



# **Building Community Capacity Practitioners Network meeting - 12th December**

Jodie Stus – Dance to Health Coordinator –  
Birmingham, Aesop

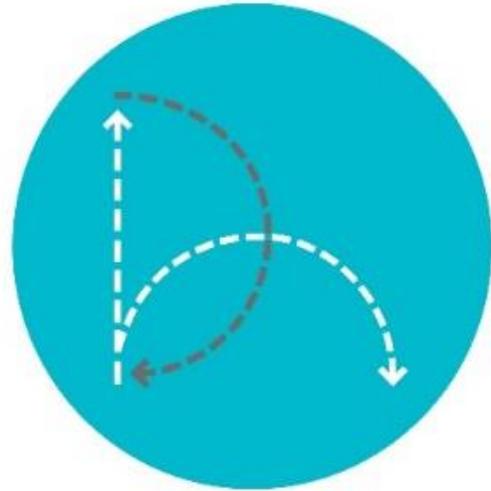
**Dance to Health:  
introduction, describing, results**

# Introducing Aesop

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

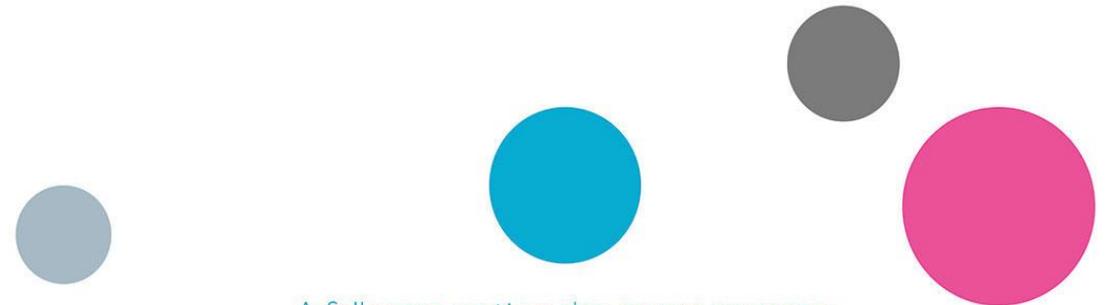
1. Health sector engagement with the arts
2. Knowledge base to support arts in health growth
3. Arts services which the health sector wants



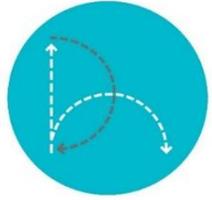


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# INTRODUCTION



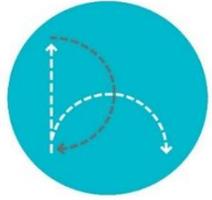
A falls prevention dance programme  
of Aesop Arts and Society Ltd. Charity No. 1134572



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# 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



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# PROBLEMS (in research literature)

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 faller') to positive artistic identity ('I'm a dancer')



# Where are Dance to Health Sessions?

Birmingham

Cheshire

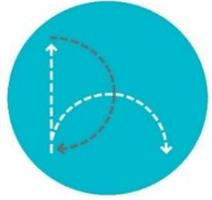
Norfolk

Oxfordshire

Royal British Legion

South Wales

Yorkshire



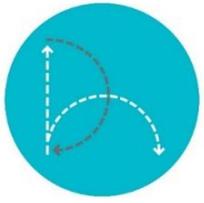
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# SUSTAINABLE MODEL

- 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



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"MAINTENANCE TO SUSTAINABLE"  
PROGRAMME: 12-month progression

SUSTAINABLE LOCAL GROUP:  
health maintenance + dance

"IMPROVEMENT" PROGRAMME  
(FaME/Otago)  
~ like NHS free treatment

Return to inactivity – loss of improvements

Integrated  
sustainable  
model

Month 0

Month 6

Month 12

Month 18

Month 24

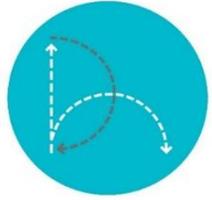


Champions/Committee

Peer Motivators

Volunteers

Buddies



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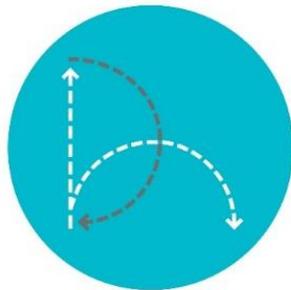
# THE BIRMINGHAM PROGRAMME

- ❖ 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)

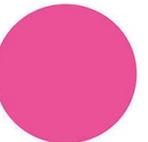
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# EVALUATION



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# 'PATIENT PULL'

- ✓ 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)

# EVIDENCE-BASED

- 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

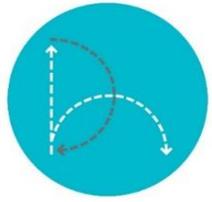


# Testimony

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.

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# CONTACT DETAILS

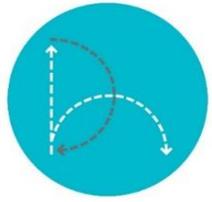
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# CONTACT DETAILS

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The  
**Rank Foundation**  
a pebble in the pond



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