

CASE STUDY

DANCE AS EMPOWERMENT: WOMEN'S EGYPTIAN DANCE CLASS INSPIRES CONFIDENCE

PARTICIPANT EXPERIENCE

Fatima, an Islington resident in her fifties, joined the Holloway Neighbourhood Group's Women's Egyptian Dance Class at the Old Fire Station Community Centre seeking to improve her strength, balance, posture and increase her body confidence. She shared, **"I was nervous at first. I hadn't danced in years and I wanted to feel connected to my culture."** Through the class, Fatima found a vibrant community that celebrated her heritage.

INTERVENTION STRATEGIES

The tutor used culturally relevant music and choreography, providing a supportive environment where participants could express themselves. They encouraged Fatima to share her own dance experiences, which helped her gain confidence. **"When I performed my favourite dance, I felt so proud,** she reflected.

OUTCOME MEASUREMENT

Success was assessed through participant feedback and progression in dance skills. Fatima reported a newfound joy in dancing and a stronger connection to her culture, stating, **"I feel like I've found a piece of myself again."**

BARRIERS TO SUCCESS

Fatima initially faced language barriers. The tutor addressed this by promoting an inclusive environment where everyone felt welcomed, regardless of their background.

FEEDBACK AND IMPROVEMENT

Fatima expressed gratitude for the class's supportive atmosphere, saying, **"Everyone is so encouraging."** This feedback prompted the centre to ensure that all classes maintain a strong focus on inclusivity and encouragement.

COLLABORATION AND SUPPORT

The tutor collaborated with local cultural organisations to incorporate diverse dance styles into the sessions, enhancing the richness of the classes.

PERSONAL INSIGHTS

A volunteer noted, *"Witnessing participants like Fatima embrace their culture through dance is incredibly rewarding; it shows how powerful community can be."*



COMMUNITY IMPACT

Fatima's experience has encouraged others from diverse backgrounds to join, promoting a more inclusive community and celebrating cultural diversity through dance.

FUTURE RECOMMENDATIONS

Volunteers suggested organising community dance showcases, allowing participants to share their skills with a broader audience, enhancing community engagement.

SUCCESS STORIES

Fatima's journey highlights the importance of cultural connection and self-expression, showcasing how the Old Fire Station Community Centre supports individuals in rediscovering their identities.

OUR STATS

between 1st April 2023 to 31st March 2024

NUMBER OF
CLASSES



42

NUMBER OF
ATTENDEES



49

NUMBER OF
REPEAT
ATTENDEES



23

FOOTFALL



318

Footfall refers to the count of individuals who enter a specific activity or session within a certain period.