

Area Committee Funding Application

PART 1 - Overview

Short description of your project (Max 60 words)

Springboard Junior and Springboard Adult is weekly, term-time, specialist dance classes for disabled children/ young people and adults. Delivered at the fully accessible and state-of-the-art Jerwood DanceHouse, the classes provide a safe and supportive space for disabled learners to participate in a physical activity, socialise and meet new people, while exploring movement and exercising creativity.

Amount of funding requested

£2,675

PART 2 - About your group

Name of Organisation/Group:

DanceEast

Address:

Jerwood DanceHouse, 1-3 Foundry Lane, IP4 1DW

Name of person completing application:

Bryony Hope

Contact Address (if same as above leave blank):

[REDACTED]

Telephone Number:

[REDACTED]

E-mail Address:

[REDACTED]

Website Address/Social Media:

www.danceeast.co.uk

Type of organisation:

Constituted Group	Charity	Community Interest Company	Not for Profit	Private company
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Charity Number: (if applicable)	01066825
Company Number: (if applicable)	3463592
Date organisation established:	01/04/1983

What does your organisation do? Please outline the vision, values and main activities:

(Max 500 words)

DanceEast's vision is a world where everyone can benefit from the vital and life-enhancing power of dance. Based at the purpose-built Jerwood DanceHouse on the Ipswich Waterfront, we focus on Ipswich/ Suffolk with further delivery in Norfolk, Essex, Cambridgeshire, and Bedfordshire. Our mission is to create new and exciting ways for people to move or be moved, through participating in, experiencing, or producing dance at its very best. We promote dance as an avenue for self-expression, discovery, and fulfilment; to enhance health and wellbeing; and as a tool to unite people and communities. We currently record over 40,000 attendances annually, giving more people the chance to experience and create the highest quality dance, for the greatest benefit of all.

We involve up to 13,000 people annually in participative activities, ranging from weekly classes for people with Dementia to targeted projects for people with English as a second language. For some, involvement is transformational: 'I struggle to walk without a stick now because of loss of balance but I can put my stick down and walk across the studio with confidence during Dance for Parkinson's classes' (Dance for Parkinson's participant). Our Ipswich-based class programme enables people of all ages to dance for fun and includes a diverse range of styles; including Springboard Junior and Springboard Adult; creative dance classes for disabled people and people with long-term health conditions.

We engage 4,500 children/ young people annually in activities including: Paul Hamlyn funded project Digital Primaries; Youth Takeover festival; Mini Movers; Baby Loves to Boogie; Dance for Tots; and we are a HAF provider. Our Centre for Advanced Training (CAT) provides specialist dance training to 98 students aged 10-18 with exceptional ability in dance. In 2023, 89% of graduating students progressed to an established conservatoire.

We programme two seasons annually (Spring and Autumn) at the DanceHouse's 181-capacity theatre in Ipswich, and our programme is established as one of the UK's best. Gary Avis MBE says: 'DanceEast has played a key part in our country and town by bringing world class dance, dancers, choreographers and designers... to Ipswich'. Artists/ companies we present include Botis Seva, Dickson Mbi, and Jasmin Vardimon, alongside disabled-led and inclusive dance companies such as Candoco and Stopgap; both of which regularly use our fully accessible and state-of-the-art building for rehearsals and workshops.

Alongside our theatre programme, we present an outdoor season at regional festivals such as Latitude, bringing our work to a wider audience (approximately 9,100 attendances). Every year we work with 300 dance professionals. Our Associate Artist programme supports six artists/ companies in three-year cohorts, and we commission up to 20 new dance works annually. Our Digital Playground within the Jerwood DanceHouse is also established as a leading facility for explorations in dance/ tech.

		YES	NO
2.1	Does the organisation/group have a recognised governing document e.g. constitution, memorandum etc.? <i>If yes, please attach when submitting the document</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2.2	Does the organisation/group have a committee with at least three members?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2.3	Does the organisation have a bank account in the organisation/group's name?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2.4	Does the organisation/group have a safeguarding policy in place? <i>If yes, please attach when submitting the document</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2.5	Has your group/organisation previously received Area Committee funding for the same or similar project in the last 3 years?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2.6	Has your group/organisation considered or explored any other routes (for example other organisations, grant funders, companies, property owners) to fund or part-fund this project before applying to Area Committee funding?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

If you answered yes to question 2.5, please provide the amount and date received:	Date	Amount (£)

If you answered yes to question 2.6, please provide the date and other routes considered:	Date	Details
	02/08/2023	The Chapman Charitable Trust
	02/08/2023	The Chivers Charitable Trust
	26/10/2023	The Andor Charitable Trust

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<https://infolink.suffolk.gov.uk/>

PART 3 – Why is your project needed?

Which Area Committee are you applying to? If more than one, please indicate. Please note that the outcome of your bid is at the discretion of each Area Committee, independent of one another.

