



Just Us!

Street Dance Project



Conceived, planned and performed by children 6 – 12 years of age from the Regents Park Estate, NW1 to enthuse and inspire the world!

See our web site www.westeustontimebank.org.uk

November 2011

Funded by the West Euston Partnership through a S106 Community Fund provided by British Land Plc

West Euston Time Bank - Introduction

Our mission is to bring people together in neighbourly co-operation through the exchange of time, skills and knowledge, the provision of activities to build skills, trust and a sense of well-being for individuals, families and the wider community.

A Time Bank is a way for people to share skills with others in their local community and be rewarded for it - in time. For every hour you give providing a service for another participant you receive one credit.

The Time Bank runs a wide range of regular workshops including Learning & Conversational English, Jeweller Making, Bollywood Music & Singing, Line and Street Dancing and afterschool clubs on Wednesdays and Fridays.

It also runs a popular Parent & Toddler drop-in, a community café and a pensioners luncheon club. The Time Bank organises a Family Activities Programme during the school holidays and numerous cultural and community events throughout the year.

It has a current membership of 231 adults and nearly 400 children 75% of whom live on the Regents Park Estate with an incredibly diverse range of home languages (27 at the last count), different cultures and ethnic backgrounds.

The Time Bank runs a programme of workshops for local families and children in July and August each year. The most recent programme in the Summer 2011 involved 116 families with 224 children under 11 years of age.

Although the Time Bank concentrates mostly on local children under 11 years of age it does welcome local teenagers especially those with younger siblings already involved who can provide positive encouragement with the aim of bringing different age groups together in harmony and positivity.

The Just Us! Project

We employed two experienced teachers, Mia Nicastro and Marian Hassan (who is our P/T development worker and who also works as a dance teacher). Both worked as a project team with 63 children from 7 - 12 years of age and 7 older teenagers in script writing and developing a series of dance pieces, production and editing of a sound track. These activities took place afterschool during the week and in the school holidays with a public performance(s) put on in late October 2011.

There were several local teenagers who expressed a great interest in learning street dance and sound editing and these were involved in the project.

An essential element were the crucial role that volunteers played in helping to run workshops, supervision and support for children and as stewards at performances.

A University College London graduate, now a local Radio presenter, volunteered to oversee sound production and editing.

We feel that this project has had a major impact on the lives of many families and children living on the estate by encouraging residents to be proud to live here, providing opportunities to showcase local talent, motivating and inspiring young children, improving self confidence and self esteem, helping them to achieve their expressed goals and ambitions and even in surprising themselves, their friends, their families with what they were capable of.

The H Pod was used for the dance workshops on Fridays after school during term time and on Tuesday afternoons during the school holidays and the final public performances were performed at the New Diorama Theatre.

The dance pieces all have a narrative with 10 main dance routines, several individual solos and an opportunity at the end of the show for other solo performances supported by the rest of the group. The main story was on how life can be tough living in a city with the day to day stresses and people having no time to focus and concentrate on one another. The pieces were based on real life stories performed with humour and emotion.

The voice recordings of the children were produced by those not so keen on dancing or performing. There was also be a dance where movements were directed by the words spoken that will come from several short poems written by local children describing a typical day in their life.

The project ran for 6 months from May to October 2011 and brought children from different age groups together as well as those from many different backgrounds and talents. It was very much a real community project that has undoubtedly improved local children's creativity, social skills as well as enabling them to gain many other strengths.

Friday 6th May 2011 to Saturday 25th June 2011 (15 sessions)

- Two one hour sessions on Fridays after school from 4.30 pm – 6.30 pm
- Saturday 25th June 2011 – Cumberland Market – Midsummer Picnic
- Over 600 people attended.

