

The logo for Public Service Works is displayed on a dark teal background. The words "PUBLIC", "SERVICE", and "WORKS" are stacked vertically in a bold, sans-serif font. "PUBLIC" and "WORKS" are white, while "SERVICE" is yellow. The text is framed by thin white horizontal lines above and below.

**PUBLIC
SERVICE
WORKS**

Four case studies use Holme Wood Resi/Dance participants' own words to describe how the project affected them, their families and their lives.

Heartbeats of Holme Wood

Personal journeys from the
Dance United Yorkshire
Resi/Dance project in Holme
Wood

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Heartbeats of Holme Wood: personal journeys from the DUY Resi/Dance project in Holme Wood

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Introduction

These case studies present participants' own words about their experience alongside a word cloud created from their text. We suggest there is an interesting textual 'conversation' for the reader when viewed in this manner that we hope you will experience.

During the study, external stakeholders commented how they wanted to see someone's journey and preferred a narrative about this than quantitative material on participants. These case studies illustrate this and provide helpful information. For example, they may help arts organisations around approaches that work, for funders and others to be able clearly to see impacts/positives and/or to chart a journey.

We have provided thematic headings within the text so that if you notice or are intrigued by a heading that appeals to you, you can navigate straight to it. Or you may be interested in the whole journey of a person/people.

[Case study 1](#) is from a girl in the Holme Wood youth company.

[Case study 2](#) is from two boys both in the Holme Wood youth company (interviewed together)

[Case studies 3 and 4](#) are two different women who attended the women's fitness/dance classes

Case Study 2: two boys from the Holme Wood youth company



Living in Holme Wood

It's a bit tough, living in Holme Wood with all quads going around all the time.

It's ok growing up around here, it's just like with all the crimes and all the people running 'round 'ere but there is quite a few good people around here if you look to find them.

Cos if you grow up around here you know the area like...if something bad happened you know where your families are, you know where the people are to help ya, and just you know where everything is.

To have arts provision in Holme Wood

It's great, but erm most people don't expect things like this for an area like where we have ...

It's quite unexpected.

That it's free, you don't need 'ta pay its really good, you can learn quite a lot off of it, and it's a really fun decision to make.



Cos at the time then, I just like, had a little trouble, had little problems at home so I just wanted to get out of the house sometimes and here helped.

I've got a really short fuse, sometimes I'm just a ticking time bomb. I get angry a lot easier outside of dance. Err, lately when I've been coming I've been getting a lot calmer, cos umm I had really bad anger issues but now I've learnt to control it.

There has been a time where I have actually quit. It was during the zoom sessions... and after that it, some things were just going on in my life, so I wanted to get away from the dancing.

It was an offer from one of the Dance United [Yorkshire] staff [that helped me come back].

Biggest thing I have learnt through being part of Resi/Dance

It's just like the dancing, cos before like I didn't know how 'ta dance at all that's why else I wanted to join. So, I could learn something new.

How to enjoy things that I like.



Researcher: and did you...find that more difficult before to do?

Y-yeah ...

Does a project like this keep people out of trouble?

Yeah. Yeah, definitely.

Researcher: And in what ways does it do that?

Cos of like, one of my old friends like we don't talk as much but we are still friends. But before in primary he used to smash car windows and things, but I've got him out of it. But umm this has helped get my mind off of things like that.

Researcher: So, do you think that you might've been going down that path too?

Yeah. I was just around the wrong people at the wrong times. Because when there's trouble going on outside, people are dancing in here, they just completely take their mind off it and focus on the dancing.

I would even show, like my granddaughter and stuff like that, I'd show 'er and she were really enjoying like, "Nanna does dance" and stuff, so she loves that.

Physicality over talking

I think talking's like the hardest part. I'm reluctant to talk about it. I've tried counselling and tried all sorts of therapies and that, but none of that works. It just seemed to dig everything back up and hurt more... I didn't wanna challenge myself on that [talking through things], so through exercise I felt confident enough to challenge me-self through that.

Yeah, when you're working it out you feel better about yourself as well, so yeah it does give you that...