North East Area Committee	North West Area Committee	Central Area Committee	South East Area Committee	South West Area Committee
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

If you are applying to more than one Area Committee, please explain why this is. What are the benefits to each area? Where will attendees come from?

We are applying to the Central Area Committee, North East Area Committee, and South West Area Committee, based on the postcode information of our current participants:

20% live in North East Ipswich
 20% live in South West Ipswich
 40% live in Central Ipswich

The postcodes of current participants are:

IP1 1ES, IP1 1E, IP1 1F, IP1 1G, IP1 1H, IP1 1J, IP1 1K, IP1 1L, IP1 1M, IP1 1N, IP1 1P, IP1 1Q, IP1 1R, IP1 1S, IP1 1T, IP1 1U, IP1 1V, IP1 1W, IP1 1X, IP1 1Y, IP1 1Z, IP1 1AA, IP1 1AB, IP1 1AC, IP1 1AD, IP1 1AE, IP1 1AF, IP1 1AG, IP1 1AH, IP1 1AJ, IP1 1AL, IP1 1AN, IP1 1AP, IP1 1AQ, IP1 1AR, IP1 1AS, IP1 1AT, IP1 1AU, IP1 1AV, IP1 1AW, IP1 1AX, IP1 1AY, IP1 1AZ, IP1 1BA, IP1 1BB, IP1 1BC, IP1 1BD, IP1 1BE, IP1 1BF, IP1 1BG, IP1 1BH, IP1 1BJ, IP1 1BL, IP1 1BN, IP1 1BP, IP1 1BQ, IP1 1BR, IP1 1BS, IP1 1BT, IP1 1BU, IP1 1BV, IP1 1BW, IP1 1BX, IP1 1BY, IP1 1BZ, IP1 1CA, IP1 1CB, IP1 1CC, IP1 1CD, IP1 1CE, IP1 1CF, IP1 1CG, IP1 1CH, IP1 1CJ, IP1 1CL, IP1 1CN, IP1 1CP, IP1 1CQ, IP1 1CR, IP1 1CS, IP1 1CT, IP1 1CU, IP1 1CV, IP1 1CW, IP1 1CX, IP1 1CY, IP1 1CZ, IP1 1DA, IP1 1DB, IP1 1DC, IP1 1DD, IP1 1DE, IP1 1DF, IP1 1DG, IP1 1DH, IP1 1DJ, IP1 1DL, IP1 1DN, IP1 1DP, IP1 1DQ, IP1 1DR, IP1 1DS, IP1 1DT, IP1 1DU, IP1 1DV, IP1 1DW, IP1 1DX, IP1 1DY, IP1 1DZ, IP1 1EA, IP1 1EB, IP1 1EC, IP1 1ED, IP1 1EE, IP1 1EF, IP1 1EG, IP1 1EH, IP1 1EJ, IP1 1EL, IP1 1EN, IP1 1EP, IP1 1EQ, IP1 1ER, IP1 1ES, IP1 1ET, IP1 1EU, IP1 1EV, IP1 1EW, IP1 1EX, IP1 1EY, IP1 1EZ, IP1 1FA, IP1 1FB, IP1 1FC, IP1 1FD, IP1 1FE, IP1 1FF, IP1 1FG, IP1 1FH, IP1 1FJ, IP1 1FL, IP1 1FN, IP1 1FP, IP1 1FQ, IP1 1FR, IP1 1FS, IP1 1FT, IP1 1FU, IP1 1FV, IP1 1FW, IP1 1FX, IP1 1FY, IP1 1FZ, IP1 1GA, IP1 1GB, IP1 1GC, IP1 1GD, IP1 1GE, IP1 1GF, IP1 1GG, IP1 1GH, IP1 1GJ, IP1 1GL, IP1 1GN, IP1 1GP, IP1 1GQ, IP1 1GR, IP1 1GS, IP1 1GT, IP1 1GU, IP1 1GV, IP1 1GW, IP1 1GX, IP1 1GY, IP1 1GZ, IP1 1HA, IP1 1HB, IP1 1HC, IP1 1HD, IP1 1HE, IP1 1HF, IP1 1HG, IP1 1HH, IP1 1HJ, IP1 1HL, IP1 1HN, IP1 1HP, IP1 1HQ, IP1 1HR, IP1 1HS, IP1 1HT, IP1 1HU, IP1 1HV, IP1 1HW, IP1 1HX, IP1 1HY, IP1 1HZ, IP1 1IA, IP1 1IB, IP1 1IC, IP1 1ID, IP1 1IE, IP1 1IF, IP1 1IG, IP1 1IH, IP1 1IJ, IP1 1IL, IP1 1IN, IP1 1IP, IP1 1IQ, IP1 1IR, IP1 1IS, IP1 1IT, IP1 1IU, IP1 1IV, IP1 1IW, IP1 1IX, IP1 1IY, IP1 1IZ, IP1 1JA, IP1 1JB, IP1 1JC, IP1 1JD, IP1 1JE, IP1 1JF, IP1 1JG, IP1 1JH, IP1 1JJ, IP1 1JL, IP1 1JN, IP1 1JP, IP1 1JQ, IP1 1JR, IP1 1JS, IP1 1JT, IP1 1JU, IP1 1JV, IP1 1JW, IP1 1JX, IP1 1JY, IP1 1JZ, IP1 1KA, IP1 1KB, IP1 1KC, IP1 1KD, IP1 1KE, IP1 1KF, IP1 1KG, IP1 1KH, IP1 1KJ, IP1 1KL, IP1 1KN, IP1 1KP, IP1 1KQ, IP1 1KR, IP1 1KS, IP1 1KT, IP1 1KU, IP1 1KV, IP1 1KW, IP1 1KX, IP1 1KY, IP1 