SYNERGY DANCE OUTREACH

England & Wales · Charity number 1180506

Details

Status	Registered
Legal form	CIO
Registered	2018-10-31
Register	View on the Charity Commission register

Contact

Address	Queen Elizabeth Park 2 Forster Road Guildford GU2 9AF
Phone	07713254260
Email	ADMIN@SYNERGYDANCEOUTREACH.CO.UK
Website	www.synergydanceoutreach.co.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:(1) TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE BY PROVIDING SOCIAL DANCE ACTIVITIES AND EVENTS WHICH ARE ACCESSIBLE TO ALL.(2) TO PROMOTE, MAINTAIN, IMPROVE AND ADVANCE THE EDUCATION AND APPRECIATION OF THE PUBLIC IN DANCE, IN PARTICULAR BUT NOT EXCLUSIVELY BY ENCOURAGING HIGH STANDARDS IN DANCE, CHOREOGRAPHING AND DELIVERING HIGH QUALITY PERFORMANCES IN CONTRIBUTION TO CONCERTS AND THEATRE.(3) TO ADVANCE EDUCATION FOR THE PUBLIC BENEFIT IN THE ART OF DANCE, PARTICULARLY THROUGH WORKING WITH PRE-SCHOOLS, SCHOOLS, PARENT TEACHER ASSOCIATIONS, AFTER SCHOOL AND HOLIDAY CLUBS, COLLEGES AND UNIVERSITIES, LIBRARIES, GALLERIES AND MUSEUMS, SPORTS CLUBS AND UNIFORMED ORGANISATIONS.(4) TO ADVANCE MENTAL AND PHYSICAL HEALTH AND WELLBEING OF THE GENERAL PUBLIC THROUGH DANCE ACTIVITY.

Activities: All-inclusive dance, yoga, singing, performance and fitness programs for Special Educational Needs and the disability community. The charity promotes physical and mental health and wellbeing through lifelong participation in dance, fitness, yoga and related wellbeing activities for all, where neither finance, fitness, ability, disability or family circumstance are barriers to participation.

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Classification

- **How:** Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Surrey
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£123,847	£117,480	-	-
2024-04-30	£121,902	£113,536	-	-
2023-04-30	£90,808	£83,380	-	-
2022-04-30	£64,492	£104,382	-	-
2021-04-30	£105,507	£83,945	-	-

Trustees

Name	Role	Appointed
MARY UNGOED-THOMAS		2018-10-31
NICOLA WHITTAKER		2018-10-31
RACHELLE ALEXANDRA FRANKLIN		2018-10-31

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SYNERGY DANCE OUTREACH

England & Wales - Charity number 1180506

Accounts

Charity registration number: 1180506

Synergy Dance Outreach

Trustees' Report and Financial Statements

30 April 2025

Carter Collins & Myer
Chichester House
2 Chichester Street
Rochdale
Lancashire
OL10 2BG

2025

ANNUAL REPORT

PREPARED BY

KATHRYN O'TOOLE
RACHAEL HURTON

www.synergydanceoutreach.co.uk

admin@synergydanceoutreach.co.uk

2025

ANNUAL REPORT

Synergy Dance® Outreach – Annual report and annual financial statements for the year 1st May 2024 to 30th April 2025.

Registered Charity No: 1180506
Address: Queen Elizabeth Park, 2 Forster Road, Guildford, Surrey, GU2 9AF
Tel: 01483 954135
Email: admin@synergydanceoutreach.co.uk

ANNUAL REPORT FOR THE PERIOD TO 30TH APRIL 2025

We are pleased to present the Annual Report and Financial Statements for the year ended 30 April 2025.

The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in compliance with Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective for accounting periods commencing on or after 1 January 2015.

The accounts for the year have been prepared by Carter Collins & Myer Ltd.

Trustees

Nicola Whittaker
Mary Ungoed-Thomas
Rachelle Franklin

Steering Group

Judy Thompson, Samuel Denne and Geoff Blake.

An opportunity for individuals directly affected by SEND, whether personally or through their children, to contribute to the development and design of our services and to strengthen our connections with local communities.

INDEPENDENT EXAMINERS AND ACCOUNTANTS

Carter Collins & Myer Ltd
Chichester House
2 Chichester St Rochdale,
Lancashire
OL16 2AX

Matthew Law: Accountant
Robert Newman Chichester House
(Independent Examiner)

ABBREVIATIONS IN THIS REPORT:

- **CYP**: Children Young People
- **SEND**: Special Educational Needs & Disabilities
- **LTHC**: Long-Term Health Conditions
- **SEN**: Special Educational Needs
- **ASD**: Autistic Spectrum Disorder
- **MLD**: Mild Learning Disability
- **ODD**: Oppositional Defiant Disorder
- **ADHD**: Attention Deficit Hyperactivity Disorder
- **LD**: Language Delay

HELLO FROM THE CEO

As we look back over the past year, I am filled with gratitude and pride for the incredible journey Synergy Dance® Outreach has undertaken. What began as a vision to make movement, dance, yoga and wellbeing accessible to everyone, has grown into a vibrant, ever-growing community. One that continues to touch lives across the UK.

(Left to right: Abigail, Rachael and Nina)

A key milestone this year was our expansion into children's hospitals, including Great Ormond Street, Evelina London and, soon, Alder Hey in Liverpool. Bringing dance, yoga, music and movement into hospital wards has been transformative, lifting spirits and offering moments of joy and connection to children, families, and hospital staff. We also continued to expand our work in SEND schools, care homes and supported living environments, delivering our ParaStars Dance™, Yoga, Fitness and Sing for Joy programmes to more communities than ever before.

We are proud to have represented inclusive dance at national events such as Include Summit and the London Youth Games, while strengthening partnerships with British Blind Sport, Challengers, Familycare Homes, Gemstone care, KEF Kids, F6IT and DEBRA. These collaborations reinforce our mission of inclusion, belonging and wellbeing for all. As we look ahead, we are eager to expand our hospital delivery nationwide and bring more creative wellbeing opportunities to those who need them most. And finally, a huge thank you to our funders, supporters, dedicated Synergy team, instructors, families, volunteers and participants for helping to make everything possible

Rachael x

A MESSAGE FROM THE MARKETING & PROJECT MANAGER

This year has been an absolute pleasure; leading Synergy Dance® Outreach's digital and in-person projects and seeing just how far the charity has evolved, has been incredibly rewarding. From expanding programmes across hospitals, schools and care settings to reaching new families online, every project has reinforced the power of inclusion through movement and wellbeing.

Through close engagement with participants, families and partners, we've refined our offerings and strengthened our impact. Bringing together creativity, collaboration and purpose across fundraising, communications and delivery has been both a challenge and a joy. The past year has been one of growth, learning and transformation, and we're excited for the next chapter as we continue to make inclusive dance and wellbeing accessible to all.

Kathryn O'Toole

THE CHARITY:

Synergy Dance® Outreach

Synergy Dance® Outreach was founded to enhance the mental and physical health and wellbeing of children and young people (CYP), adults, and seniors who are marginalised by Special Educational Needs and Disabilities (SEND) or living with long-term or life-limiting health conditions (LT & LLHCs). Our mission remains to provide inclusive, accessible and engaging opportunities in dance, yoga, singing, and fitness. Breaking down barriers to participation and promoting lifelong wellbeing for all.

Tackling inactivity and promoting inclusion

Disabled people continue to be twice as likely to be inactive compared to non-disabled people. At Synergy Dance® Outreach, we are committed to reducing this inequality by creating enjoyable, adaptable and inclusive pathways into regular physical activity. Our programmes are delivered both in-person and online, ensuring that cost, confidence, fitness level, ability, or family circumstance are never barriers to participation.

Expanding our impact

This year, we have significantly extended our reach and deepened our impact. Notably, we have expanded our work into two leading hospitals, bringing movement, music and wellbeing sessions to children and adults in healthcare settings. These sessions provide much-needed moments of joy, connection and recovery support during challenging times.

Alongside this new hospital outreach, we have continued to deliver a wide range of community and online programmes across the UK. Supporting thousands of participants to improve mood, build confidence, increase mobility and strengthen resilience. Our inclusive approach continues to empower individuals to lead healthier, happier lives, regardless of their background or ability.

OUR MISSION & IMPACT

Synergy Dance® Outreach was founded to enhance the mental and physical wellbeing of children, young people, adults and seniors who are marginalised by Special Educational Needs and Disabilities (SEND) or long-term health conditions. Our mission is to make movement, dance and wellbeing accessible to everyone. Creating inclusive spaces in schools, hospitals, care homes, community venues and online.