Friday 8th July 2011 to Friday 26th August 2011 (14 sessions)

- Two one hour sessions on Fridays after school from 4.30 pm – 6.30 pm
- Two one hour sessions on Tuesday afternoons during school holidays
- Friday 26th August 2011 – Dick Collins Hall-End of School Hols Event
- 100 local people attended

Friday 9th September 2011 to Thursday 27th October 2011 (24 sessions)

- Saturday 10th September 2011 – West Euston Community Festival
- 200-300 people attended
- Wednesday 26th October 2011- Final Rehearsals
- Thursday 27th October 2011 – New Diorama Theatre-Just Us! Show
- 165 people in the audience

The 'Just Us!' Theatre show

Important information and reminders

Show details:

27th October 2011 at 1pm and 3pm

Venue:

The New Diorama Theatre, 15 - 16 Triton Street,
Regents Place, London, NW1 3BF

Costumes needed:

All will need black track suit bottoms and white trainers, some will be needing leggings, a long top and a dress, please speak to Mariam for any queries or questions

Wednesday – Rehearsal at the theatre

- All to meet at the h pod at 10 30am to go to the theatre
- Rehearsals from 11am – 4pm
- The children to be picked up at the h pod or can be collected outside the front entrance of the theatre at 4pm
- Pack lunch is needed (both days)
- All costumes to be brought with a small box where the children can keep their belongings and costumes (can be a cardboard box) (both days)
- There is a secure outdoor area, where the children can go through routines and get fresh air, they will not be able to leave the building during the rehearsals and during the show day

Thursday – Show day

All dancers to be dropped off at the theatre with correct costumes at 10 30am

THEY MUST BE ON TIME!

Packed lunch is needed

The dancers will not be leaving the back stage area throughout the day – they will have the outdoor space and can have immediate family members in between the two shows (before 2 30pm)

Dancers to be picked up just after 4pm

JUST US! SHOW Wednesday 26th October – Rehearsals

10 30am – 10 45am

All dancers and at least 1 guardian to meet at the H pod

10 45am

All to leave the H pod

11am

The guardians will be familiar with the surrounding and route and leave the Dancers to settle and prepare

11 10am - 12 10pm

First rehearsal

12 10 pm -12 20pm

Break

12 20pm – 1 20pm

Second rehearsal

1 20pm – 1 50pm

Lunch

1 50pm – 2 50pm

Third rehearsal

2 50pm – 3 00pm

Break

3 00pm – 4 00pm

Fourth Rehearsal

4.00pm

Children leave for the h pod

Thursday 27th October – Show day

10am – 10 30am	Staff and volunteers to set up the stage and foyer
10 30am SHARP	Children to arrive and get ready
10 45am – 11 45pm	Final Rehearsal
11 45am – 12 00pm	Break
12pm – 12 50pm	Dancers to get ready, including make up and hair
12pm – 12 30pm	Annual General Meeting held in the theatre (dancers will not be included)
12 50pm 1pm	Dancers to be ready in the Green Room
1pm – 2pm	FIRST SHOW
2pm – 2 30pm	Lunch Time <i>Close relatives to come in the back stage area – dancers not to leave the back area (an outdoor space will be available for the dancers)</i>
2 30pm – 2 50pm	Touch up's on make up and hair
2 50pm – 3pm	Dancers will be ready in the Green room
3pm- 4pm	SECOND AND FINAL SHOW

Staff and Volunteers

Back stage/ Kids

Shanara – Main contact

- Wendy - Thurs
 - Gabby - Thurs
 - Breda - Wed
 - Elizabeth – both
 - Stephanie – both
 - Jessica - Thurs
 - Beth - Thurs
 - Tom – both
-

All to make sure:

The Green room and back stage areas are safe and prepared in the most suitable way for the children, tables and chairs put by the walls and in corners and chairs are outside

Dance order and costumes list should be visible and on every door and room

Assignments to:

Gabby in the outdoor area and **Wendy and Beth** in the Green room during break and lunch times

- They will be all be in the Green room during the shows, supporting and controlling the children
- Reminding the children when they are on and what they need to wear
- Making sure the children are ready to be taken to the stage/ waiting area

Jessica and Stephanie

- To take the children to and from the Green room and the room behind the stage
- To make sure the children are aware and ready and in the correct waiting places
- To take the children to and from the toilet during break and lunch times only
- Stephanie to focus from **Green Room to Corridor/ Stage room**
- Jessica to focus on **stage room to stage**

Elizabeth

- To make sure that the children are in the correct costumes

- To keep the costumes in easy access
- To assist the children during costume changes

Tom

- To assist the sound engineer

Staff and Volunteers

Front of house/ guest

Urmi – Main contact

Volunteers:

- Cassie - Thurs
- Tara – Both
- Rahael – Both

Younger volunteers:

- Emma 11
- Israta 11
- Hana 10
- Era 6

Assignments:

All: Preparing the front entrance with banners and posters

Tara, Cassie and Rahual (With Urmi's and Tony's support)