1KZ, IP1 1LA, IP1 1LB, IP1 1LC, IP1 1LD, IP1 1LE, IP1 1LF, IP1 1LG, IP1 1LH, IP1 1LJ, IP1 1LL, IP1 1LN, IP1 1LP, IP1 1LQ, IP1 1LR, IP1 1LS, IP1 1LT, IP1 1LU, IP1 1LV, IP1 1LW, IP1 1LX, IP1 1LY, IP1 1LZ, IP1 1MA, IP1 1MB, IP1 1MC, IP1 1MD, IP1 1ME, IP1 1MF, IP1 1MG, IP1 1MH, IP1 1MJ, IP1 1ML, IP1 1MN, IP1 1MP, IP1 1MQ, IP1 1MR, IP1 1MS, IP1 1MT, IP1 1MU, IP1 1MV, IP1 1MW, IP1 1MX, IP1 1MY, IP1 1MZ, IP1 1NA, IP1 1NB, IP1 1NC, IP1 1ND, IP1 1NE, IP1 1NF, IP1 1NG, IP1 1NH, IP1 1NJ, IP1 1NL, IP1 1NN, IP1 1NP, IP1 1NQ, IP1 1NR, IP1 1NS, IP1 1NT, IP1 1NU, IP1 1NV, IP1 1NW, IP1 1NX, IP1 1NY, IP1 1NZ, IP1 1OA, IP1 1OB, IP1 1OC, IP1 1OD, IP1 1OE, IP1 1OF, IP1 1OG, IP1 1OH, IP1 1OJ, IP1 1OL, IP1 1ON, IP1 1OP, IP1 1OQ, IP1 1OR, IP1 1OS, IP1 1OT, IP1 1OU, IP1 1OV, IP1 1OW, IP1 1OX, IP1 1OY, IP1 1OZ, IP1 1PA, IP1 1PB, IP1 1PC, IP1 1PD, IP1 1PE, IP1 1PF, IP1 1PG, IP1 1PH, IP1 1PJ, IP1 1PL, IP1 1PN, IP1 1PP, IP1 1PQ, IP1 1PR, IP1 1PS, IP1 1PT, IP1 1PU, IP1 1PV, IP1 1PW, IP1 1PX, IP1 1PY, IP1 1PZ, IP1 1QA, IP1 1QB, IP1 1QC, IP1 1QD, IP1 1QE, IP1 1QF, IP1 1QG, IP1 1QH, IP1 1QJ, IP1 1QL, IP1 1QN, IP1 1QP, IP1 1QQ, IP1 1QR, IP1 1QS, IP1 1QT, IP1 1QU, IP1 1QV, IP1 1QW, IP1 1QX, IP1 1QY, IP1 1QZ, IP1 1RA, IP1 1RB, IP1 1RC, IP1 1RD, IP1 1RE, IP1 1RF, IP1 1RG, IP1 1RH, IP1 1RJ, IP1 1RL, IP1 1RN, IP1 1RP, IP1 1RQ, IP1 1RR, IP1 1RS, IP1 1RT, IP1 1RU, IP1 1RV, IP1 1RW, IP1 1RX, IP1 1RY, IP1 1RZ, IP1 1SA, IP1 1SB, IP1 1SC, IP1 1SD, IP1 1SE, IP1 1SF, IP1 1SG, IP1 1SH, IP1 1SJ, IP1 1SL, IP1 1SN, IP1 1SP, IP1 1SQ, IP1 1SR, IP1 1SS, IP1 1ST, IP1 1SU, IP1 1SV, IP1 1SW, IP1 1SX, IP1 1SY, IP1 1SZ, IP1 1TA, IP1 1TB, IP1 1TC, IP1 1TD, IP1 1TE, IP1 1TF, IP1 1TG, IP1 1TH, IP1 1TJ, IP1 1TL, IP1 1TN, IP1 1TP, IP1 1TQ, IP1 1TR, IP1 1TS, IP1 1TT, IP1 1TU, IP1 1TV, IP1 1TW, IP1 1TX, IP1 1TY, IP1 1TZ, IP1 1UA, IP1 1UB, IP1 1UC, IP1 1UD, IP1 1UE, IP1 1UF, IP1 1UG, IP1 1UH, IP1 1UJ, IP1 1UL, IP1 1UN, IP1 1UP, IP1 1UQ, IP1 1UR, IP1 1US, IP1 1UT, IP1 1UU, IP1 1UV, IP1 1UW, IP1 1UX, IP1 1UY, IP1 1UZ, IP1 1VA, IP1 1VB, IP1 1VC, IP1 1VD, IP1 1VE, IP1 1VF, IP1 1VG, IP1 1VH, IP1 1VJ, IP1 1VL, IP1 1VN, IP1 1VP, IP1 1VQ, IP1 1VR, IP1 1VS, IP1 1VT, IP1 1VU, IP1 1VV, IP1 1VW, IP1 1VX, IP1 1VY, IP1 1VZ, IP1 1WA, IP1 1WB, IP1 1WC, IP1 1WD, IP1 1WE, IP1 1WF, IP1 1WG, IP1 1WH, IP1 1WJ, IP1 1WL, IP1 1WN, IP1 1WP, IP1 1WQ, IP1 1WR, IP1 1WS, IP1 1WT, IP1 1WU, IP1 1WV, IP1 1WW, IP1 1WX, IP1 1WY, IP1 1WZ, IP1 1XA, IP1 1XB, IP1 1XC, IP1 1XD, IP1 1XE, IP1 1XF, IP1 1XG, IP1 1XH, IP1 1XJ, IP1 1XL, IP1 1XN, IP1 1XP, IP1 1XQ, IP1 1XR, IP1 1XS, IP1 1XT, IP1 1XU, IP1 1XV, IP1 1XW, IP1 1XX, IP1 1XY, IP1 1XZ, IP1 1YA, IP1 1YB, IP1 1YC, IP1 1YD, IP1 1YE, IP1 1YF, IP1 1YG, IP1 1YH, IP1 1YJ, IP1 1YL, IP1 1YN, IP1 1YP, IP1 1YQ, IP1 1YR, IP1 1YS, IP1 1YT, IP1 1YU, IP1 1YV, IP1 1YW, IP1 1YX, IP1 1YY, IP1 1YZ, IP1 1ZA, IP1 1ZB, IP1 1ZC, IP1 1ZD, IP1 1ZE, IP1 1ZF, IP1 1ZG, IP1 1ZH, IP1 1ZJ, IP1 1ZL, IP1 1ZN, IP1 1ZP, IP1 1ZQ, IP1 1ZR, IP1 1ZS, IP1 1ZT, IP1 1ZU, IP1 1ZV, IP1 1ZW, IP1 1ZX, IP1 1ZY, IP1 1ZZ