Through our programmes, participants improve confidence, mobility and wellbeing while reducing isolation and stress. From children with SEND to older adults rediscovering movement, every session promotes belonging, independence and joy. Our work ensures that cost, confidence, fitness level, ability, or circumstance are never barriers to participation.

VISION & CORE VALUES

We envision a world where exercise is truly accessible for everyone and where movement is expressive, empowering and fun. Our core values guide everything we do:

- **Accessibility:** Movement should be open to everyone, regardless of age, ability or background.
- **Inclusion:** Every programme celebrates individuality, ensuring no one is left behind.
- **Compassion:** We meet people where they are, with understanding and care.
- **Empowerment:** We help participants discover what their bodies can do, building confidence through creativity.
- **Innovation:** From digital delivery to hospital-based sessions, we're constantly evolving to reach more people meaningfully.

GOVERNANCE AND LEADERSHIP

Synergy Dance® Outreach operates as a Charitable Incorporated Organisation (CIO) under a Foundation Constitution. Our dedicated Board of Trustees provides strategic direction, oversight and accountability, ensuring the charity operates effectively, transparently and in accordance with its objectives.

Day-to-day management is led by Founder and CEO Rachael Hurton, supported by a skilled team of project managers, instructors and staff who share a commitment to inclusion, creativity and wellbeing. All team members are DBS checked and trained in safeguarding, equality and inclusive practice.

Governance

The charity is governed by a dedicated and passionate Board of Trustees, currently comprising three members with diverse backgrounds in education, special needs, and communications. Each Trustee brings valuable professional expertise and lived experience, with several having direct connections to disability and SEND communities.

The Board provides strategic direction, oversight, and accountability, ensuring Synergy Dance® Outreach operates effectively, transparently, and in full accordance with its charitable objectives and regulatory obligations. Key responsibilities include financial control and reporting, the approval of annual accounts, and the ongoing monitoring of impact, safeguarding, and compliance.

Trustees meet regularly throughout the year and may invite external advisors to contribute specialist knowledge where appropriate. The recruitment and appointment of Trustees is agreed collectively by the Board.

Our Vision

We envision a world where exercise is truly accessible for everyone. Where children, teens, adults and seniors can move together, without judgement, limits or fear. At Synergy Dance® Outreach, we believe movement is for every body, not just those who fit a traditional mould of fitness.

Our vision is to redefine what exercise means: it's not about toned bodies or competition. It's about joy, confidence and connection. Movement should be expressive, empowering and fun. Whether it's a gentle stretch, a dance in a chair, or a full routine, every movement matters.

Our Core Values

- **Accessibility**: We believe movement should be open to everyone, regardless of age, ability or background.
- **Inclusion**: We design every programme to celebrate individuality, ensuring no one is left behind.

- **Compassion**: We meet people where they are. With understanding, patience and care.
- **Empowerment**: We help participants discover what their bodies can do, building confidence through creativity and joy.
- **Innovation**: We are constantly evolving; from digital delivery to hospital-based sessions, to reach more people in meaningful ways.

Through our hospital outreach, school partnerships, care home work and inclusive training, we are making a tangible difference. Improving mental health, physical wellbeing and community connection. Every class, every smile, every breakthrough moment brings us closer to our vision of a world where exercise truly belongs to everyone.

Safeguarding

All staff, instructors, and volunteers hold enhanced DBS checks and complete regular safeguarding and inclusion training. We continue to update our safeguarding, equality, and data protection policies annually to ensure best practice and participant safety across all delivery environments.

PUBLIC BENEFIT AND GOVERNANCE

The Trustees confirm that they have reviewed the charity's aims and objectives and have referred to the Charity Commission's guidance on public benefit when planning future activities.

The Board is satisfied that all current programmes and services continue to deliver meaningful public benefit in line with Synergy Dance® Outreach's mission to make movement, dance, and wellbeing accessible to all.

The charity's governance is overseen by a dedicated Board of Trustees who ensure accountability, safeguarding, financial management, and strategic direction. The Board continues to uphold the principles of inclusion, transparency, and good governance in all areas of operation.

SPECIAL PROJECTS AND NEW DELIVERY

Hospital Outreach - Great Ormond Street Hospital and Evelina Children's Hospital, London

2024–2025 has marked a significant step forward in Synergy Dance® Outreach's hospital delivery. Through our growing partnership with Great Ormond Street Hospital (GOSH) and Evelina London Children's Hospital, our trained teachers have delivered flexible, bespoke dance, yoga and wellbeing sessions to inpatients and outpatients aged 4 months to 18 years, often within acute and high-dependency environments.

Delivery now spans HDU/ICU, burns, renal and neuro wards, CAMHS, eating disorder units, pain clinics, A&E waiting areas, playrooms, side rooms and bedside settings. Sessions are adapted minute-by-minute to meet each child's medical, emotional and sensory needs, regularly engaging siblings, parents, carers and hospital staff.

Our talented team - Abigail, Adeleine, Katie, Preeti and Nina — bring creativity, calm and connection into clinical spaces. Through movement, music and mindfulness, sessions support mobility and coordination, reduce anxiety, lift mood and create moments of normality and joy during treatment. Children who were withdrawn have joined in smiling and laughing; families have shared meaningful moments together; and staff have described the sessions as "invaluable" and "transformative." One team member shared, "Each small interaction, from a shared smile to a familiar song, contributed to lifting spirits and creating meaningful moments of joy."

With hospital teams now requesting increased frequency — including discussions around daily delivery - our goal for 2025–2026 is to expand across multiple UK children's hospitals and additional NHS Trusts.

We extend our heartfelt thanks to the MP Trust for funding this vital work. Their support has enabled us to bring the healing power of movement, music and connection to children and families facing long-term illness. As we look ahead, we are committed to securing further funding and partnerships to ensure this life-enhancing provision can grow nationwide.

VI (VISUALLY IMPAIRED) PROJECT – BERKSHIRE VISION & TPT TRUST

Building on our successful delivery with Berkshire Vision, we are delighted to be developing a new Visually Impaired (VI) Project, generously funded by the TPT (Thomas Pocklington Trust). Based at Middleton House, Reading, the project will launch later this year, offering inclusive dance and yoga sessions specifically designed for visually impaired children and young people. Delivered in partnership with local schools and community organisations, the programme focuses on accessibility, creativity, and confidence-building, ensuring participants can move, connect, and thrive in a supportive environment. We will explore transitions, using a dance & movement programme to bring together young BPS people to gain skills, confidence, motivation, independence & self-belief needed to move forward more confidently through transitions in education, training & employment. By assessing individual's needs at the start, we will understand what worries them about educational transitions & what would most help improve their confidence & motivation. We have secured a £10,000 grant, paid in two instalments of £5,000.

Sessions will use creative movement to help participants explore and manage change, uncertainty, and emotional stress associated with life transitions. Through structured yet participant-led activities, children will build independence, share creative ideas, and discover their own skills and interests. They will also choreograph routines that reflect key themes around transition and self-expression, developing resilience and confidence along the way. This new project builds upon previous successes such as Chrissie's inclusive workshop at The Warehouse, Reading, where children and families enjoyed exploring dance and musical theatre together. Continuing this inclusive ethos, the VI Project will provide meaningful opportunities for those with sensory impairments to experience the joy and wellbeing benefits of movement. Through this initiative, Synergy Dance® Outreach aims to pioneer VI-inclusive physical activity in the region, creating opportunities for movement, creativity, and emotional wellbeing that are truly accessible to all.

LONDON YOUTH GAMES ADAPTED INSPIRE FESTIVAL

The Outreach team were delighted to take part in the London Youth Games Adapted Inspire Festival in the Autumn, supporting what proved to be the largest event of its kind to date. As a delivery partner, we had the privilege of delivering a full day of inclusive, high-energy dance sessions designed to help young people explore movement, creativity and confidence in a fun and supportive environment.

This year's festival brought together 230 young people in Years 7–11 from 23 schools across 13 London boroughs, including mainstream and specialist settings. Schools that took part included Alexandra Park (Haringey), ATAM Academy (Redbridge), Beatrice Tate School, Blanche Nevile School (Haringey), Brent Knoll (Lewisham), Burntwood School (Wandsworth), Chadwell Heath Academy, Chingford Foundation School (Waltham Forest), Cumberland Community School (Newham), Dagenham Park Community School, Elm Court School, Forest Gate Community School (Newham), Friern Barnet School (Barnet), King Solomon Academy (Westminster), Oak Lodge School, Plashet School (Newham), Riverside School (Haringey), Sarah Bonnell School (Newham), School 21, Seven Kings School (Redbridge), St Angela's Ursuline School (Newham), The Compton School (Barnet), West Lea (Enfield) and Alperton Community School (Brent).

