



**dance
network
association**

ANNUAL REPORT 2022/2023

Website: www.dancenetworkassociation.org.uk

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Photo Rachel Cherry

DANCE NETWORK ASSOCIATION

Dance Network Association (DNA) is a dance organisation that enables people to live more connected, joyful, and aspirational lives through dance.

Dancing with DNA provides opportunities for people to improve their confidence and physical wellbeing, nurtures creativity and independent thinking and enhances friendships through social interaction.

Dance Network Association, also abbreviated to DNA, is a Charitable Incorporated Organisation (CIO) in England and Wales no: 1202883

DNA's registered address is
C/O Mercury Theatre
Balkerne Gate
Colchester
CO1 1PT

Board of Trustees:
Gemma Wright: Chair
Lyann Kennedy: Secretary (appointed September 2023)
Elsa Urmston
Frances Maynard

DNA Chief Executive Officer:
Gemma Wright

STRUCTURE AND GOVERNANCE

The organisation founded in 2015 as a Community Interest Company converted into a Charitable Incorporated Organisation (CIO) in England and Wales. The governing document is its constitution, dated 19th April 2023, which sets out the organisation's following charitable objectives:

To advance education for the public benefit by the promotion of the art of dance and movement, in particular, but not exclusively, in Essex and its neighbouring counties.

There must be at least three Charity Trustees.

The First Charity Trustees are as follows:

Gemma Wright
Elsa Urmston and
Frances Maynard

Apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Trustees meet quarterly to discuss and set the strategic goals for the Charity, which the Secretary minutes. The Trustees retain responsibility for all policy-making and implementation. Daily management of the Charity is undertaken by the CEO whom works under a 'Conflict of Interest' Policy.

Bar the CEO no other trustee has received any remuneration, benefits or expenses in this financial year.

AS DNA CONVERTED INTO A CHARITY, APRIL 2023 SIGNED ACCOUNTS WILL BE MADE UP FOR THE CHARITY COMMISSION AFTER OUR YEAR END AUGUST 2024. PLEASE SEE THE FINANCIAL EXPENDITURE FOR 2022/23 IN THIS DOCUMENT CONFIRMED BY OUR BOOKEEPERS COMMUNITY 360 UNTIL OUR FINANCIAL RECORDS ARE THEN FILED.

EXECUTIVE SUMMARY

2022-2023

The 2022-2023 period has been a time of resilience for DNA. Despite the challenges we faced, we remained dedicated to uplifting and empowering the dance community, and our efforts have yielded remarkable results. Through fruitful collaborations with our local community partners and national dance partners, we have not only met but exceeded our shared goals. Building upon the momentum from the previous year, we have maintained a vibrant level of activity, demonstrating our unwavering commitment to our mission of enabling people to live more connected joyful and aspirational lives through dance.

In the face of the unprecedented obstacles posed by the COVID-19 pandemic and the Cost of Living Crisis, DNA has emerged stronger than ever. Our ability to adapt and innovate has allowed us to navigate through these difficult times and emerge victorious. As we continue to forge ahead, we are filled with optimism and determination, knowing that together, we can overcome any challenge that comes our way.

One of our most significant milestones this year has been obtaining our Charity Status in April 2023. This achievement marks a major turning point for DNA, providing us with a solid foundation for financial stability and ensuring the continuity of our invaluable 'Dance on Prescription' and 'Dancing for Schools' services. With this status in place, we are empowered to expand our reach, secure crucial funding, and further solidify our position as a pillar of support within the dance community. This accomplishment not only validates our dedication and hard work but also sets us up for even greater success and impact in the years to come.

Gemma Wright CEO, Founder and Chair of the Board



Rachel Cherry Photos Dancing with Dementia

HOW WE'VE DANCED

Over the past year, we have continued creating an inclusive dance community spanning Greater Essex and the outer London Boroughs, offering access to high-quality dance experiences for individuals of all ages and abilities across diverse settings. Our efforts have touched the lives of approximately *15,000 beneficiaries, fostering joy, connection, and improving physical and mental well-being through dance.