The activity will take place at the Jerwood DanceHouse on the Ipswich Waterfront, which is located within the Central area (IP4 1DW).

What is the need for your project? Who will be helped?

Outline the information on your project below, ensuring you relate to the relevant [Area Committee Action Plan](#) (Max 500 words)

In 2021, Sport England published a report identifying that disabled people and people with long-term health conditions are twice as likely to be physically inactive than those without a disability or health condition. Physical activity leads to greater self-esteem, increased confidence, reduced anxiety and feelings of inclusion and connectivity, however disabled people face barriers that prevent them from experiencing these life-changing effects; barriers such as prejudice and discrimination, lack of accessible premises and equipment, insufficient one-to-one support, and the prohibitive cost of activity.

With 19% of Ipswich residents identifying as disabled under the equality act (Office for National Statistics: 2021 census), DanceEast is committed to removing access barriers so that our local disabled community can access the physical and social benefits of dance. Springboard Junior and Springboard Adult is our weekly, term-time, specialist dance class for children/ young people (aged eight - 15 years) and adults (aged 16+) living with a disability and/ or long-term health condition and has been central to DanceEast provision since 2013.

With limited opportunities for disabled people to participate in a physical activity which is not sport-focussed (particularly for wheelchair users), Springboard is a valuable and unique offer which is not available elsewhere in Ipswich. The provision that is available in Ipswich is usually one-off workshops or classes with a focus on live performance or learning musical theatre repertoire. Springboard is unique in that it provides participants with the opportunity and space to explore their own movement abilities and styles, without the pressure of a finished product but with emphasis on exercising their creativity and independence on a regular basis.