Pupils joined us throughout the day, each bringing enthusiasm, openness and a willingness to try something new. At the heart of the Adapted Inspire Festival is a commitment to ensuring that every young person, regardless of ability, background or experience, has access to high-quality, enjoyable physical activity. Synergy is proud to support this mission. Our sessions focused not only on dance technique but also on self-expression and the simple joy of moving to music. Our teachers told us it was a wonderful opportunity for students to participate in activities that felt accessible, empowering and genuinely fun.

We were thrilled to receive incredibly positive feedback from both the London Youth Games team and participating schools. The Disability Activation Manager shared, "The feedback has been brilliant from schools and this is down to your sessions... We had 230 young people take part from 23 schools across 13 boroughs."

Events like these highlight the importance of inclusive sports and creative arts provision across London and our goal is to expand this Outreach. Our charity is proud to play our part in creating opportunities that inspire young people, build confidence and celebrate the power of dance to bring communities together.

We look forward to continuing our work with LYG and expanding this work.

CREATING EMPLOYMENT AND INCLUSIVE OPPORTUNITIES

At Synergy Dance® Outreach, our commitment to inclusion extends beyond participation. It's about creating meaningful employment, training and leadership pathways for people with SEND and additional needs.

Through our SEND Leadership and Work Experience Programme, we provide young adults with opportunities to develop skills, gain confidence, and experience real-world roles in the arts, fitness, and wellbeing sectors. Our trainees work alongside professional instructors and project leaders, gaining hands-on experience that helps build independence, employability, and self-belief.

One of our most inspiring success stories is Sam, a young adult with Down's Syndrome, who joined our team as a Dance Leader (with The Orpheus Centre). Sam continues to shine as part of our delivery team, inspiring participants and promoting the message that inclusive leadership is both possible and powerful. **Watch his journey here.**

We are also expanding our training and professional development offer for instructors through our collaboration with Future Fit Training, including our National Training Programme for Synergy Teachers, that launched in 2025. This initiative will help meet the growing demand for inclusive classes across the UK while providing new routes into employment for aspiring inclusive instructors.

Additionally, our ParaStars Yoga® and ParaStars Dance® online programmes are creating further opportunities for instructors and participants alike, broadening our reach and showcasing the incredible talent within our inclusive community.

Together, these initiatives reflect our belief that inclusion is not only about who joins our classes, but also about who leads them. Ensuring that people of all abilities can thrive both on and off the dance floor.

MEDIA SPOTLIGHT: COMIC RELIEF AND INCLUSIVE LEADERSHIP

This year, Synergy Dance® Outreach was proud to be featured on BBC's Comic Relief, on BBC News South, shining a national spotlight on our mission to make dance and fitness accessible to all. The segment highlighted one of our inclusive outreach projects, demonstrating the profound impact that creative movement can have on wellbeing, confidence and community connection.

A central focus of the feature was Sam, an inspiring young dancer whose journey perfectly embodies the spirit of Synergy Dance® Outreach. Having developed his skills and confidence through our classes, Sam has progressed to become a paid Deputy Dance Leader, assisting in inclusive sessions alongside our senior instructors. His enthusiasm, commitment, and natural leadership continue to motivate both his peers and teachers, showing what is possible when inclusive opportunities are made available to all.

The broadcast also celebrated the dedication of our delivery team, including Ren, one of Synergy's longest-serving instructors, and our hardworking assistant teachers who help make every session welcoming and inclusive. Their professionalism and creativity bring energy and joy to every class.

We extend our sincere thanks to Comic Relief for supporting our work and helping to fund assistant roles that ensure our sessions are inclusive, adaptive, and high-quality. This collaboration has amplified our message nationwide, increasing awareness of the importance of accessible movement opportunities for children, young people, and adults with additional needs.

Through partnerships such as Comic Relief, Synergy Dance® Outreach continues to create life-changing opportunities for participants to stay active, express themselves, and thrive through dance and fitness.

Watch Here

MEDIA SPOTLIGHT: STRICTLY COME DANCING 2021

While our 2021 appearance on BBC's Strictly Come Dancing remains a milestone moment in our history, it continues to inspire and shape the way we champion inclusive dance today.
The segment, viewed by over 11 million people, introduced the UK to our inclusive programmes for children with SEND and contributed to a significant rise in demand for our classes.

Watch: Tess & Claudia Visit Synergy Dance

Our continued collaboration with the BBC and BBC Radio Surrey reflects our ongoing role as advocates for inclusion in movement and wellbeing.

INNOVATIVE PROGRAMMES AND SERVICES

At Synergy Dance® Outreach, innovation is at the core of how we design and deliver our programmes. We are constantly exploring new ways to make movement more accessible, engaging, and inclusive for all ages and abilities.

This year, we are proud to have launched a ground breaking partnership with Future Fit Training, one of the UK's leading education providers in health and fitness. Together, we have developed a suite of inclusive training programmes, including our Inclusive Fitness and Dance CPD training, which equips instructors, teachers, and fitness professionals with the skills to create welcoming environments for participants of all abilities.

These training programmes represent a major step forward in embedding inclusion across the wider fitness and wellbeing sector. By combining Synergy's inclusive expertise with Future Fit's national training infrastructure, we're helping to build a workforce that reflects the diversity of the communities it serves.

Alongside our training innovations, we continue to develop creative and adaptive class content, including the expansion of our ParaStars® seated programmes, Sensory Yoga, and Sing for Joy sessions, ensuring that everyone, from children in schools to adults in supported living and seniors in care, can access movement that fits their needs, abilities, and interests.

Through these innovative approaches, Synergy Dance® Outreach is shaping a future where fitness, creativity, and wellbeing truly belong to everyone.

PROMOTING HEALTH AND WELLBEING

At Synergy Dance® Outreach, promoting health and wellbeing is at the heart of everything we do. Our mission is to make physical activity, creativity, and connection accessible to all, regardless of age, ability, or background. We deliver inclusive dance, yoga, fitness, and wellbeing programmes that support physical, mental, and emotional health for children, young people, adults, and seniors across the UK.

Through our classes and outreach work, we aim to remove barriers such as cost, confidence, disability, and social isolation, ensuring that everyone can experience the proven benefits of movement. Our approach combines creativity with adaptability, allowing participants to engage in ways that suit their individual needs.

Whether delivered in-person, online, or in healthcare and community settings, our activities help improve mobility, confidence, mood, and social connection, supporting lifelong wellbeing through movement and inclusion.

PROMOTING HEALTH AND WELLBEING FOR ALL

We believe that health and wellbeing should be accessible to everyone, not an opportunity for the few. Our programmes are designed to meet people where they are physically, emotionally, and financially.

As a Surrey-based charity with national reach, we work to break down barriers to participation by offering subsidised and free classes for individuals and families in need. Examples include our movement sessions for Berkshire Vision, funded by the TPT Trust or our inclusive SEND sessions for children, for the charity F6IT. Our sessions combine inclusive fitness, yoga, dance, and singing to enhance mental and physical wellbeing in a fun, creative, and supportive way.

Our trained instructors adapt sessions to suit a wide range of needs, from mobility challenges and sensory impairments to long-term health conditions (LTHCs) and neurodiversity. Each class is underpinned by compassion, inclusion, and respect. Ensuring that no one is left behind.

SUPPORTING THE DISABILITY, SEND AND LTHC COMMUNITY

Synergy Dance® Outreach exists to serve individuals who are too often excluded from traditional fitness and wellbeing spaces. We provide tailored programmes for those with Special Educational Needs and Disabilities (SEND) and those living with long-term or life-limiting health conditions, as well as older adults and carers.

Working with schools, hospitals, care homes, and charities, we deliver activities that are safe, engaging, and empowering. Every class is designed to build independence, self-expression, and social connection, key components of good health and quality of life.

We also support families and carers through shared activities that strengthen relationships and foster inclusion. Many of these services are free or heavily subsidised, thanks to the generous support of our funders, partners, and donors.

SUPPORTING MENTAL HEALTH AND WELLBEING

We are deeply committed to improving mental health outcomes through creative, movement-based interventions. Regular physical activity is proven to reduce symptoms of anxiety and depression, improve focus and mood, and enhance overall emotional wellbeing.

However, mental health challenges across the UK continue to grow:

- 1 in 4 people experience a mental health problem each year (Mind, 2024).
- The NHS 2023 Mental Health of Children and Young People report found that 20.3% of 8–16-year-olds and 23.3% of 17–19-year-olds had a probable mental disorder.
- Urgent mental health crisis referrals for children increased by 46% in 2023, reflecting rising levels of distress among young people. Approximately 1 in 4 adults in England will experience a mental health problem each year.