Dancing with peers

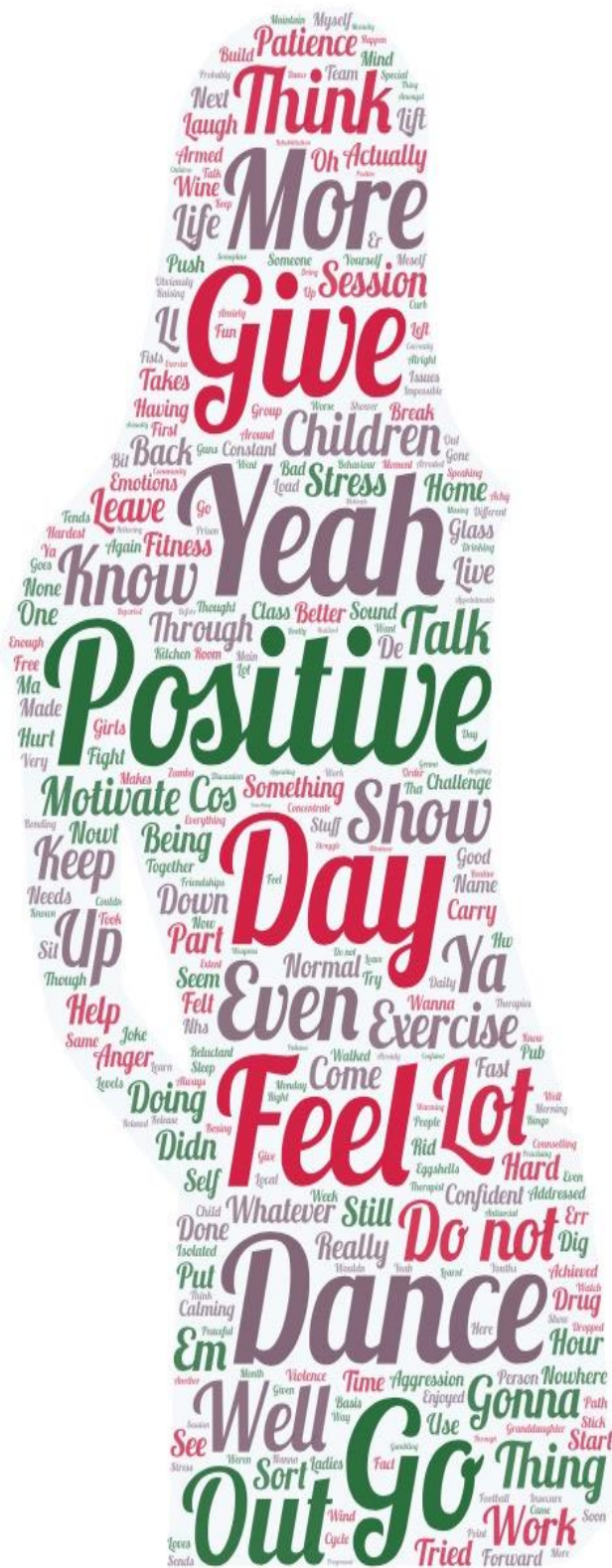
It sort of like gives you a lift, when we walked out, and I were speaking to girls I was like "Oh I could just like do that again". Normally in exercise I'd be like "No, I'm not doing exercise" but when you go in, I think like you feel confident because there's other ladies around you, like they're the same as you. Because they're not all confident, but you go in there and you see them, and you build together as a team. And some of them we've even made good friendships out of 'em as well...it's just like the bonding as well...we have a laugh as well.

Motivation/lifeline

Very insecure, being isolated a lot with having obviously children having the needs that they have. So, to get out is almost impossible because they don't leave so I can't leave. They don't go nowhere, so I don't go nowhere.

So, it gives me the motivation to carry on. Even that one session, can help push me like through that week.





The motivation - it gives you the get up and go, even the next day, you think “Well I did that” and I still do some of the exercises every morning in the kitchen, just to keep it going. So, I think when I go back Monday, “I’m gonna be alright. I’m gonna do that, I’m gonna do that better, and I’m gonna keep going”.

Emotional regulation

...when you’re warming up and you do that, like the stress relieving part of it, where you get the anger and aggression. I think that helped me more than anything, because I’m, really known as an aggressive person. So, to learn to curb that and use it in another way were actually a good thing.

My mind had given up before I’d started... And then when I pushed forwards and realised that I could actually do things... Next day as well, you do feel a bit achy but you feel relaxed mentally.

But in there you feel like, you’ve had your group session where you’ve all had a laugh, you’ve had your exercise, you’ve had your like de-stress moment... you’ve had it all. All in that hour...You can’t even get that off a therapist off NHS.

And then when we’ve done all that, to get all these emotions. It’s like we get rid of all the emotions and then we go into the dance. Which makes it feel more, I don’t know, you just feel like you’ve just dropped all a load and then going into the dance where you can just be free.

I wouldn’t be able to concentrate to do the dance. I don’t think the dance would work if I didn’t do them first to get all that, and then go into the dance, and then after you do the calming. Where you

know you’re calming cos you just feel like you’re going to sleep. Where it’s like so peaceful ...it takes you to different levels, it’s like a drug... it just takes ya someplace else.



‘Me time’

When you’ve got nowt, nowt really to motivate you at all, you’re just doing your things, like my life on a daily basis is just constant appointments with children. And just to come and do that just for meself to get, after that hard day, you just feel like most people they’d have a glass of wine or whatever, that is my glass of wine.

To just, me time and just wind down. So yeah, that is, that’s my time and it helps with it being local.

Being a positive role model for my children

But it’s also, it’s showing ma children like, normally I’d probably go to bingo, so that’s showing gambling, or I’d go to a pub, that’s showing ‘em drinking, so going to do something motivation, like dance or fitness or whatever else it shows them...that if I’m doing it, it’s not all bad.

[from dancing has...] More patience, 100 % more patience. When you’ve come down and you’ve gone from your session and you’ve done whatever you have to do, you’ve left a lot of your anxiety, a lot of your anger and aggression and ... your stress is - you leave in that room and then you go home and when you’ve had a shower and you come down and you just feel like you’ve got more patience to carry on