Prejudice and discrimination play a prominent role in deterring the community from participating in sports, making it challenging to recruit people to try new physical activities. We are committed to increasing access and inclusion and understand that for people to overcome the fear of attending a new class, we need to first go into settings where participants already feel comfortable and build relationships of trust. Therefore, this fund will incorporate 10 outreach sessions across the 2024 autumn term and 2025 summer term; enabling us to go into the disabled community and provide a deepened understanding of Springboard activity and attracting new participants to regularly attend Springboard classes.

Springboard Junior and Springboard Adult meets the Action Plan for the Central Area Committee, the North East Area Committee, and the South West Area Committee. As a bespoke programme designed and delivered for disabled people and people living with long-term health conditions, Springboard directly meets the priority 'Health and Disability' (the Central Action Plan and the North East Action Plan), and meets two of the Council's wider aims: 'Promoting Community Wellbeing and Fairness in Ipswich' which is included across all three Action Plans, and 'Social Inclusion' which is included in the South West Action Plan.

What evidence do you have of this need?

Please include results of any consultation and evidence on how it will benefit the residents of the committee area you are applying to (Max 500 words)

Springboard takes place at the Jerwood DanceHouse on the Ipswich Waterfront, with 80% of participants from either IP1, IP2, IP3 or IP4 postcodes. The programme has been central to DanceEast provision since 2013 and is a unique programme not found elsewhere in Ipswich. Although attendance numbers were impacted by the Covid-19 pandemic, the regular attendance and dedication of many of our participants is indicative of the need for this provision: *'I've been dancing with Springboard since 2006 and I'm still here because I love it! I love being with other people who also love dancing.'* (Springboard participant).

Feedback from participants is consistently positive: *'Springboard is the highlight of my week' and 'I forget about everything else; I feel free'*. When completing the annual Springboard feedback survey, 100% of participants *'strongly agreed'* that they feel confident to try new things because of attending Springboard classes, and 100% *'strongly agreed'* that they are now motivated to do more creative things in the future.

Feedback received from one participant's Support Worker further demonstrates the impact of the Springboard classes on the participants and their carers, and highlights the need to continue this provision at an affordable cost:

'I support a little girl who takes part in this class. I feel it has helped her make new friends, given her confidence and independence and the class makes her smile a lot and laugh out loud. The encouragement given from the teacher and assistant is amazing, along with the personal interaction given to each child. The little girl I support has limited movement, but she is encouraged to do what she can. This class is so beneficial for the children attending and it is also a great respite for family carers.'

PART 4 – How will your project work?

Please describe your project and how it meets the need (max 500 words)

Springboard Junior and Springboard Adult is our weekly, term-time, specialist dance class for disabled children/ young people (aged four - 11 years) and adults (aged 16+). Delivered in 10-week blocks, with 30 sessions annually for each group, Springboard classes provide a safe, supportive space for disabled learners to participate in a physical activity, socialise and meet new people. Classes take place for one hour each week at the Jerwood DanceHouse, a purpose built, state of the art facility which is fully accessible and the only one of its kind in the East of England.

Participants pay a subsidised rate of £5 for Springboard Junior and £6 for Springboard Adult, per class; class costs are subsidised in acknowledgment of the financial barrier faced by many disabled people, a lot of whom are on low incomes/ in receipt of financial assistance. The classes are also available with a 'pay as you go' option to increase the flexibility of the offer in recognition of varying and fluctuating needs/ routines. Springboard Junior participants who cannot afford the class fee will be directed towards the established DanceEast Bursary Fund, which enables children and young

people living in poverty to access free provision at DanceEast; we also have Bursaries available for adults running to Spring next year.

Classes include creative dance tasks and improvisation and are not focussed on one dance style or technique, allowing participants to explore their own movement and focus on sensations and emotions. Classes include the exploration of props to provide participants with new stimuli, exploring how this might change their movement quality or inspire new movement. Classes also include individual tasks; enabling participants to explore their movement language, and group exercises; encouraging participants to work with others, responding to their movement, requiring problem-solving/ negotiation skills.

Participants gain strength and improve their balance/ coordination; skills that assist with daily tasks and enable participants to exercise independence in their lives. Participants gain confidence and improved self-esteem. Live, in-person delivery, small group numbers, and one-to-one support enables delivery artists to be responsive and adaptive to participants needs. These factors, combined with the freedom of creative tasks and practiced decision-making, provide an optimal setting for increased confidence. When completing the Springboard feedback survey, 100% of participants '*strongly agreed*' that they feel confident to try new things because of attending Springboard classes, and 100% '*strongly agreed*' that they are now motivated to do more creative things in the future.