Through inclusive dance, yoga, singing and relaxation sessions, we help participants manage anxiety, build confidence, and experience moments of joy, calm, and connection. Our programmes offer a holistic approach to wellbeing, helping individuals to feel seen, supported, and valued, which often extends to family members, staff and siblings.

ADAPTING TO THE EVOLVING DIGITAL LANDSCAPE

The digital transformation that began during the pandemic continues to shape how we deliver our services. Our online programmes and pre-recorded classes now enable participants to access inclusive movement and mindfulness from their own homes, removing geographical, physical, and financial barriers and are proving very popular.

We continue to invest in digital innovation, ensuring that people who cannot attend in-person sessions, due to illness, disability, or caring responsibilities, can still benefit from the positive impact of dance, yoga, and fitness. This approach also allows us to reach new audiences nationally and internationally, supporting our long-term goal of inclusion without limits.

IMPACT OF THE COST-OF-LIVING CRISIS

As a charity, we are acutely aware of the ongoing cost-of-living crisis and its profound impact on both the communities we serve and our ability to deliver affordable programmes. Rising staff costs, venue hire, and operational expenses have increased pressure on our resources, while our partners, including schools and care homes, face significant budget cuts.

At the same time, demand for our services has never been higher, particularly among low-income families with disabled children and those facing mental health challenges.

Research from Counting the Costs 2021 highlights the urgency of our mission:

- 30% of parents have gone without heating and 37% have skipped meals to meet essential costs.
- 61% of parents of disabled children have had to give up paid work, losing an average of £21,270 per year in income.
- 92% of families report that financial stress has negatively affected their health.

These pressures make our work more vital than ever. We remain committed to providing subsidised, inclusive, and life-enhancing opportunities, ensuring that families can continue to access essential wellbeing services despite financial hardship.

To sustain this work, we are strengthening our fundraising and partnership strategies, diversifying income streams, and advocating for long-term investment in inclusive wellbeing initiatives.

OUR ONGOING COMMITMENT

Despite the challenges of rising costs and increasing demand, our commitment to promoting health, wellbeing, and inclusion for all remains steadfast. Through creativity, collaboration, and compassion, we will continue to expand our reach, adapt to new challenges, and ensure that every individual, whatever their circumstance, has access to the transformative power of movement and connection.

EXPANDING REACH AND IMPACT

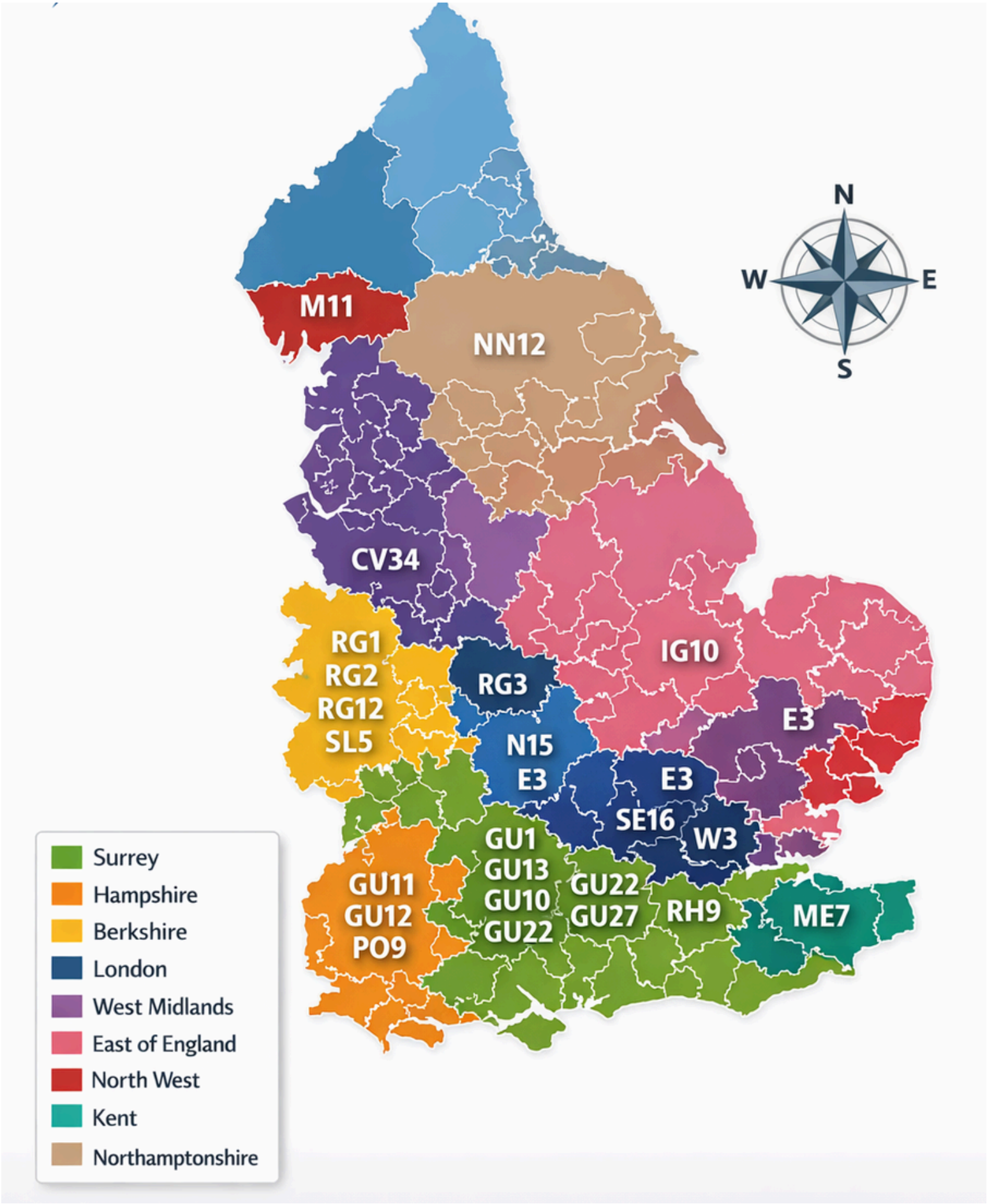
2024–2025 has been a landmark year for Synergy Dance® Outreach, marking a period of growth, innovation, and expanded delivery across the UK.

From our roots in Surrey and Hampshire, we have now built a national network of inclusive dance, yoga, and wellbeing programmes, reaching participants from London to the Midlands and the North of England. Our inclusive delivery now spans SEND schools, hospitals, care homes, supported living centres, charity partners and Outreach centres, community hubs, and leisure facilities.

This year, we have:

- Expanded hospital outreach to Great Ormond Street Hospital, Evelina London, Alder Hey, and Guy's & St Thomas' NHS Foundation Trust.
- Increased delivery in SEND schools and sixth forms, including BeyondAutism, The Meadows, Connor Education Centre, and Walton-Leigh School.
- Grown our care home and community programmes, delivering regular sessions at Grafton Manor, Park View, Leycester House, Summerlands, Gemstone Care and more.
- Delivered over 200 in-person sessions and expanded virtual access nationwide through our pre-recorded ParaStars® and online fitness content.

Together with our instructors, partners, and funders, we continue to break geographical and social barriers, ensuring inclusive fitness is accessible to everyone - wherever they are.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North West
Kent
Northamptonshire

OUR 2024–2025 IMPACT AT A GLANCE

A national movement for inclusion, connection, and wellbeing through dance, yoga, and fitness.

METRIC	REACH
Participants Reached	Over **2,690** children, adults, and seniors engaged through classes, workshops, and online delivery nationwide.
Venues & Partners	Working with more than 60 schools, hospitals, and community venues across the UK.
Regions Covered	Active delivery in Surrey, Hampshire, Sussex, Berkshire, London, Midlands, and North West England.
Age Ranges Served	Ages 3–93, from early years and school-age children to older adults in care settings.
Instructor Network	30+ trained inclusive instructors and volunteers delivering face-to-face and online sessions.
Digital Delivery	Over 500 online classes and video resources accessed nationwide through our digital platform.
Feedback Results	94% of participants report improved mood and confidence. 89% say sessions helped reduce isolation or stress. 97% would recommend Synergy Dance® Outreach to others.

FEEDBACK AND KEY ACHIEVEMENTS

2024–2025 has been another exceptional year of growth, recognition, and impact for Synergy Dance® Outreach. Across our inclusive dance, yoga, and wellbeing programmes, we have continued to see powerful outcomes for participants, schools, care homes, and hospital partners and wider outreach to hospital staff, families and siblings.

