

HEALTH AND WELLBEING PRESENTATION




INTRODUCTION

- This is a unique emotional health and wellbeing programme, for young people (aged 16-25), particularly those from disadvantaged backgrounds with complex and multiple needs.
- The project will engage with young people in Croydon who have been diagnosed with mild depression , and therefore do not typically engage in physical activities.

PROGRAMME OBJECTIVE

Raising Great Aspirations goal is to reduce young people's poor emotional health and support them to improve their wellbeing by offering active zumba classes.

We will offer dynamic zumba classes that will lift and enhance young people's moods and help them to take control of their lives.



BENEFICIARIES

- The beneficiaries profile will be young people age between 16-25 who suffer with mild depression and are unemployed. Who have experienced the following social isolation barriers:

1

- Lack of choice and control with employment

2

- Great anxiety having their voice heard

3

- Stigma discrimination issues



RESEARCH

- The initial research from Croydon Observatory highlighted that:
- ‘15% of male and 25% of females aged between fourteen and twenty-five will experience emotional health difficulties’.
- Plus, the NHS Choices 2015 website indicates:

‘exercise gives people back control of their bodies and this is often the first step to feeling in control of other events’.



WHY IS YOUR RAISING GREAT ASPIRATIONS SERVICE MORE ASSESSABLE?

Why?

- The Zumba dance fitness activity is extremely assessable for beneficiaries because it will demonstrate how inclusive levels of Zumba physical activity plays an essential role in ensuring health and wellbeing. The project will enable beneficiaries to assess a Zumba project that links Zumba fitness and emotional health through using two different levels of classes:

Basic
Level

- The starter class will teach the beneficiaries basic Latin dance and aerobic steps to four basic Zumba rhythms. This class will use exercise that will help people lose weight, lift moods, improve physical fitness and improve their general well-being. Also, the Zumba class will show how social interaction will boost moods and contributes to alleviating emotional health. The starter class will help people learn new Zumba dance techniques that combines both exercise and reduce social isolation.



WHY IS YOUR SERVICE MORE ASSESSABLE?

Level 1

- The level one class will teach the beneficiaries a high-intensity Latin and dance and aerobic steps to six Zumba rhythms. Beneficiaries will learn dance-fitness techniques like: music fusion and stylistic separation. These techniques will help release endorphins, powerful chemicals in your brain that energises your spirits and makes you feel good. The level one class will help people learn robust and rigorous Zumba dance techniques that combines both exercise and reduce social exclusion.

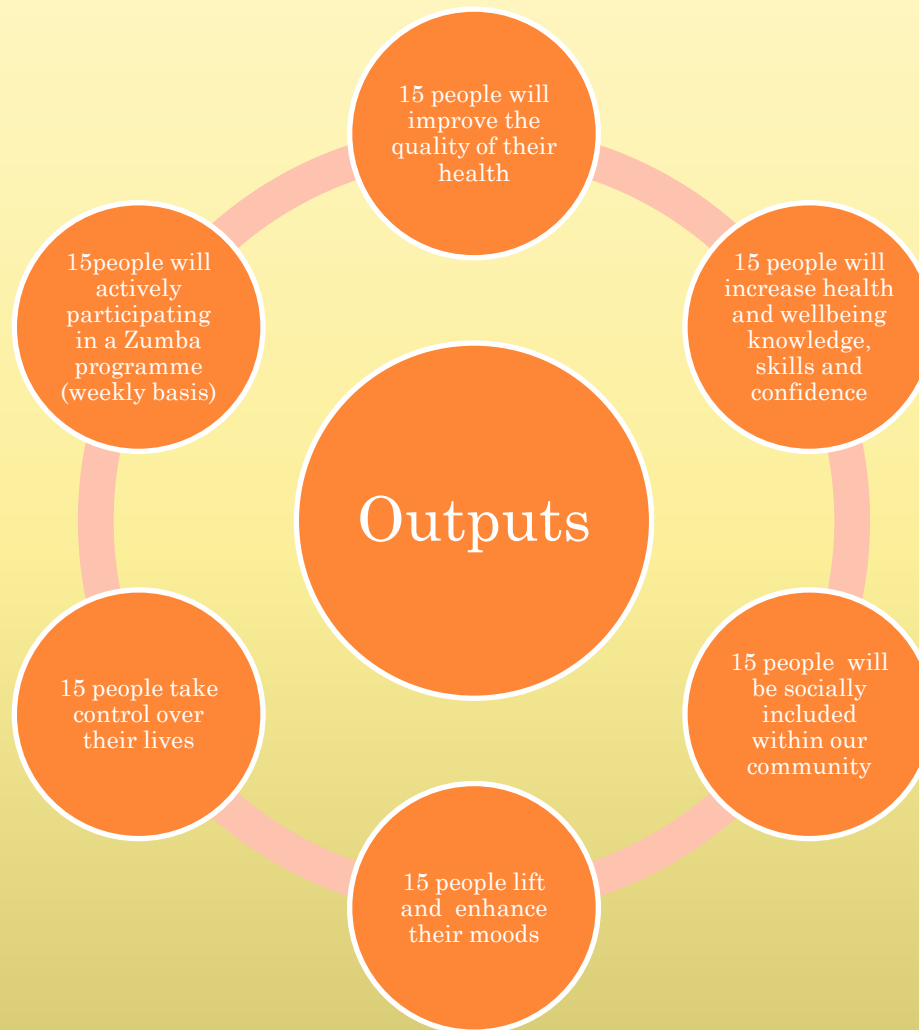


MONITORING

- The monitoring of the programme will be used to both measure and support the progress of the beneficiaries' progress. The monitoring process will address the following outcomes areas following:
 - Well-being Outcome Areas
 - Lifestyle
 - Looking after yourself
 - Managing symptoms
 - Work, volunteering and other activities
 - Money
 - Where you live
 - Family and friends
 - Feeling positives



HEALTH AND WELLBEING OUTPUTS



HEALTH AND WELLBEING OUTCOMES