The combination of individual and group-based tasks encourages independence, connectivity, and increased autonomy in decision-making. Springboard is a joyful way for participants to meet new people and socialise with individuals who have similar life experiences, strengthening feelings of belonging and improving wellbeing. 100% of participants agree they feel close to other people whilst participating in Springboard: '*Springboard gives me independence and I get to be with my friends.*' (Springboard participant)

Consistent provision is vital for this group. The weekly delivery model establishes a safe and supportive community where participants feel comfortable to express themselves, try new things and explore their creativity through movement. Regular activity enables cumulative learning; building on the skills and confidence gained each week and enabling participants to maximise the physical benefits of dance activity, build substantial relationships, and increase feelings of wellbeing.

What risks have you identified for your project and how will you manage them? (e.g. financial, health and safety, operational, success etc.)

An identified risk to the financial and operational success of Springboard is low participant numbers. Currently, the low number of participants means that it is becoming increasingly unsustainable to continue delivering the programme without external investment. To cover the costs of the programme, we would need to charge participants £11.80 per class, which is prohibitive for many members of the disabled community. Charging participants £5/ £6 has been identified as an accessible price point for our participants and represents an annual cost of £150 or £180 per participant, compared to £354 per year.

Increasing class prices to cover the costs of the programme would make it impossible for many of our participants to attend. To afford the required level of artist expertise whilst maintaining low numbers and subsidised costs, we must secure additional funding.

To further mitigate this risk, we have planned to deliver 10 outreach sessions over the course of a term (see 'How many beneficiaries will benefit from the project' section below) to overcome the barriers faced by the disabled community (financial barriers, operational barriers, and attitudinal barriers) and provide an introduction to the programme. These sessions will raise the profile of the classes and increase participant numbers, increasing the stability and sustainability of the programme.

How many beneficiaries will benefit from the project?

Please refer to the evidence you highlighted in Section 3. (Max 500 words)

Currently, Springboard Junior engages three participants in total and Springboard Adult engages seven participants; including wheelchair users, people with autism, Down's syndrome, and people who live in care settings. It is our ambition is to increase participants numbers to 13 weekly attendees in both classes, maintaining small group numbers to ensure participants receive adequate support whilst ensuring the financial viability of the programme.

Prior to the pandemic, Springboard participant numbers were healthy with a core group of regular attendees; however, the disabled community were significantly impacted by the pandemic. Many were considered vulnerable and followed strict shielding rules, preventing them from returning when classes were reinstated. Without additional resources, we have not had the capacity to re-engage this community; we recognise that significant outreach is essential to do so.

This fund will contribute towards the delivery of Springboard activity in the Spring and Summer term 2025 and will enable us to incorporate ten outreach taster sessions. By targeting key groups and specialist schools within the Suffolk community and providing a joyful, safe, and positive experience of dance, we will provide a deepened understanding of Springboard activity and attract new participants to the DanceHouse. It is our ambition is to increase participants numbers to 13 weekly attendees in both classes. We will target schools such as: Hillside Special School, The Bridge School, Sunrise Academy, Woodbridge Road Academy, Thomas Wolsey and more.

How will potential beneficiaries be made aware of the project?

We will advertise and promote Springboard Junior and Springboard Adult on our social media platforms, which have an overall monthly reach of 47,500: Instagram (7,665 followers), Facebook (5,029 followers) and Twitter (10,458 followers) along with our website, which attracted 59,401 users in the last year. We will also promote the classes in our quarterly school's newsletter, which goes out to local schools to inform them of upcoming opportunities at DanceEast.

We have successful and established relationships with local organisations, groups, and schools across Suffolk, and we will reach out to schools such as Hillside Special School, The Bridge School,

Sunrise Academy, Woodbridge Road Academy, Thomas Wolsey and more, to offer them the opportunity to receive an outreach workshop.

We will design and print new Springboard flyers for distribution at outreach workshops and other forums.

How will your project affect people from different backgrounds? Have you considered how to make your project fair for everyone in relation to the Equality Act of 2010?

DanceEast is a National Portfolio Organisation, with core funding received from Arts Council England. Inclusivity & Relevance is one of four core principles that guide our work, and we track and report against key milestones such as: 'Establish a diverse recruitment working group made up of trustees (led by Chair Shreela Ghosh), staff and external professional expertise including Dr Kate Marsh, disability advocate', 'deliver annual staff training against priority targets i.e. disability awareness training and anti-racism training in Year 1' and 'continue data collection and internal target-setting for working with people with protected characteristics across our programme, artists, commissions and workforce'. Providing a high-quality offer which is inclusive and reflective of our community is vital to our daily operations and overall strategy.

Springboard is targeted provision and equity is at the core of the programme design and delivery. Many participants require one-to-one support to successfully engage in classes and we currently arrange additional support for participants when required through an organisation called Leading Lives (funded by Suffolk County Council Activities Unlimited). Additional support has included support workers, additional assistant dance artists and travel support for participants.