Our projects have reached more communities than ever before, providing physical activity, creative expression, and connection for children, young people, adults, and families across the UK.

SIGNIFICANT IMPACTS AND REPORTED OUTCOMES

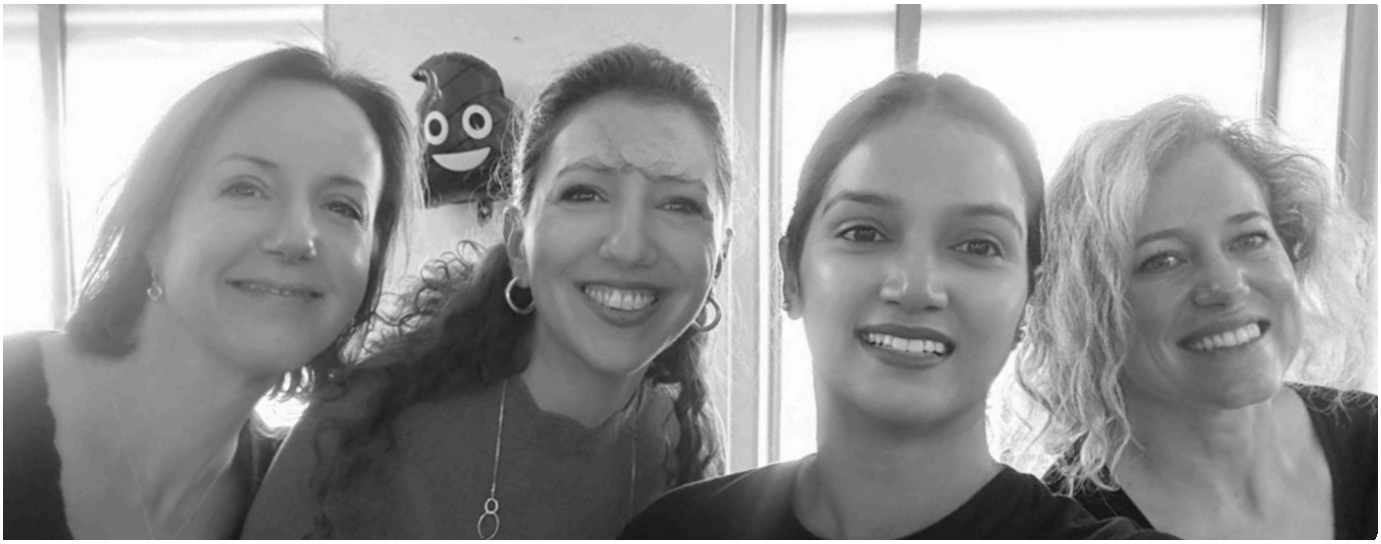
Through regular feedback, surveys and testimonials, our programmes continue to demonstrate measurable benefits across physical, social and emotional wellbeing.

Key reported outcomes include:

- Increased confidence and self-esteem among children and young people.
- Improved physical and mental health and mobility in adults and older participants.
- Reduced isolation and enhanced social interaction in care and hospital settings.
- Improved mood, focus, and resilience among participants experiencing anxiety or long-term health conditions.

Our hospital outreach work, particularly at Evelina London and Great Ormond Street Hospital (GOSH) continues to generate heartfelt responses from families, staff, and patients. Play services teams have praised the sessions for their ability to "lift spirits, create moments of joy, and provide calm amid the clinical environment."

"Feedback has been very positive so far."
— Susan Pruden, Play Services, Evelina London



A Message from Evelina London Children's Hospital

"As we mark the 20th anniversary of the Evelina London Children's Hospital building, I wanted to thank you for everything you do for children in our hospital.
We all know how important it is for children and young people receiving hospital care to have a sense of normality and experience happiness. We really appreciate the one-on-one yoga and dance sessions you provide, and the weekly visits parents can enjoy too.
Thank you again for everything you do to help make Evelina London special for children and young people receiving our care. We hope the important relationship you have with our fabulous play team and with our hospital will continue for many years to come."

— Gubby Ayida, CEO, Evelina London Children's Hospital

I wanted to take a moment to share some feedback from the sessions with the Hummingbird Team as we come to the end of the three-session trial as part of Hummingbirds Pain Research Project.
The team has expressed how much respect they have for the approach of your practitioners and the way they have listened and adapted the sessions to meet the needs of the children and young people attending. I personally want to thank you for partnering with us and bringing the skill of the practitioners to GOSH. Thank you again for the time, effort and care you have put into these sessions. The work your practitioners have contributed has been greatly valued by the team, especially during the infancy of this project.

-GOSH play team

MONITORING AND EVALUATION

We regularly evaluate our programmes through participant feedback, surveys, and partner reports. In 2024–2025, over 90% of participants reported improved confidence and wellbeing, and 92% expressed a desire to continue attending our sessions. These findings provide strong evidence of the sustained positive impact of our inclusive approach to movement and wellbeing.

TRAINING AND PROFESSIONAL DEVELOPMENT

This year also marked an important milestone in the professional development of our instructor network, with the launch of the Future Fit Training partnership and the introduction of our Inclusive Practice for Children and Teens (SEND) Training Course.

This training equips instructors, teachers, and fitness professionals with the knowledge and confidence to deliver inclusive sessions across schools, leisure centres, and community spaces.

"I have completed the SEND training Inclusive Practice for Children and Teens and have thoroughly enjoyed the training. The information was detailed, clear and easy to follow. I especially found the updating of inclusive language incredibly useful. After 20 years working with children in inclusive environments, it reminded me how much has changed.

I've learnt new insights and I'm excited to put them into practice with my new class for children with disabilities. I feel more confident to plan around what they can do, rather than what they can't. The course is invaluable for both new and experienced instructors."
— Katie, Instructor

We are proud to see this training already making an impact on teaching practice and accessibility across the sector and it has opened up many more work opportunities for katie.

AWARDS – OUR MULTI-AWARD-WINNING CHARITY

We are honoured to have received multiple national and regional awards recognising excellence in inclusion, wellbeing, and community impact.

Our recent accolades include:

2025

- Most Inclusive Dance Studio – Surrey
- Inclusive Dance Programme of the Year – Surrey
- Top 100 Children's Activity Provider – No. 5 (Club Hub UK)

2024

- Best All-Ages Movement & Wellness Company – Southeast
- Best All-Inclusive Fitness & Movement Class Provider

2023

- Digital Dance & Fitness Provider of the Year
- Sports Community Initiative of the Year
- Dance Studio of the Year
- Diversity & Inclusion Award (SME)

Earlier Recognition

- Leader of the Year (Rachael Hurton, 2021)
- Diversity & Inclusion Award (SRA, 2021)
- Specialist Dance School of the Year (2021–2023)
- Digital Business of the Year (2022)

These awards are a testament to the hard work and dedication of our team, partners, and volunteers - and to the thousands of participants whose enthusiasm and courage inspire everything we do.

OUR PARTNERS AND PEOPLE

At Synergy Dance® Outreach, our strength lies in our people, the dedicated partners, funders, trustees, staff and volunteers who make our mission possible. Together, we work to ensure that dance, yoga, and wellbeing opportunities are accessible to all, regardless of age, ability, or circumstance.

PARTNERS – NEW AND LONG-STANDING

Our partnerships remain central to the success of our inclusive programmes. From long-standing collaborations with British Blind Sport, Everyone Active, Places Leisure and DEBRA, to newer partnerships with Great Ormond Street Hospital, Evelina London, and Alder Hey Children's Hospital, our network continues to grow.

We extend our sincere thanks to the MP Trust, whose generous funding has made it possible to deliver our creative wellbeing sessions in hospitals, providing comfort, movement, and connection to children and families facing long-term illness.

These partnerships embody our shared values of inclusion, compassion, and impact, helping us expand our reach into hospitals, schools, care homes, and community venues nationwide.

OUR FUNDERS

We are immensely grateful to all of our funders and supporters, whose generosity has enabled Synergy Dance® Outreach to expand its reach and deliver inclusive dance, yoga, and wellbeing opportunities nationwide. Their belief in our mission has allowed us to remove barriers to participation, reach new communities, and make a tangible difference to thousands of children, families, and adults across the UK.

Our success has only been possible thanks to the continued support of a diverse range of trusts, foundations, and grant-giving bodies.

