Dancing Together: Impact Report (September to March 2025/26)

The Dancing Together programme continues to foster deep connections and well-being for families across London. Between September and March, the initiative reached hundreds of participants, providing a vital space for movement, play, and bonding between parents, caregivers and their children.

Executive Summary of Reach

Figure 1- St Margaret's Nursery, March 2026

From September to March, the programme successfully engaged a diverse group of families across multiple locations.

- **Total Participants:** 348 ○ **Adults:** 171
  - **Children:** 177
  - **Global Majority reach** 83

- **Geographic Reach:** 7 different venues across **3 Boroughs** (Barking and Dagenham, Haringey, and Barnet)

Quarterly Breakdown

Period	Total Participants	Settings/Venues
Q3 (Sep to Dec)	195	6
Q4 (Jan to March)	153	6

Period	**Adults**	**Children**	**Total**
Q3 Total	**96**	**99**	**195**
Barking and Dagenham	**51**	**53**	**104**
Haringey	**30**	**31**	**61**
Barnet	**15**	**15**	**30**

Period	**Adults**	**Children**	**Total**
Q4 Total	**75**	**78**	**153**

Participant Impact & Feedback

Data collected from **24 respondents** between January and March 2026 highlights the profound positive effect of the programme on mental health and parenting confidence. **100% of participants** reported that Dancing Together had a positive effect on their lives.

Barking and Dagenham	**28**	**30**	**58**
Haringey	**32**	**31**	**63**
Barnet	**15**	**15**	**30**

Key Performance Indicators (Scale 1–5)

Participants rated their experience on a scale of 1 (low) to 5 (high).

Impact Category	Positive Response %	Median Score
Overall Enjoyment	100%	**4.95**
Connection with Child	100%	**4.91**
Knowledge of Movement & Play	96%	**4.83**
Community Connection	96%	**4.83**
Confidence in Child Development	100%	**4.80**
Reduced Loneliness	92%	**4.66**
Reduced Stress & Anxiety	92%	**4.58**

The programme was delivered across a range of community hubs and children's centres to ensure local accessibility.

Haringey & Barnet

- **Triangle Children's Centre** (Haringey)
- **Muswell Hill Centre** (Haringey)
- **St Margaret's Nursery** (Barnet)

Barking and Dagenham

- **Marks Gate Community Hub**
- **Future Youth Zone**
- **The Boathouse** (Q3 only)
- **Thames Community Hub** / Formerly Sue Bramley Centre (Q4 only – replaced

The Boathouse)

Qualitative Feedback:

- **“We have loved the sessions, it's been lovely to spend time together as a family. The sessions have been really creative, with a different theme each week. The instructors have also been friendly. Thank you to everyone involved - we would love to do it again in the future” – Participant, Muswell Hill Centre, March 2026.**

- **“I love that it is a child-led session, where we focus on seeing and following what any child does. Love it!” – Participant, St Margaret’s Nursery, March 2026**

- **“The class was very insightful. I learnt very good breathing techniques and stress relief techniques to support my baby and myself.” – Participant, Dagenham Library, March 2026**

- **“Was extremely good. My child and I were brought together more and improved our relationship as mother and child.” – Participant, Marks Gate Community Hub, December 2025**

- **“Amazing!!! Felt so comfortable and welcomed. I saw my little boy develop an enormous amount; his confidence grew and grew. It has been such a blessing to see.” – Participant, The Boathouse, December 2025**

- **“I like the positive environment and the movement is healing.” – Participant, Triangle Children’s Centre, December 2025**

Figure 2- Marks Gate, December 2025

Figure 3 - Mafe and Elearnor (Dancer Practitioners) - The Boathouse, December

Figure 4 - The Boathouse, December 2025

Figure 5 - The Boathouse, December 2025

Figure 6 - Mafe (Dance Practitioner), St Margaret's Nursery, March 2026

Delivery Team

A dedicated dance team delivered the programme of three practitioners: Mafe (Lead

Practitioner), Miia, and Eleanor (Assistant Practitioners). While all three team members worked across both Q3 and Q4, Mafe and Miia led most of the sessions held between January and March.

Other links about the programme

https://groundswellarts.com/project/dancing-together/

https://groundswellarts.com/resource/mothers-and-babies-session-in-barking-anddagenham-2025/

https://groundswellarts.com/resource/toddler-and-families-programme-noel-parkchildrens-centre-2024/