

Dance Free Community Impact Survey - Summer 2023

The Dance Free Community Impact Survey was carried out during the Summer of 2023 at events running between 14th July and 1st October 2023.

Key findings

- **Women** - The majority (82%) of Dance Free participants were women aged between 35 and 64 years.
- **Mood boosting** - 86% of participants who scored themselves in a low mood at the start, scored themselves as in a great mood after the session. Overall 92% of participants felt in a great mood after the session.
- **Deepens nature connection** - Overall 90% of participants felt significantly closer to nature after the session.
- **Pro-environmental behaviour** - Overall 59% of participants felt significantly committed to take action to look after the environment after the session.
- **Mental health** - Overall 78% of participants felt that they had found a new way to look after their mental health.
- **Social connection** - Overall 74% of participants felt more connected with others and had done something sociable.
- **Physical activity** - Overall 83% of participants felt they had increased their physical activity levels. 67% of participants who initially felt physical activity wasn't an important part of the session, had found a significant increase in their physical activity levels.

Process

The survey was carried out at 16 Dance Free sessions held across 8 different locations covering mainly East Lindsey and Lincoln. 2 locations were outside these districts in West Lindsey and North East Lincolnshire.

At the beginning of the session participants were asked to complete a mandatory anonymous survey as part of research. The facilitator invited positive, negative and neutral feedback emphasising this helps Dance Free CIC improve and develop its service to the community.

105 participants were asked to complete part 1 of the paper survey at the beginning of a Dance Free session, hold on to the survey in their bag while they took part in the session and then complete parts 2, 3 and 4 at the end.

Participants were only asked to complete the survey once.

The survey included questions on various topics in relation to the activity, asking participants to score themselves on their intentions (pre-activity) and their feelings after (post-activity).

The topics covered were:

- mood
- nature connection
- pro-environmental behaviour
- mental wellbeing
- social connection
- physical activity

The survey also included 2 free-text sections on why they had taken part in the session, what they got out of the session, and for any other comments.

Figure 3: The survey

PART 1 - Please complete this section first, at the START of the activity. Page 1

A. On a scale of 1 to 10, please tell us how you were feeling **1 hour ago** (please circle).

1 = very low/anxious/bad mood, ↔ 10 = very happy/relaxed

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

B. Please take a moment to think about why you took part in the activity today.

.....

.....

C. Indicate on the star below, what is the most important part of taking part in the activity today?

Please indicate on the star, which circle best represents you, from 1-10:
 ① Not important or relevant to you today
 ↑
 ⑩ Extremely important or relevant to you today

I want to...

Thank you for completing PART 1, please complete PART 2 at the end of your session.

Page 3

B. On a scale of 1 to 10, please tell us how you are feeling **now** (please circle).

1 = very low/anxious/bad mood, ↔ 10 = very happy/relaxed

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

C. Please take a moment to think about what you got out of the activity. What did today's activities mean to you?

.....

.....

D. Thinking about how you feel **now**, please indicate on the star below, what you got out of taking part in the activity, and how important/relevant the points below are to you?

Please indicate on the star, which circle best represents you, from 1-10:
 ① Not important or relevant to you today
 ↑
 ⑩ Extremely important or relevant to you today

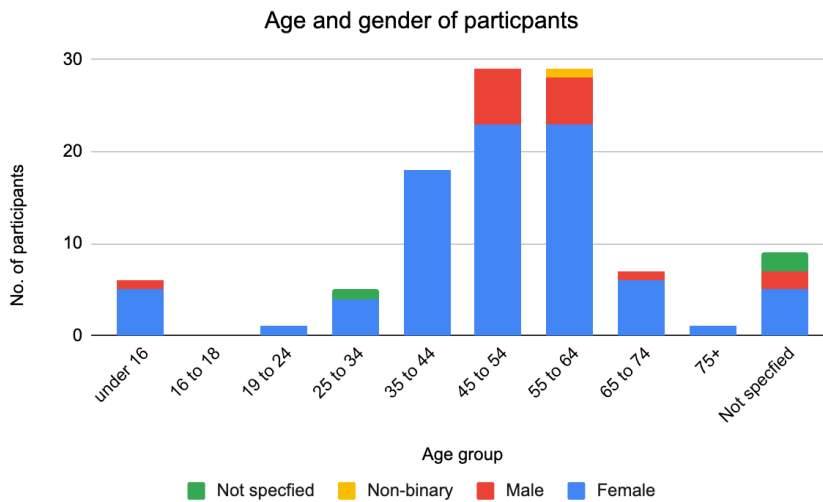
I feel...