Funders and Supporters (2018–2024):

- Awards for All
- Postcode Society Trust
- BBC Children in Need
- Surrey Community Foundation
- True Colours Trust
- Les Mills Foundation
- Surrey County Council – FISH Holiday Activities Programme
- Chapman Charitable Trust
- Peter Harrison Foundation (Two-Year Grant)

- Henry Smith Foundation (Two-Year Grant)
- Active Surrey Satellite Funding
- Magic Little Grants
- Sport England
- LimbPower – Tackling Inequalities Funding
- Comic Relief
- Charles Hayward Foundation
- Barchester Foundation
- Sussex Community Foundation
- Boshier Hinton Trust
- RIX Thompson
- Foyle Foundation
- Garfield Weston Foundation
- Murray Parish Trust
- Thomas Pocklington Trust

Each of these partnerships plays a vital role in sustaining and expanding our work, from hospital wellbeing sessions and community dance programmes to online accessibility initiatives and staff training. Their contributions enable us to provide free and subsidised opportunities for those most in need, supporting our ongoing mission to promote inclusion, health, and happiness through movement.

We offer our heartfelt thanks to each organisation for their continued trust and investment in our work.

FUNDRAISING HIGHLIGHTS – CASH FOR KIDS

This year, our Marketing and Project Manager, Kathryn O'Toole, led a highly successful Cash for Kids Sports Challenge campaign, raising funds to support our inclusive community classes.

Kathryn raised £2,264 through clothing donations and local fundraising efforts, and her outstanding commitment earned Synergy Dance® Outreach third place and two awards:

- £1,500 prize (3rd Place Overall)
- £500 Sports Challenge Champion Award

In total, this initiative brought in £4,262 of additional funding, all achieved single-handedly through Kathryn's creativity, determination and community spirit. Her achievement exemplifies the dedication of our team and the power of grassroots fundraising to make a tangible difference to the people we serve.

Financial Resilience

We continue to strengthen our financial resilience through strategic fundraising, diversified partnerships, and careful resource management. This ensures that our services remain accessible and sustainable for the communities we serve.

STAFF STORIES

Our talented instructors and volunteers continue to drive our mission forward with passion and creativity. This year, we celebrate the success of several members of our team whose dedication has brought joy and inclusion to countless participants:

- **Daisy Banks** – Winner of the PaCC Award for Excellence in the Charity and Voluntary Sector 2024, recognised for her outstanding work delivering Synergy inclusive dance for children with additional needs across Brighton and Hove.
- **Chrissie** – Delivered an inspiring Berkshire Vision dance workshop for visually impaired children and young people, combining street, commercial and musical theatre styles to promote confidence, coordination, and belonging. Chrissie also led inclusive warm ups for the Include Summit.
- **Abigail** – Continued her remarkable KEF Kids sensory dance work, leading inclusive workshops at Treloar's in Hampshire that bring music, movement, and joy to children with SEND and their families and led pioneering sessions for GOSH, the London Youth Games and the Include Summit. Abi also joined our CEO on panels at Elevate promoting inclusion.
- **Volunteers** – We extend our heartfelt thanks to dedicated volunteers such as Thea, and our wider support team, whose energy and compassion help create inclusive, welcoming environments across all of our classes.

Together, our instructors, volunteers, and project leaders embody the heart of Synergy Dance® Outreach. Creativity, care and community.

TRUSTEE TESTIMONIALS

Trustee testimonial Mary Ungoed-Thomas

It is a pleasure and a privilege to be a Trustee of Synergy Dance. With my colleagues, I ensure that Synergy meets the statutory legal and financial requirements. I help support decision-making and oversee the direction of the charity.

Synergy's mission is the delivery of inclusive dance, fitness and wellness activities in leisure chains, schools, gyms and care homes, supporting people of all abilities. Since its inception in 2017 the charity has been steadily expanding across the country. Now, in an exciting development, Synergy serves Great Ormond Street Hospital and Evelina Children's Hospitals, bringing fun and belonging to children with health issues.

I have enjoyed working on the colorful website, which showcases Synergy's achievements. Seeing the smiles on the faces of the young people Synergy supports, and hearing about the passion and joy of the elderly clients who enjoy old-time singalongs has been wonderful.

Synergy's incredible progress is due to the vision and commitment of the amazing CEO and Founder Rachael Hurton. She made sure from the start that everyone was included, no matter what their disability, and ensured that all activities were fun and accessible. My involvement with the charity has been an exhilarating experience and I can't wait to see where Synergy goes next!

Trustee testimonial Rachelle Franklin

Being a trustee for Synergy dance outreach is very close to my heart due to my own experiences of teaching children with SEND needs. I'm proud to support such an inclusive charity that has continuously strived to ensure that there are equal opportunities for children with SEND to access the arts and participate in community and group events where they have the freedom to be creative in a safe inclusive forum. These group activities and classes are often the highlight of the week for many children with SEND needs and promote celebrating everyone's individuality. The recent expansion into children's hospitals is also proving a fantastic experience for the children on the wards.

Trustee testimonial Nicola Whittaker

It is both a pleasure and a privilege to serve on the Board of Trustees for the Synergy Dance charity. As a Head and lifelong educator of young children, I am deeply passionate about advocating for every child and ensuring each one has a voice. Synergy embodies this belief by making sure every child is seen and heard, offering a creative outlet that connects them not only to the arts but to one another. It is difficult to put into words just how proud I am of all that Synergy Dance have accomplished, and of the barriers they have broken down to reach every child at their level.

More recently, Synergy has branched out into working with children who are staying in hospital. They now support young people with a wide range of complex and often long-term health conditions, and the fun and joy they bring into the lives of these children is truly wonderful. Through their creativity, compassion, and unwavering commitment, Synergy is making a meaningful difference where it is needed most.

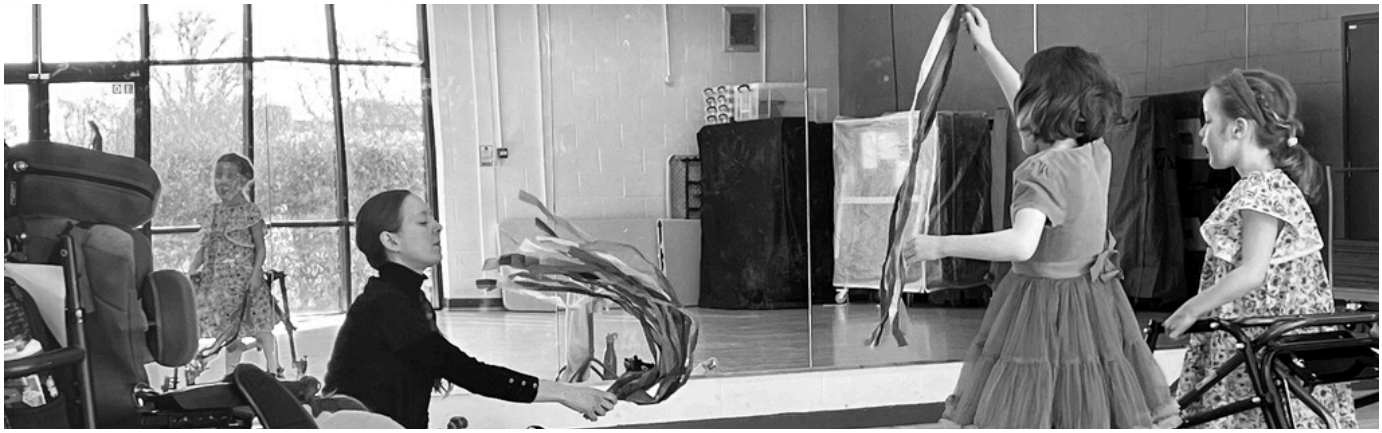
GRATITUDE & FORWARD VISION

None of our progress would have been possible without our dedicated Synergy team, instructors, steering group, Trustees and volunteers - all working within modest budgets and tight timeframes to bring our mission to life. We are equally grateful to our funders, donors and partners whose belief in our work powers every session and every smile.

We remain committed to delivering robust evaluation and meaningful feedback to those who invest in our projects, ensuring accountability, measurable impact, and full compliance with safeguarding standards and all relevant regulatory requirements.

As we look ahead, we are ambitious. We are determined to expand hospital delivery nationwide and bring creative wellbeing opportunities to even more communities who need them most. We warmly welcome new donors, sponsors and partners to join us on this journey. Together, we are making inclusion not just an aspiration, but a joyful reality.

With heartfelt thanks to everyone who has supported and worked alongside us to make so many projects possible and the wonderful Synergy team supporting both projects in their infancy and our longer-term projects.



KEY EVENTS AND HIGHLIGHTS 2024–2025

This year has been filled with powerful moments of connection, creativity, and community. Each project has deepened our impact and strengthened our mission to make movement accessible to all.