- To greet guests as they enter the foyer
- To direct them to the appropriate place or even the information table
- To represent the Time Bank/ Just us! To give as much information needed
- The notice board should be up with lots of pictures of the children dancing
- Folders of various children's activities should be available
- Flyers and information about the Time Bank and other activities should also be available
- Comments/ feed back cards should be available and handed out

Israta, Hana and Era and Cassie (With Urmi's Guidance)

- To be polite, friendly to the guests
- To get and follow instructions from Urmi
- To take the guests slowly and safely to their seats
- To be professional and take the role seriously and important but enjoy it
- Speak to Urmi or Tara if you are stuck on anything

Dances – First part

1 Question Mark -

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

Sirens

Besarta, Gresa, Deshira, Zana, Flaka, Fabiola, Obah, Amber, Adey, Fatama, Chloe

Black leggings, black t shirts and white tape around them
Abdullah: same as above and black mask

Say it right

Gresa, Besarta, Zana, Deshira, Flaka, Sana

Black leggings, long flowey tops

Set fire to the rain

Zana and Deshira

Black vest and black leggings

Whats my name

Fatama, Adey, Obah, Chloe

Just Us! T shirts and black tracksuit bottoms

Run the world

Fabiola, Besarta, Zana, Deshira, Gresa, Fatama

Glam tops/ dresses with leggings

Down

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

Dances – Second part

Corners

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

Loca

Fatama, Chloe, Amber, Jade, Sana, Randa

Just Us! t shirts, black tracksuit bottoms

What the hell

Besarta and Gresa

Tutus and leggings

Price tag

Ebise, Sana, Randa, Obah, Adey, Shamsa, Fatama, Amber, Jade, Jamie lee, Elina, Chloe

Just Us! t shirts, black tracksuit bottoms

Jason Derulo

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

Corners and finale

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif, Abid, Alvi

Just Us! t shirts, black tracksuit bottoms



Rough order of dance and Voice Over's

Sound effects: Traffic and outdoor sounds

whilst the audience are getting to their seats, Just before it starts – the noise gets louder
(SP: City Traffic on a loop)

Sound effects: foot steps

(SP: feet, boot, kids, wood – 00.05 secs)

V/O 1– Jade

“Oi!..... oi!..... Wait!

Ooooooh - your there! Phew

Ok, well look, your about to see something

Cant explain it

Just

Just watch it okay

Don't talk during it

No giggling please

Oh and turn your phones off

You can take picture – but don't make it bright

Ok, well see you there “

(SP: Jade)

V/O2 –

“Be true to who you are

Just be you

No need to be like anyone else

You are good enough

Believe in yourself

(SP: Anna)

Track 1

Song: This is me – by Ebise

(SP: This is me – instrumental)

Sound effects: Foot steps

(SP: feet, boot, kids, wood – 00.05 secs)

V/O3 – Jade and then the others

“Just!

Just because

Just us

That's just the way we are

Just

Its just us

(SP: Jade 1)

V/04 ALL

Just us

Just us

Just us

We are just being us

Just us

This is our story

(SP:Dr0000_0078)

Dance 1

1 Question mark

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

(SP: Track1)

V/O 5 –

“But why?

But I am just a child, right?”.

(SP: Fabiola)

V/O 6-

“What’s going on?

I don’t understand

Will you stay with me?

Thanks”

(SP:Zana)

Dance 2

Sirens

Besarta, Gresa, Deshira, Zana, Flaka, Fabiola, Obah, Amber, Adey, Fatama, Chloe

Black leggings, black t shirts and white tape around them

Abdullah: same as above and black mask

(SP: Track 3)

V/O 7 –

“Don’t be shy, if you feel something, your feeling it for a reason

(whisper) lets it out

say it, say it right?

(SP: R and S)

Dance 3

Say it right

Gresa, Besarta, Zana, Deshira, Flaka, Sana

Black leggings, long flowey tops

(SP: Track 6)

V/O 8-

“I like being with my friends, we are just us and have loads of fun
But there are some mean friends – their not friends really – are they?
I’m just me”

(SP: Hana)

Dance 4

Set fire to the rain

Deshira and Zana

All black

(SP: Track 7)

V/O 9-

“I like being silly sometimes – its just me and all of us really
We are just having a bit of fun”

(SP: Deshira)

Dance 5

What’s my name/ California girls

Fatama, Adey, Obah, Chloe

Just Us! T shirts and black tracksuit bottoms

(SP: Track 4)

V/O 10

“I wonder what it would be like if we ran the world?”