		YES	NO
4.1	Have you considered the use of volunteers for delivering your project and how you will promote these volunteering opportunities?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4.2	Have you read the relevant guidance and information about volunteers in Appendix 1 of the Funding Guidelines ?	<input type="checkbox"/>	<input checked="" type="checkbox"/>

If you answered yes to any of the above questions, please state how you will promote your opportunities and engage with volunteers?	While we engage volunteers across several of our programmes and classes, the level of differentiating needs of the participants attending Springboard, means that dance artists and assistant dance artists require a high level of expertise to safely deliver the classes. Therefore, we have decided not to engage volunteers in this aspect of our work.
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Please describe how you will minimise the environmental impact of your project

Springboard operates within the Jerwood DanceHouse's usual opening times, employs local, specialist dance artists and mainly attracts Ipswich residents. Therefore, the environmental impact is kept to a minimum. However, we are continuously committed to visible environmental responsibility. In keeping with our alignment to the *Theatre Green Book*, DanceEast is committed to a minimum of 50% reuse of materials across our work. Over the last six years, we have undertaken several projects aligning with the book's category 'easy wins': for example, in 2015 we installed PIR sensors to manage the lighting, heating, and cooling throughout the building. We also deployed 'green champions' throughout the organisation, who ensure our commitment towards carbon literacy and contribute to carbon-reduction-focused, art-based networks such as the We Are Ipswich Environmental Action Group. We have achieved the Carbon Charter Bronze Award and are currently working towards the Silver Award.

We have recently been awarded a significant £270,000 capital grant from a share of £24.2 million through Arts Council England's Capital Investment Programme to modernise the lighting, projection, and equipment in its 181-seat theatre at the Jerwood DanceHouse. Critically, this project will create significant energy savings and reduce wastage, helping DanceEast on its journey towards achieving net zero.

PART 5 – Costs & Funding

Please provide a full breakdown of project costs for each item of expenditure, and enclose quotations/links where applicable:

Description of expenditure	Cost (£)
Project Manager – 10 days	£1,500
Evaluation – 1 day	£250
Marketing costs – flyer design and printing	£300
Lead Dance Artist – 2.5 hours per week, 30 weeks per year	£2,625
Assistant Dance Artist – 2.5 hours per week, 30 weeks per year	£1,125
Lead Dance Artist Travel – set budget 30 weeks	£150
Assistant Dance Artist Travel – set budget 30 weeks	£150
Studio space – 75 hours per year	£2,790
Props – 1 box of dance props	£100

One term of outreach workshops – Lead Dance Artist – £100 per session x 10 sessions incl planning	£1,000	
One term of outreach Workshops – Assistant Dance Artist – Assistant Dance Artist – £30 per session x 10 sessions	£300	
Total project costs	£10,290	
Total amount requested from the Area Committee(s) If you are applying to more than one Area Committee, please consider the amount of money requested is proportionate to the impact of the project on the residents in each specific area.	North West	
	South West	£668.75
	Central	£1,337.50
	North East	£668.75
	South East	

Please show in the table below how much funding you have already secured or are currently applying for towards the project:

Name of Funder	Amount of funding requested	Granted (yes/no)	Waiting for outcome (yes/no)
NA – remainder of the project funded through DanceEast core contribution and participant income for 2025-26			

How will any remaining costs be met?

The grants towards *Springboard* from IBC's Area Committee Funds will enable us to cover the costs of the programme without the need for further fundraising in 2025-2026.

IBC Area Committee Funding will be directed towards:

50% outreach workshops – Lead Dance Artist £500

50% outreach workshops – Assistant Dance Artist – £150

50% marketing costs – £150

50% Lead Dance Artist delivery costs - £1,312.50

50% Assistant Dance Artists delivery costs - £562.50

TOTAL: £2,675

None of the investment from Ipswich Borough Area Committee funds will be used to fund core costs. These will be covered by a mix of DanceEast's in-kind contribution and participant fees.

DanceEast and income earned through participant fees will cover the following costs:

Project Manager £1,500 (core cost)

Evaluation £250 (core cost)

Studio space £2,790 (core cost)

50% outreach workshops – Lead Dance Artist £500

50% outreach workshops – Assistant Dance Artist – £150

50% marketing costs – £150

50% Lead Dance Artist delivery costs - £1,312.50

50% Assistant Dance Artists delivery costs - £562.50

Lead Dance Artist travel - £150

Assistant dance artist travel - £150

Props box - £100

TOTAL: £7,615

NB we are anticipating approximately £2,640 towards this budget in participant fees (8x regular Springboard Junior at £5 per session and 8x regular Springboard Adult at £6 per session). While our ambition is to grow the to 13 attendees per session we are not yet able to budget on this basis; any additional participant fees towards further outreach activity should this be possible and required.

How will the project be sustained after the funding has been spent?