Thank you for completing PART 2, please see overleaf (page 4) for the final section (PART 3).

About the participants

105 participants completed the survey. The majority (82%) of Dance Free participants were women aged between 35 and 64 years. 14% of participants were male and 1% were non-binary. This is reflective of the Dance Free community overall.

Figure 1: Age and gender of participants

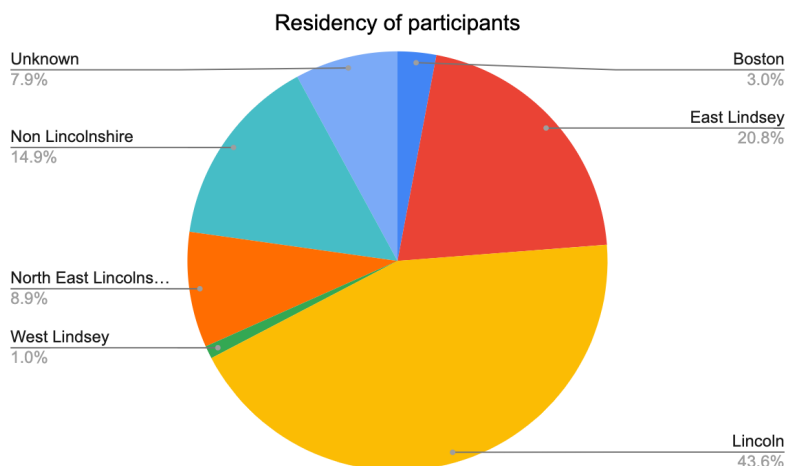


The 2 main areas of residency of participants were Lincoln (44%) and East Lindsey (21%), followed by 15% of participants not living in Lincolnshire.

97% of participants were British, 2% were Polish and 1% were Portuguese.

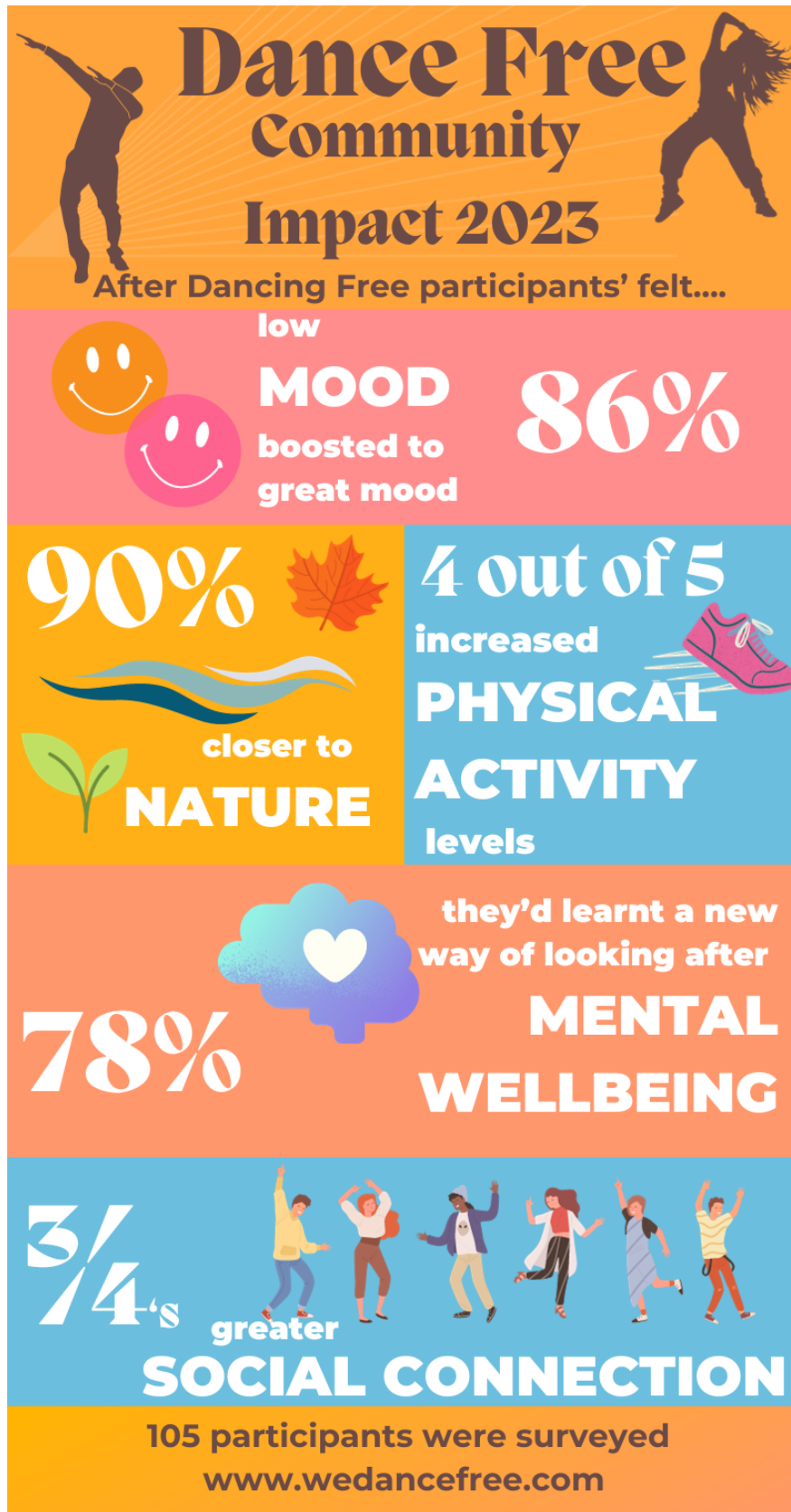
73% were White British, 2% Mixed, 1% Mixed European, 1% European and 23% did not specify their ethnicity.