Our work has been delivered via two strands

The first is:

'Dance on Prescription' is newly titled 'Dancing for Joy' – This initiative caters to a broad spectrum of individuals, including older adults, those with specific lived conditions, such as Dementia and Parkinson's families, young people, and individuals facing other health challenges. Under this strand, we've developed six distinct programmes:

1. Dance for Older Adults
2. Dancing with Dementia
3. Dancing with Parkinson's
4. Dancing with Families
5. Intergenerational Dancing
6. Babies in the Barn and Welcome to the World, tailored for parents and caregivers with infants up to the age of one.

Our second strand is Dancing for Schools – This segment encompasses six programmes designed to engage and enrich school communities:

1. Mass Dance
2. Holiday Activities
3. After School Provision
4. BE:Spoke workshops
5. ConfiDance
6. Teachers Networks

Alongside both strands, DNA aim to share practice in the form of an annual conference. This year our 'conference' was a collaboration with CoDa Dance Company entitled Dance and Technology Experience Day (specifically looking at our groups with Parkinson's)

*The numbers provided reflect the attendance figures for each session we've conducted, illustrating the tangible impact and reach of our initiatives.



Mikaela Jade Photography Experience Day CoDa and DNA

HIGHLIGHTS

Dancing with Dementia Braintree

One carer said it's wonderful to meet other people in the same position and be able to share and talk together. Someone said what a 'joyful' group it was to be part of. The volunteer from Witham Hub, said how much she loved being part of the group and seeing everyone join and work together

Babies in the Barn

"brilliant class and a great opportunity to move, socialise and have some fun. The staff are lovely and are always more than happy to help and go the extra mile. Couldn't recommend it enough." "Great class! First time and loved it - we will be back. My daughter enjoyed the massage and singing, and I enjoyed the stretching and coffee. Definitely recommend." "Very good class. Relaxed and good to create time for yourself. I benefit from classes like this (I was diagnosed with post-natal depression) and have also struggled to exercise with my baby. This class combines exercise and bonding with baby. Thank you."

Dancing With Dementia Colchester

One participant said after the first two exercises how great it was, and how good she already felt. She was thoroughly enjoying every exercise and would say so after each one, turning to myself and her carer to talk about it.

She said the class was the best thing she's ever been to!

[Video link to Dancing Decades the Mass Dance performance for 2023 Barking and Dagenham](#)

Dancing with Parkinson's Wivenhoe

A new lady and her daughter said how much they enjoyed the class. One explained that she felt she has lost her strength and tone over the past year and feels like this is the last opportunity to try and get it back. She is glad she has found the group.

Another said: "Classes like these are really needed. The socialisation is so important for my dad."

[Video link to Holiday Activity Fund Barking and Dagenham](#)



Rachel Cherry Photos Babies in the Barn

FUTURE DEVELOPMENTS

DNA is ready now to build upon our programme strands and our successes in 2022/23 for the next period. With the conversion to a Charity, we would like to consider financial stability, growth, and development in the year ahead.

Key focus areas for the upcoming year include:

Furthering inclusivity, especially for older people and those with lived conditions:

Dance has the transformative power to break down barriers and bring people together, which we have successfully proven already within our sessions. But we need more of this, and we need to prove to others the impact that dancing can have on people's positive health and well-being! In our commitment to inclusivity, we're diversifying our dance community and extending our hand to those who might be isolated. Through our 'Dancing for Joy' programmes, we aim to reach out to individuals experiencing social isolation, providing them with a supportive environment to connect, express themselves, and find a sense of belonging through movement.

Expand our reach:

Additionally, by expanding our outreach to more rural areas of Essex, we're ensuring that no one is left behind, offering opportunities for social connection and wellness through dance.

Training and education:

We want to expand our educational offerings and training opportunities. We want to train and empower dance artists/educators and professionals, equipping them with the tools to promote the organisations' values and advocate for dancing for joy. Through workshops and resources focused on 'Dancing for Joy', we're fostering a culture where dance is not just a form of physical movement but using its art form as a pathway to improved and preventative mental, emotional and physical ill health.