Highlights include:

- **Include Summit 2024 (London):** Representing inclusive dance nationally and leading a seated and standing warm-up for over 500 attendees.
- **Hospital Partnerships**: Launching new delivery at Alder Hey and continuing regular sessions at Great Ormond Street and Evelina Children's Hospital.
- **British Blind Sport "Have a Go Day"**: Delivering inclusive dance workshops for children with visual impairments alongside Berkshire Vision.
- **London Youth Games**: Showcasing inclusive movement at Gunnersbury Park for over 1,000 young people.
- **All Access Disability Day (Kia Oval)**: Bringing dance and wellbeing to Surrey Cricket Foundation's annual inclusion event.
- **Challengers Orange Aid Festival**: Hosting a family-friendly dance session for over 400 attendees in Guildford.
- **DEBRA Charity Weekend:** Delivering bespoke dance and yoga sessions for families affected by Epidermolysis Bullosa.
- **KEF Kids Summer Camp**: Creating sensory magic through music, movement, and joy at Treloar's in Hampshire.
- **Comic Relief**: BBC TV appearance, highlighting one of our most impactful outreach projects.

Throughout the year, our team has also delivered weekly inclusive sessions across the country. From sensory yoga at Bridge College and musical theatre at Groveside School to care home sessions at Park View and Grafton Manor.

Each event & partnership reflects our shared belief that dance and movement transforms lives.

IMPACT AND CASE STUDIES

Our inclusive programmes continue to have a measurable and lasting impact. Participants across age groups and abilities have reported improvements in mental wellbeing, physical health, confidence, and connection.

Our work particularly supports:

- Individuals with Special Educational Needs and Disabilities (SEND)
- Those living with long-term or life-limiting health conditions
- Older adults in care, supported living and residential homes
- Hospital patients and families managing treatment or recovery
- Children and families from low-income or disadvantaged backgrounds

Programme Benefits:

- Reduces stress and anxiety
- Supports physical mobility, balance, and strength
- Boosts mood, confidence, and connection
- Provides affordable, inclusive routes to wellbeing

Case Study: Sam - From Participant to Leader

Sam, a young adult with Down's Syndrome, joined our SEND Leadership Programme and now works as an Assistant Dance Leader. He continues to inspire both peers and audiences, embodying our belief that inclusion means leadership and opportunity for all.

Case Study: Hospital Outreach at GOSH and Evelina

Our hospital programmes offer more than movement - they bring comfort, creativity, and hope to children facing long stays. Families frequently share that these sessions are "the highlight of the week," helping children rediscover confidence and joy.

NOW AND BEYOND

Looking ahead, Synergy Dance® Outreach is poised to continue expanding its reach, partnerships, and impact.

- Our collaboration with Future Fit Training will deliver national CPD-accredited training in inclusive dance and fitness practices, empowering more instructors to lead accessible classes.
- We will continue to strengthen our hospital and community programmes, expanding into new NHS sites and supported living environments.
- Our digital and pre-recorded programmes will grow, ensuring people across the UK and beyond can access inclusive movement anytime, anywhere.

As the need for inclusive wellbeing opportunities continues to rise, particularly among older adults and those with disabilities we remain deeply committed to breaking barriers, nurturing confidence, and ensuring that everyone has the chance to move, connect, and thrive.

BREAKING BARRIERS TO EXERCISE

Our approach is all-inclusive, offering a growing range of programmes for those with special educational needs, disabilities, and long-term health conditions, from children and teens to adults and seniors. At Synergy Dance® Outreach, we are dedicated to helping every individual thrive through movement, mindfulness, and creativity.

We uphold the highest standards in governance, accountability, safeguarding, and equality, ensuring safe and welcoming environments for all participants. Our policies and practices are designed to support and protect everyone, particularly those who are vulnerable or at risk of exclusion.

We pride ourselves on being responsive and participant-led. We actively listen to our communities. Consulting with schools, carers, families, and participants to shape the design, content, and delivery of our classes. This collaborative approach ensures our programmes meet the real and evolving needs of our beneficiaries.

Our classes blend multiple disciplines from dance and yoga to mindfulness, drama, and music. Creating what we call “exercise in disguise”. By making physical activity enjoyable, inclusive, and themed around creativity (from Frozen and Cheerleading to Sensory Movement and Musical Theatre), we transform exercise into something everyone can look forward to.

We serve a wide range of sectors, including SEND schools, care homes, hospitals, supported living, outreach centres, colleges, and charities. Working closely with these partners, we tailor sessions to meet specific needs, budgets, and participant goals. Ensuring that inclusive fitness remains accessible, affordable, and relevant.

Our objective remains clear: to reduce inactivity, improve mental health, combat loneliness, and increase confidence across all ages and abilities. Every step, stretch, and smile brings us closer to a society where no one is left behind.

VIEW OUR CARE HOME WORK HERE!

BUILDING PARTNERSHIPS TO DRIVE INCLUSION

Collaboration sits at the heart of everything we do. By working closely with leisure chains, charities, care providers, hospitals, councils and community organisations, we build a network of partners who share our vision. Making movement and wellbeing accessible to everyone.

This year, we've deepened collaborations with British Blind Sport, Future Fit Training, DEBRA, Berkshire Vision, Everyone Active, Places Leisure, Lampton Leisure, Freedom Leisure, KEF Kids, Challengers, while expanding our hospital outreach to Great Ormond Street, Evelina London, Alder Hey and Guy's & St Thomas' NHS Foundation Trust.

Looking ahead, our partnership with Future Fit Training will embed inclusion across the fitness industry through CPD-accredited training in inclusive dance, yoga and fitness practices.

Together, we are building a movement where inclusion isn't an add-on it's the foundation of everything we do.

CONCLUSION – LOOKING AHEAD

As we reflect on another year of growth, innovation and impact, our vision for the future remains clear, to continue breaking barriers, championing inclusion, and transforming lives through movement, creativity, and wellbeing.

In 2026, Synergy Dance® Outreach will build on the strong foundations of our previous years, expanding both our reach and our ambition.

Our Future Goals and Strategic Priorities

- *Expand our Hospital Outreach – Grow our wellbeing delivery across even more hospitals nationwide, reaching children and families in new NHS Trusts.*
- *Grow our Training and Education Offer – Build on our inclusive training partnership with Future Fit to deliver both online and in-person corporate workshops, empowering organisations to become more inclusive in their fitness and wellbeing practices.*
- *Extend our Clubs and Classes – Expand our in-person delivery across Surrey, Hampshire, and neighbouring counties, ensuring that every community can access inclusive dance and fitness.*
- *Create new Partnerships – Collaborate with like-minded charities, councils, and organisations to amplify our collective impact.*
- *Strengthen and expand Fundraising and Sustainability – Participate in new fundraising initiatives, diversify income streams, and move toward greater financial self-sufficiency.*
- *Enhance our Digital Platform – Continue building our online hub of inclusive classes, making fitness affordable and accessible to all, wherever they are.*
- *Engage more schools – Partner with additional schools to introduce children to the joy of "exercise in disguise" through dance, yoga, and movement.*
- *Advocate for Inclusion – Attend more conferences, exhibitions, and talks to share our expertise and inspire others to make fitness more inclusive nationwide.*
- *Celebrate Achievement – Continue striving for excellence, pursuing new awards and recognition that highlight the passion and dedication of our team.*

As we look ahead, we are filled with optimism and determination. Our work is not just about movement, it's about belonging, empowerment and joy. Together with our partners, supporters, and community, we are shaping a future where inclusion isn't optional - it's expected.

OUR COMMITMENT TO SUSTAINABILITY AND GOVERNANCE

In line with our ESG (Environmental, Social, and Governance) principles, Synergy Dance® Outreach is committed to reducing its environmental impact by using digital resources to minimise travel, promoting social inclusion across all activities, and ensuring strong governance standards throughout our operations.

OUR YEAR IN PHOTOGRAPHS AND TESTIMONIALS

A year in movement, smiles, and stories.
This section captures the real heart of Synergy Dance® Outreach, our participants, partners, and instructors in action. Each photograph and testimonial tells a story of creativity, courage, and connection.

"It's the one thing she looks forward to every week — the music, the dancing, the laughter. Thank you for giving her that joy."
— Parent, Inclusive Dance Class

"The smiles in the hospital wards are something we'll never forget. These sessions bring light to families when they need it most."
— Play Specialist, Evelina London

"Synergy Dance® Outreach has changed the way I approach teaching — it's about what people can do, not what they can't."
— Instructor, Inclusive Training Graduate

"Just a quick email, to say thank you so much for yesterday. The feedback has been brilliant from schools and this is down to your sessions. I can confirm we had 230 young people take part from 23 schools across 13 London boroughs."
- Emma, Disability Activation Manager, London Youth Games

Photos from London Youth Games, 2025

CONTACT & GET INVOLVED

We believe inclusion begins with action, and everyone can play a part.
Whether you're a teacher, donor, partner, or volunteer, there are many ways to support our work and help us create a world where everyone can move, connect and thrive.