Our responsibility lies in ensuring disabled children, young people and adults have access to high-quality, accessible, and life-enhancing dance activity, we will continue to apply to trusts and foundations and grant giving organisations to secure the investment needed to continue Springboard Junior and Springboard Adult. We have a strong track record of attracting investment from multiple funders and our fundraising pipeline includes a planned application to Sport England, D'Olyly Care Charitable Trust, and Rayne Foundation. We also receive donations from our supporters and high-net-worth individuals; and have plans to launch of an Endowment campaign in 2025 to secure the future of DanceEast.

PART 6 – Supporting Information

Please attach your supporting documents as appropriate to your application

All Grants



Recognised governing document e.g. constitution, memorandum, Charity or Community Interest Company registration etc.*

☐ Proof of bank account in the name of the organisation (e.g. bank statement or letter) *

☐ Results of consultation (if applicable)

☐ Safeguarding policy (if applicable)

☐ Quotations for project costs (if applicable)

Medium & Large Grants (£1,000 over)

☐ Yearend accounts *

If no yearend accounts are available (for instance if you are a new group), please provide a copy of your accounts to date and a scan of your latest bank statement

Large Grants (£5,000 and over)

☐ Business plan or similar document setting out your plan to sustain your organisation & project.*

* required, as appropriate to grant size.

PART 7 – Monitoring your success

The Area Committee will require progress reports during the life of the project, what methods will the organisation use to measure success of the project? What will be the key performance measures that you will report on?

Monitoring is collecting and recording information about what your group is doing – outputs (number of sessions held, number of attendees, demographics etc), outcomes (the effect your work is having on peoples' lives) and impact (the change created as a result of the project).

Evaluating is using the information collected (qualitative and quantitative), together with other information and peoples' experiences, to get an overall picture of your group/project, its work, and its impact.

Monitoring information: when participants book a place in Springboard classes, they are required to complete a registration form. This method will collect their monitoring data such as age, gender, access needs etc.

Numbers and retention: we will track the number of Springboard Junior and Springboard Adult participants each term and will monitor retention numbers to identify the number of participants returning each term and continuing to engage with DanceEast.

Feedback forms: we will ask participants to complete feedback forms at the beginning and end of each term (either by the participant or parent/ carer) to capture baseline and outcome data. We will measure outcomes such as confidence levels, enjoyment, relationship-building etc.

Case studies/ testimonials: we will collect case studies and testimonials from participants, parents and carers, and observational case studies from teachers, teaching assistants, and volunteers.

PART 8 – Terms & Conditions

Any misleading, incorrect statement, or fraudulent action or statement at any stage of the application process, whether deliberate or accidental, may render the application invalid and require the repayment of Area Committee Funding in full if paid or the withdrawal of the Area Committee Funding offer.

Applications found to be fraudulent will be reported to the police.

The Area Committee Funding will be used for the purpose set out in the approved report or as amended with the agreement of the Area Committee and the applicant organisation.

Any Area Committee Funding awarded will not be increased in the event of an over spend.

Applicants should note that the award must be acknowledged as Ipswich Borough Council Area Committee Fund and must comply with any reasonable requests relating to publicity.

Any organisation awarded Area Committee Funding shall be subject to monitoring, which could involve site visits and the collection of statistics.

The applicant will forward to the Communities Team, performance information within 6 months or on completion of the project. Failure to submit this information may render the applicant ineligible for further Area Committee Funding and may be asked to repay the funding in part or full.

We confirm that all staff / volunteers working with children, young people or vulnerable adults have had the relevant DBS checks completed (applicable where appropriate).

Area Committee monitoring and evaluation helps us to ensure that funding is spent in accordance with Area Committee guidelines. You will be sent a link to an online form following the completion of your project, or bi-annually until your project is complete.






Please note that your declaration confirms that you have read and accepted the terms and conditions for Ipswich Council Area Committee Funding.

We require the signatures of two people authorised to sign on behalf of your group (that are not directly related to each other).

Signatures

We, the undersigned, on behalf of the applicant organisation/group understand and agree that:

- We are authorised to complete this application on behalf of our organisation/group.
- We have the power to accept the Area Committee funding awarded to our organisation/group subject to the terms and conditions listed and the power to repay the Area Committee Funding in the event of any funding condition not being met.
- This funding application falls within the objectives of our group or organisation.
- All staff / volunteers working in a position of trust with children, young people or vulnerable adults have had the relevant DBS checks completed.

Signed by authorised signatory (1):	Signed by authorised signatory (2):
	
	
	

Please return your completed form to the Community Engagement team at Ipswich Borough Council:

e: communities@ipswich.gov.uk

Niamh Sherwood (East),

t: 01473 433134 e: niamh.sherwood@ipswich.gov.uk

Beth Robinson (Central),

t: 01473 432837 e: beth.robinson@ipswich.gov.uk

Zara Hanman (West),

t: 01473 432226 e: zara.hanman@ipswich.gov.uk