Figure 2: Residency of participants



Results

Figure 4: Infographic showing key findings



85% of participants who felt in a low/anxious/bad mood before the session, felt in a great mood - very happy/relaxed after the session.

Overall 92% of participants felt in a great mood - very happy/relaxed (high score) after the session.

Table 1: Summary of mood scores

		% of participants				
		Before		After		
Before - median score	After - median score	Low score	High score	Low score	High score	Low score before, high score after
6	10	16%	24%	3%	92%	85%

Nature Connection

Participants were asked to score themselves on their Intention before/feelings after, about feeling closer to nature.

For both before and after the session the median score was 10.

Overall 90% of participants felt significantly (high score) closer to nature after the session.

Table 2: Summary of nature connection scores

		% of participants				
		Before		After		
Before - median score	After - median score	Low score	High score	Low score	High score	Low score before, high score after
10	10	9%	61%	0%	90%	n/a (1 participant)

Pro-Environmental Behaviour

Participants were asked to score themselves on their intention before/commitment to after, for taking action for the environment.

There was a 21% increase in the median score during the session from 7 to 8.5.

18% of participants who felt low relevance/importance to take action to look after the environment before the session, felt considerably more committed to taking action to looking after the environment after the session.

Overall 59% of participants felt (high score) more committed to take action to look after the environment after the session.

Table 3: Summary of pro-environmental behaviour scores

		% of participants				
		Before		After		
Before - median score	After - median score	Low score	High score	Low score	High score	Low score before, high score after
7	8.5	17%	40%	9%	59%	18%

New way to look after mental wellbeing

Participants were asked to score themselves on their intention before/feelings after, to learn a new way to look after their mental health.

There was a 25% increase in the median score during the session from 8 to 10.

75% of participants who felt little relevance/importance to the session being a new way to look after their mental health before the session, felt significantly more importance/relevance to the session being a new way to look after their mental health, after the session.

Overall 78% of participants felt (high score) they had found a new way to look after their mental health.

Table 4: Summary of learnt new way to look after mental health scores

		% of participants				
		Before		After		
Before - median score	After - median score	Low score	High score	Low score	High score	Low score before, high score after
8	10	9%	62%	2%	78%	75%

Social connection

Participants were asked to score themselves on their intention before/feelings after, to connect to others and do something sociable.

There was a 29% increase in the median score during the session from 7 to 9.

29% of participants who felt low relevance/importance to connecting with others before the session, felt significantly more importance/relevance to connecting with others, after the session.

Overall 78% of participants felt (high score) they had connected with others and done something sociable.

Table 5: Summary of social connection

		% of participants				
		Before		After		
Before - median score	After - median score	Low score	High score	Low score	High score	Low score before, high score after
7	9	7%	48%	5%	74%	29%

Physical Activity

Participants were asked to score themselves on their intention before/feelings after, to increase their physical activity levels.

There was a 25% increase in the median score during the session from 8 to 10.

67% of participants who felt low relevance/importance to increasing their physical activity levels before the session, felt they had significantly increased their physical activity levels, after the session.

Overall 83% of participants felt (high score) they had increased their physical activity levels.

Table 6: Physical activity

		% of participants				
		Before		After		
Before - median score	After - median score	Low score	High score	Low score	High score	Low score before, high score after
8	10	6%	52%	2%	83%	67%

For more details on the survey and a copy of the comments provided by participants as part of the survey, contact we.dance.free@gmail.com.