(SP: Hana 2)

Dance 6

Run the world

Fabiola, Besarta, Zana, Deshira, Gresa, Fatama

Glam tops/ dresses with leggings

(SP: Track 5)

V/O 11 –

“I just do it

I just do what I like and enjoy it

I don’t let it bother

I do wish it was different but I am still me and get to do what I like

It's a journey right?"

(SP: Gresa)

Dance 7

Down

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

(SP: Track 8)

Second part/ Show case

V/O 12

Gresa: "I love dancing"

(SP: Gresa or Flaka)

V/O 13

Flaka: "I love dance"

(SP: Flaka)

(We may have hosts at the beginning of each song)

Corners

Don't stop the rock

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif, Abid, Alvi, Ifas

Just Us! t shirts, black tracksuit bottoms

Loca

Fatama, Chloe, Amber, Jade, Sana, Randa

Just Us! t shirts, black tracksuit bottoms

What the hell

Besarta and Gresa

Tutus and leggings

Price tag

Ebise, Sana, Randa, Obah, Adey, Shamsa, Fatama, Amber, Jade, Jamie lee, Elina, Chloe

Just Us! t shirts, black tracksuit bottoms

Jason Derulo (SP:Track 11)

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif,

Just Us! t shirts, black tracksuit bottoms

Cha Cha Slide (3pm only)

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif, Abid, Alvi, Ifas

Just Us! t shirts, black tracksuit bottoms

**V/0 14
Besarta**

Corners and finale – (SP: Pump it up)

Amber, Jade, Lauren, Chloe, Fatama, Adey, Obah, Shamsa, Sana, Randa, Ebise, Gresa, Deshira, Besarta, Flaka, Fabiola, Zana, Olivia, Louise, Rose, Alex, Joshua, Kelsey, Mollie, Elina, Abdullah, Nermeen, Jamie Lee, Arif, Abid, Alvi, Ifas

Just Us! t shirts, black tracksuit bottoms



West Euston Time Bank
Just Us Show Feedback (post it notes on a board in the foyer)

1st Show from 1 – 2 pm Thursday 27th October 2011- 37 comments

TOTAL AUDIENCES 165 people TOTAL COMMENTS 72 people (44%)

Audience: 89 people for the first show!

Mayor

I have been to over 300 official engagements in the course of my time as Mayor and this impressive show must rank among the very best. I found it most moving and something that is very much to the credit of local children from the Regents Park Estate. A big thank you to all those who took part and to the organisations who funded and supported the project. It is very good news that the metropolitan police has agreed to provide on going financial support.

- Very enjoyable show children done really well a massive thanks to Mia and Mariam!
- How clever one you all will remember the moves were WONDERFUL!!
- It was fast. Fast is good
- Great Show! (should have been more boys though) But everyone was great!
- Best Show Ever! Well! Done Guys!
- I loved your joyfulness and enthusiasm-some real stars here! Thanks Keep Going!
- Fantastic and fun show. Thank You!
- WONDERFUL FANTASTIC I really enjoyed it. Thank you so much!
- Would be great to have on a CD/DVD for viewing!
- Amazing! You were all wonderful- I feel really uplifted and happy after seeing you perform. Thanks!
- So Brilliant. Fantastic. You made me cry. I loved it- Thank you- you should take this show and perform at other venues-schools, old people's homes etc. Thank You.
- WONDERFUL ENTHUSIASM & TEAM WORK! POSITIVE TIMES
- Joyful and Exhilarating!
- Excellent to all of all!
- The show was very entertaining it had a lot of nice things it was very good and I could watch it lots of times. I really enjoyed the show.

