"I have always had an irrational fear of dance classes as I am dyspraxic and often felt 'slow' and like I couldn't keep up. Not only did you help me conquer my fear, but I came to so many each week and thoroughly enjoyed them. Such a difference. Thank you."