



## Tackling Health and Obesity

### Project Summary

- 2029 new participants
- 1709 adult participants/320 young people participants
- 17,967 workshop attendances
- £300k budget (£90k SCC, £210k other sources)

Step Change provides opportunities for children, young people, adults, older people and people with disabilities across the county to take part in dance workshops in schools, youth centres, leisure centres and day centres. The project also offers training to new practitioners and volunteers.

Participants will take more control in determining their own healthier life style choices through diet and exercise. We will disseminate the benefits of the project through documentation and evaluation. Teachers, volunteers, young adults plus dance practitioners will continue with the work.

Participants will include children aged five – 14 yrs, young adults, aged 14-18 yrs, adults aged 20-50 yrs, older people aged 50+ and adults with learning disabilities. Training & mentoring will be offered to teachers, care workers and volunteers.

“You have made me flexible. It has been a really exciting way to get us fit.”

**Nine year old**

“It was a superb experience for us all ... a less able child grew hugely in confidence. Subsequently his reading has improved ... he would never have done this before dance sessions!”

**Primary school teacher**

This project has been supported by: Sport England, Arts Council England, Somerset Primary Care Trust Somerset County Council (via Community & Young People’s Directorates, Somerset Skills & Learning, Somerset Active Living) Mendip District Council, South Somerset District Council, Taunton Deane Borough Council + Artlife