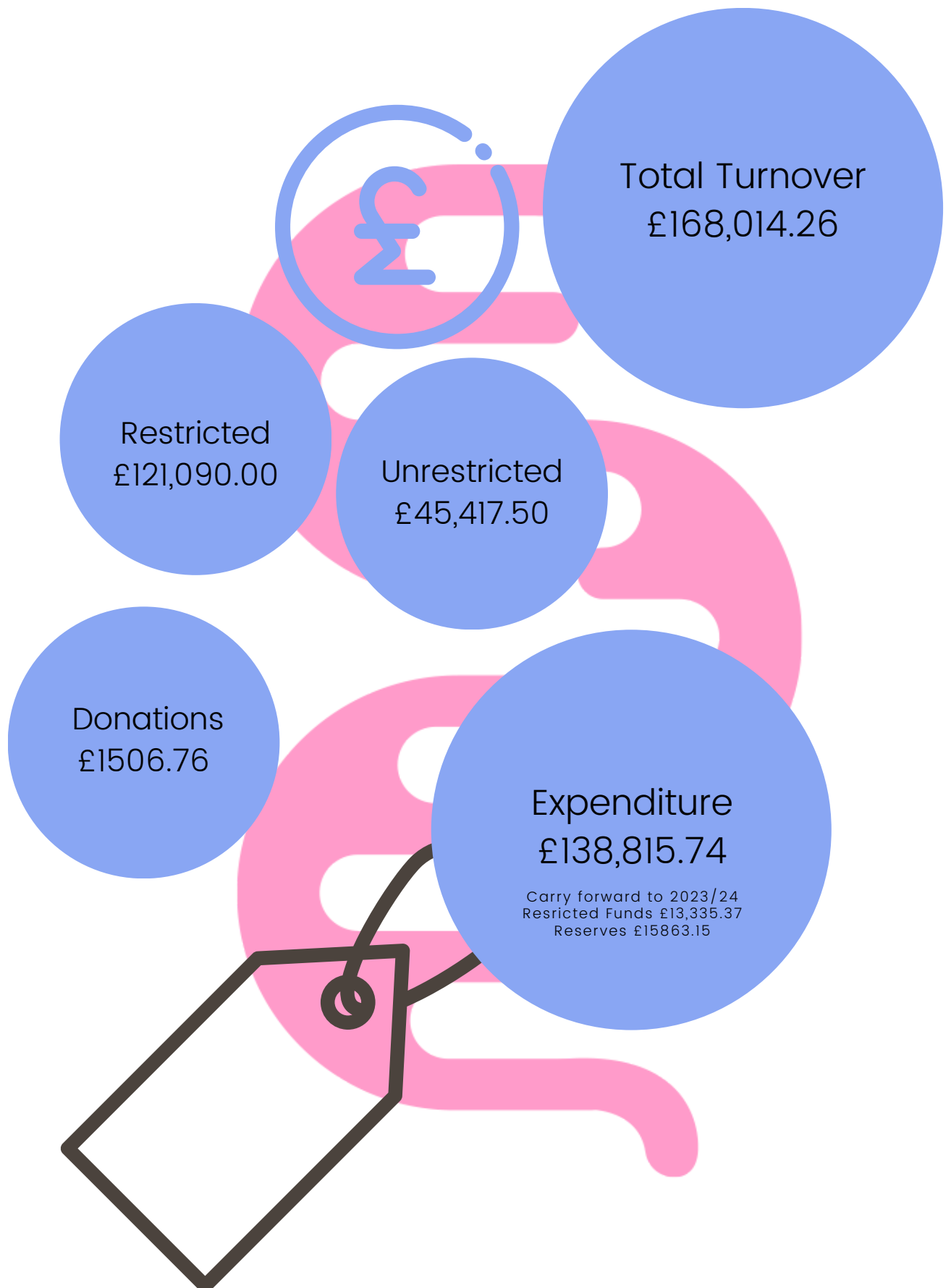
More Collaborative ways of working:

We want to connect and collaborate further with health professional, those that believe and will promote dance health and wellness programmes with an aim to reach more people in the community of Essex to live happier, healthier and longer lives through dancing.



Middle and Bottom photos - Rachel Cherry Mass Dance 2023

FINANCE





Care Staff Training 2023

GRATITUDE



**Barking &
Dagenham**

**Thank
you!**



**Centre Supporting
Voluntary Action**
Chelmsford City