- Absolutely amazing show! Wish I could stay for the second one as well!
- I enjoyed it very much. Fantastic children!
- Great Show Well Done Can't wait for the next one!
- Fantastic Show! Well done everyone. We really enjoyed it.
- Well done everyone!
- Brilliant! Well Done!
- It was fantastic and very good
- Excellent! I can't describe it Great enthusiasm Keep it up!! Congrats
- I can't believe it's the same children I know!
- Lovely Show Great Dancers
- Marvellous! Most Enjoyable Thanks
- GREAT!
- Best Show Ever! Well Done!
- WOW! What a show! No word to describe it I am so happy living in this area to see talented children Keep it Up. Thank You
- Loved the Show Girls were Brilliant. Very well done
- I cried all the way through it was so moving!
- It was brilliant. Really really enjoyed it Good Luck
- I really enjoyed the show and it was really entertaining and the show was great.
- What a wonderful show... all the kids working together and something for them to remember Well done!
- WELL DONE! Bravo! Great Beginning. You will be professionals hopefully in the future.
- Very good and wish you all the luck
- Best Show I've ever been to - all of you. You danced it and enjoyed it a lot. Well done. Just Us!!!

2nd Just Us! Show from 3 – 4 pm Thursday 27th October 2011- 35 comments

Audience: 76 people for 2nd show

- Perfect Children
- Hope we'll see this kind of gathering again, its good for kids
- Absolutely brilliant! Well done to all the children!!!
- I love Dance especially today! I loved it so much!
- Show went very well. We all enjoyed it Mariam and all the People from H Pod worked hard
- It was Great the kids danced well and I enjoyed it.
- I liked it well done
- Kids had a great time Very entertaining. Fab Show
- Excellent choreography. the kids all looked liked they were having great fun and a lovely way to bring them all together. Well done!
- I liked it!
- Brilliant Show. Never has an hour gone so fast!
- Very professional great to see all ages performing and helping out.
- I liked it because the children dun a good Job.
- I finke the children was very good
- I liked it!
- WICKED
- Well done to the kids and staff! AMAZING! xx
- Brilliant. I really enjoyed it. Thank You
- That was AMAZING. Well done everyone!
- I thought it was really good
- Excellent!
- The kids were amazing. AMAZING JUST US! Yeah!
- Was an excellent show! Children and staff must have worked very hard to get it that good.
- That was brilliant! Well done! What's next.....?!
- BRILLIANT SHOW! THANK YOU.
- Terrific!
- Excellent
- Amazing!!
- AMAZING!! FANTASTIC!!GREAT WORK!!
- Great Stuff 1 hour not enough. Excellent work and well done to all involved.
- Loved both shows. Well done to all xxxxx
- Well don to the staff and the children were brilliant
- The dancers were amazing
- Great show with loads of energy. STARS OF THE FUTURE!!
- The show is very good exciting and well prepared I like to see again and again.....

Just Us!

Street dance project

I am a volunteer and have helped out with the after school homework club for about four months. Over the past month I have also helped with the Just Us project. I have seen the development of the students in the dance classes and in the homework club that runs consecutively. Over this period I noticed the dancers have shown great commitment to the project, from putting in extra hours to practicing routines before the dance class starts. Those that could not be part of the dances helped with the backdrop and posters for the show. If the dancers were not in a section of the show being rehearsed they would also help with the posters, backdrop and voice recordings for the show. The skills of the dancers have shown a lot of improvement, their ability to memorise new routines to their knowledge of musical understanding and timing. The benefits of this project have been the confidence in the children themselves. When I talked with some of the children after the actual shows they expressed how happy they were with their performances, how though they were nervous and scared but that they had a great experience and would love to do something like this again. From talking to the audience, when getting feedback, there was a massive amount of enthusiasm and positive feedback for the work done by the children and a hope that this would continue.

I did get a chance to watch the final show and seeing how all the work Mia, Mariam and the children put in combined into such a fantastic hour moved me and left me with the feeling of being proud of their achievements.

Tara Ali

Volunteer

Just Us Show

Children's feedback (in their own words)

The Just Us experience was really fantastic. I learnt a lot of skills. The Just Us spirit has made us much more confident in ourselves. Just Us!

What we did:

We danced in the Diorama theatre. I really enjoyed it! The first show was 1 pm – 2 pm and the second show was 3 – 4 pm.

I love Dance! We love Dance Just Us!

I liked how everybody worked together and performed so well in front of the big audience!

I like Rinna and Moly P it was fantastic and I got to express my dancing

I liked when we did whats my name/California girls

I loved it when we all worked together in the performance

I liked it when we were performing

I like when I did all of the dances including California girls/Whats my name

What we did.

We had a massive show called Just Us. We had different dances everyone was in at least one dance.

