Building Community Capacity Practitioners Network meeting - 12th December

Jodie Stus – Dance to Health Coordinator – Birmingham, Aesop

Dance to Health: introduction, describing, results
Introducing Aesop

We are a national charity: a bridge-builder between health and the arts – building 3 things

1. Health sector engagement with the arts
2. Knowledge base to support arts in health growth
3. Arts services which the health sector wants
INTRODUCTION
Major health challenge: FALLS

1. Most frequent and serious type of accident in people aged 65+
2. After a fall, 50% likely to have seriously impaired mobility and 10% will die within a year
3. Falls destroy confidence, increase isolation and reduce independence
4. Falls cost the NHS £2.3 billion per year
1. Only 38% of provision uses the evidence-based programmes: FaME and Otago
2. Course completion rates are low: 31% for FaME and 46% for Otago
3. Fidelity to FaME and Otago is often poor
4. Many programmes are considered to be dull, and delivered over short periods – 50 hours needed
5. There is a lack of maintenance programmes
6. Without maintenance programmes, strength and balance improvements are lost within 12 months
Arts supply that health wants

Can we create an exemplar arts in health programme at the heart of the health system available to all who need it/could benefit?

DANCE TO HEALTH

- Pilot Programme (2015-16)
- Phase 1 Roll-out (2017-19)
- Phase 2 Roll-out (2019–25)
What is Dance to Health?

*Dance to Health* is a nationwide pioneering community dance programme for older people.

It combines evidence-based falls prevention principles with the creativity, expression and energy of dance.

The sessions are led by professional dance artists from leading dance companies who have been fully trained and qualified in falls prevention exercise methods (PSI).
What the health sector wants ... 

1. A need for Dance to Health
2. Dance to Health works
3. Dance to Health can be a universal service
Dance to Health’s active ingredients

‘Active ingredients’ include:

✓ Sociable
✓ In a safe, non-medical space
✓ Expert dance teams
✓ Reconnect with memories
✓ Engage the imagination
✓ Dance and music choices
✓ Chance to create moves
✓ Chance to express oneself
✓ Negative health identity ('frail'/'a falter') to positive artistic identity ('I’m a dancer')
Where are Dance to Health Sessions?

Birmingham
Cheshire
Norfolk
Oxfordshire
Royal British Legion
South Wales
Yorkshire
SUSTAINABLE MODEL

- Improvement Programme:
  - Fits into a health pathway
  - Commissioned by the health system

- Maintenance to Sustainable Programme:
  - Funded by participant subscriptions + local funds led by Health Partner (e.g. health, community development and culture)

- Sustainable Group [Aesop-commissioned survey found that 90% of older people’s dance groups are sustainable]
  - Self-run within Dance to Health Family
  - Sustained by subscriptions and local fundraising
Dance to Health
A falls prevention dance programme
"MAINTENANCE TO SUSTAINABLE" PROGRAMME: 12-month progression

SUSTAINABLE LOCAL GROUP: health maintenance + dance

Integrated sustainable model

IMPROVEMENT” PROGRAMME (FaME/Otago) 

Return to inactivity - loss of improvements

~ like NHS free treatment
Volunteers

Champions/Committee

Peer Motivators

Buddies
Part of a £2.1 million national programme
Birmingham Royal Ballet – 1 of 7 Dance Partners
Connected Care Partnership – Birmingham Health Partner
14 ‘Dialogue’ Partners
4 PSI-trained Dance Artists (35 nationally)
6 “Improvement” Programmes in Handsworth, Lozells and Ladywood (40 nationally)
3 “Maintenance to Sustainable” Programmes (22 nationally)
140 participants in Birmingham (952 nationally)
79 volunteers in Birmingham (616 nationally)
NHS England Friends & Family Test: 97% said they would recommend Dance to Health to people who have fallen or are at risk of falling

Media coverage with patient testimony:
- BBC Inside Out North West (9 minute film broadcast in October 2018)
- ITV Tonight – part of ‘OAP Bootcamp’ (broadcast in September 2018)
Falls outcomes achieved in Phase 1
- A reduction in falls of 44%
- The number of falls-related admissions to A&E following a fall is 35%, whilst for Dance to Health this reduces to 15%
- Timed Up and Go (TUG) test: statistically significant reduction in average time (18%)
- Statistically significant reduction in participants' fear of falling

Positive side-effects achieved in Phase 1
- 94.7% stated that they felt Dance to Health has improved their mental wellbeing
- Statistically significant improvements in feeling calm & relaxed, feeling confident, a reduced sense of loneliness & isolation and an increased sense of independence
- 88.1% stated that as a result of the Dance to Health programme they feel they are more physically active
David, 60 joined as he did not want to rely on his walking frame and to improve his state of mind. “Since starting Dance to Health, I am becoming stronger and more resilient, I feel less reliant on my walking frame during exercises and this has been made possible by the support from the Dance Artists. My ability to move more independently has increased considerably well. I also feel a great sense of community and belonging with the Dance to Health family and I attend performances which essentially, has a positive impact on my well-being.
CONTACT DETAILS

Jodie Stus
Dance to Health Coordinator Birmingham, Aesop

jodiestus@ae-sop.org
www.ae-sop.org
www.dancetohealth.org
CONTACT DETAILS

Tim Joss
Chief Executive and Founder, Aesop

timjoss@ae-sop.org
www.ae-sop.org
www.dancetohealth.org