

darts



Case Studies

Strength and Balance

Dance On is fun, local and social, and is aimed at raising activity levels and reducing isolation in older adults across the city of Doncaster. It is a really great way for people to get moving, keep fit, feel healthy and make friends. Whatever your level of ability or mobility, you can take part in a way that suits you – whether that's sitting, standing or boogying around the room.

Creative Health – Anne's Strength and Balance Journey

Coming for confidence

Anne came along to Dance On Strength and Balance after sitting in on a council community group visit. She read through the information with a few others, and then they decided it was time to give it a go.

Anne has lived alone for quite a few years and is prone to bouts of falling after struggling with impaired balance. She also has arthritis in her neck shoulders, knees and hands. She thought the Dance On sessions would be beneficial, as they would get her moving and feeling confident in doing so.

From that very first visit, Anne found the atmosphere to be very friendly – and found everyone there to be friendly too. She did not find the exercises too difficult and found it helpful to be encouraged to keep trying, and then keep trying harder. She began to push herself and feel proud.

“Physically, mentally and emotionally, I know I'm stronger.”

Anne is now finding such a difference in her body and sense of self after attending Dance On. She is stronger in both her upper and lower body, which is giving her more of the confidence she needs. Anne and her group of friends enjoy every session they attend and are always smiling and having a laugh.

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Anne feels she is finally recovering from the awful time during lockdown, where she felt herself retreating inwards and experiencing low mood. Because of this, Anne couldn't describe Dance On as anything other than fantastic.

"Dance On is making such a difference to my body and my outlook, and I am so grateful."

Creative Health – Jen's Strength and Balance Journey

Moving with Laughter

Jen was recommended darts' Dance On Strength and Balance sessions by the physiotherapist that she was seeing weekly. Her physio had attended a session and knew the exercises would suit her perfectly.

After an illness and a hospital stay, Jen's leg muscles needed strengthening. She was walking with a frame. With her chair base and steadier allowed, she came to try Dance On Strength and Balance.

Jen loves the friendliness of the ladies at Dance On Strength and Balance and has found joy in this companionship. They have always made her feel very welcome, and this really helped when she was struggling.

"Come along and enjoy the fun! Have a laugh, which we all do, ending with coffee and cake."

After attending multiple Dance On Strength and Balance sessions, Jen is now moving about with a walking stick and doing so with confidence. She feels mentally and emotionally alert when a class finishes, ready to tackle whatever the day has in store.

Dance On Strength and Balance has benefited Jen socially, as she lives alone. She loves how everyone in the class is very friendly.

Donating to darts ensures that Anne and Jen can continue going to Dance On sessions. Click [here to do so](#). Thank you.

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