I was in a couple of dances

How we felt

I felt very nervous about dancing in front of nearly about 30 people in the crowd but it was quite good when I actually did it I went to the green room and screamed "Yey!" I did so well Yes!

I mostly enjoyed when I got my hair spray painted and I loved the Just Us t-shirts.

I felt a little bit scared but I liked it and it was fun on the stage and I was happy.

I love dancing at the h pod.

We practiced for 6 months to get Just us together

We all sparkled when we danced together

We had to change in to things for the dances.

We all danced to a big audience at the new theatre



West Euston Time Bank

West Euston Time Bank – Milestones and Outcomes

Milestone	Date Achieved	Milestone Description	Evidence Collected
Recruitment of viable groups	<p>Open sessions held on 6th & 13th May 2011</p> <p>2 groups established on 20th May 2011 Group 1 4.30 – 5.30 Group 2 5.30 – 6.30 Fridays at the H Pod Routines practiced for public performance</p>	From 6 th May to 25 th June 2011	<p>35 children between 6 – 12 years attend 14 sessions.</p> <p>22 performed routines on stage at the Midsummer Picnic in Cumberland Market on Saturday 25th June 2011. A further 11 in supporting roles</p>
Development of outlines in terms of scripts, story lines		<p>From 8th July to 26th August 2011</p> <p>(11 children also put on a show in Canteloves Park on 25th July 2011)</p>	<p>38 children attended 14 sessions in 2 groups</p> <p>18 performed in an End of School Hols Show at the Dick Collins Hall on Friday 26th August 2011</p>
Completion of final routines & story line	<p>8 children involved with Alice (volunteer) to produce final voice over cd for the show</p> <p>11 children involved in making props and designs for the show</p> <p>2 students from University College (Elizabeth & Stephanie) assist in preparations</p>	<p>From 9th September to 26th October 2011</p> <p>6 teenagers involved in final stages of show production and in a supervisory role (Rahel, Jessica, Beth, Cassy, Salsabil and Daniella). Whole day final rehearsals in the Theatre on Wed 26th</p>	<p>48 children attend 24 sessions in 2 groups Production of show structure and script. Sound and voice overs completed</p> <p>36 children took part in a public performance at the West Euston Festival on Saturday 10th September 2011</p>
Final Show Public Performances	<p>52 out of 63 children enrolled in the street dance classes took part in at least one public performance.</p>	<p>Thursday 27th October 2011 2 one hour shows at 1 pm and 3 pm in the New Diorama Theatre</p> <p>Mayor of Camden attended 1 pm show</p> <p>20 adult volunteers and 7 teenagers assisted at the rehearsals and on the day of the shows</p>	<p>30 children took part in the 2 final shows with 5 children in supporting roles.</p> <p>165 people in total attended the shows 44% (72 people) provided feedback.</p> <p>A dvd is being produced. The show appeared in the Ham & High.</p>

West Euston Time Bank – Milestones and Outcomes Achieved

Outcome	Date Achieved	Outcome Description	Evidence Collected
Participants having improved balance and co-ordination	Saturday 25 th June 2011	1 st public performance in Cumberland Market at the Midsummer Picnic with 22 children taking part. Over 600 people were in the audience.	22 children voluntarily took part in a regular physical activity for the first time (out of 35 taking part). 33 children completed at least one dance routine (out of 35 taking part)
Participants having increased self-confidence and self esteem	Public performances on 25 th June, 25 th July, 26 th August, 10 th September and 27 th October 2011	6 public performances undertaken involving 52 children	Feedback received from children taking part (post it notes and project folders) Feedback from parents and others seeing the public performances (see Just Us! Detailed report)
Participants are able to work well together as a team	Public performances on 25 th June, 25 th July, 26 th August, 10 th September and 27 th October 2011	Children learnt how to perform complex routines together as part of putting on a public performance	Observations from dance teachers and from audiences seeing the public performances contained in event reports
Participants demonstrating a commitment to complete a project. Commitment acknowledged by peers, parents and others	Final rehearsals on Wed 26 th and 2 shows performed on Thursday 27 th October 2011	This project was the largest single commitment made in the life of these children to date and involved attending up to 28 sessions in two groups over a 6 month period and in taking part in 6 major public performances	52 children Taking part in at least one performance. 30 children taking part in the final show. Photographs taken at public performances. Dvd produced of the final show Feedback from audiences