Volunteer
Join our growing team of volunteers and help us deliver inclusive dance, yoga, and wellbeing programmes in schools, hospitals, and community settings.
Email: admin@synergydanceoutreach.co.uk

DONATE

Your donations directly fund our inclusive programmes for disabled children, families on low incomes, and those facing long-term illness.

Every donation makes a difference:

- £10 – Provides yoga props and sensory materials for a SEND class.
- £25 – Funds a place for a child from a low-income family to attend a workshop.
- £50 – Covers one hospital wellbeing session for children undergoing treatment.
- £100 – Supports the training of an instructor in inclusive practice.

Donate via our website: www.synergydanceoutreach.co.uk/donate

PARTNER WITH US

Collaborate with us to bring inclusive dance, yoga, and wellbeing to your organisation, school, or community. We welcome partnerships that share our vision for inclusion and empowerment.
Email partnerships: rachael.hurton@gmail.com

FOLLOW & SHARE

Stay connected, celebrate inclusion, and help spread the word:

- Facebook: Synergy Dance Outreach
- Instagram: @synergydanceoutreach
- LinkedIn: Synergy Dance® Outreach
- Twitter/X: @synergydanceuk

TOGETHER, WE MOVE FORWARD

As we step into 2026, our passion for inclusion is stronger than ever.
Every partnership, every donation, and every smile in our sessions brings us closer to our vision: *a world where everyone, regardless of ability, background, or circumstance has the opportunity to move freely, joyfully, and without barriers.*

BBC News - https://www.bbc.co.uk/news/articles/clyvk0zkpl6o
https://vimeo.com/1069437931?share=copy&fl=sv&fe=ci
https://www.facebook.com/watch/?v=1825720861294685
https://vimeo.com/1147263689/907693f53d?share=copy&fl=sv&fe=ci

Registered Charity Number: 1180506
Synergy Dance® Outreach,Queen Elizabeth Park, 2 Forster Road, Guildford, Surrey, GU2 9AF
Email: admin@synergydanceoutreach.co.uk | Website: www.synergydanceoutreach.co.uk

Independent Examiners' Report
to the members of Synergy Dance Outreach

I report on the unaudited accounts of Synergy Dance Outreach for the year ended 30 April 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cashflow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Respective responsibilities of trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

I am qualified to undertake the examination, being a qualified member of the Association of International Accountants

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedure laid down in the general Directions given by the Charity
- Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of Independent Examiner's Report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement Report

No matters have come to my attention in the 2025 Financial Statements, which gives me

(1) reasonable cause to believe that in any material respect the requirements:
to keep accounting records in accordance with section 386 of the Companies Act 2006, and
to prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice – Accounting and Reporting by Charities have not been met;
or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Carter Collins and Myer Accountants
Robert Newman
DATE: 21 February 2026

Synergy Dance Outreach

Statement of Financial Activities for the Year Ended 30 April 2025

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Incoming resources					
Donations and legacies	3	17		17	447
Income from charitable activities	4	41,328	82,502	123,830	121,455
Other income		0		0	1
Total incoming resources		41,345	82,502	123,847	121,902
Resources expended					
Raising Funds	6	878	1,636	2,515	4,879
Charitable Activities	7	30,649	84,032	114,681	108,339
Other	8	284		284	318
Total resources expended		31,811	85,669	117,480	113,536
Net movement in funds		9,534	(3,167)	6,367	8,366
Transfers between funds	15	(5,824)	5,824		
Total funds brought forward	15	(22,997)	19,474	(3,523)	(11,888)
Total funds carried forward	15	(19,286)	22,131	2,845	(3,522)

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

Synergy Dance Outreach

Balance Sheet as at 30 April 2025

		Unrestricted £	Restricted £	2025 £	2024 £
Fixed Assets					
Tangible assets					
Current Assets					
Debtors	11	3428		3,428	7,518
Cash at bank and in hand		6	11823	11,830	12,128
		3,435	11,823	15,258	19,646
Creditors	12				
Amounts falling due in one year		(9,350)		(9,350)	(14,432)
Net Current Assets		(5,915)	11,823	5,909	5,214
Amounts falling due after more than one year		(2,340)	0	(2,340)	(8,736)
Net Assets		(8,255)	11,823	3,568	(3,522)
Funds of the Charity					
Unrestricted funds	13	(19,286)		(19,286)	(22,996)
Restricted funds	13		22,131	22,131	19,474
Total Funds		(19,286)	22,131	2,845	(3,522)

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2025.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 April 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Approved by the Board and signed on their behalf by:

Rachael Hurton

Rachael Hurton
Trustee

Synergy Dance Outreach

Notes to the Financial Statements

Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - Charities SORP (FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Charity's work or for specific projects being undertaken by the Charity.

Incoming resources

Incoming is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Resources expended

Expenditure is recognised on an accrual basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included as part of the expenditure to which it relates.

Operating leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remains with the lessor, are charged to the Statement of Financial Activities in the year in which they fall due.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Individual items costing less than £500 are not capitalised.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer equipment	25%

Pensions

The charity operates a stakeholder pension scheme for its staff. The assets of the scheme are held separately from those of the charity in an independently administered fund. Details of the charity's contribution are given in Note 9 to these accounts.

Donations and Legacies	**Unrestricted £**	**Restricted £**	**2025 £**	**2024 £**
Donations		17	17	447
Income				

		17	17	447

Incoming from Charitable Activities	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Grants		62,502	62,502	64,487
Other Charitable Activities	41,328	20,000	61,328	56,968
	41,328	82,502	123,830	121,455

Investment Income	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Interest Income	0		0	1
	0		0	1

Expenditure on raising funds	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Advertising and Marketing	878	1,636	2,515	4,879
	878	1,636	2,515	4,879

	£	**£**	**£**	**£**
Administration	535	6,976	7,510	7,532
Consulting	4,326	8,470	12,796	9,216
Equipment and Props	36	3,631	3,667	1,586
General Expenses	792	2,440	3,232	3,509
Instructor Fee	16,104	8,010	24,114	31,506
Insurance	1,021		1,021	477
Postage, Freight and Courier	20	50	70	7
Printing and Stationery				25
Rent	158	3,930	4,088	4,672
Subscriptions	788	6,615	7,403	6,410
Telephone and Internet	771	11	782	370
Wages (3 Staff)	4,773	42,949	47,723	40,756
	29,323	83,083	112,406	106,067

Other expenditure	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Accountancy fees	1,325	950	2,275	2,271
Bank fees	284		284	318
	1,610	950	2,559	2,589

Net Incoming / (outgoing resources	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
This is stated after charging:				
Depreciation of owned fixed assets				
Other accountancy fees	1,325	950	2,275	2,271.0

	1,325	950	2,275	2,271

Trustees renumeration and expenses

No employee received emoluments of more than £60,000 per annum.

Tangible Fixed Assets

	Equipment	Total
	£	£
COST		
At 1 May 2024	226	226
Additions		
Disposals		
At 30 April 2025	226	226
DEPRECIATION		
At 1 May 2024	226	226
Charges		
Disposals		
At 30 April 2025	226	226
NBV		
At 30 April 2024		
At 30 April 2025		

Debtors	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Trade Debtors	3,428		3,428	7,260
Prepayments				258
	3,428		3,428	7,518

Creditors: amounts falling due	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Trade Creditors	3,981		3,981	8,145
Accruals	966		966	960
Payroll Cost Creditor	4,402		4,402	5,327
Deferred Income				
	9,350		9,350	14,432

Creditors: amounts falling due	**Unrestricted**	**Restricted**	**2025**	**2024**
	£	**£**	**£**	**£**
Private Loan	240	(0)	240	4,836
Bank Loan	2,100		2,100	3,900

2,340	(0)	2,340	8,736

Taxation

The charity is exempt from tax on income and gains falling within S505 of the income & Corporation Taxes Act 1988 (ICTA 1998) or S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity

Fund Movement	**At 01.05.2024**	**Incoming resources**	**Outgoing resources**	**Transfers**	**At 30.04.2025**
Restricted Funds					
AFA 23			(343)	343	(0)
AFE 24		19,990	(20,203)	213	(0)
Cash for Kids		4,264	(2,870)		1,394
CFS 25		3,500	(4,101)	601	0
CIN 1	990		(5,003)		(4,013)
CIN 24		15,000	(14,496)		504
CIN Year 4			(95)	95	0
CR 25		2,342	(2,314)		28
CR23		965			965
MP Trust 25		20,000	(6,574)		13,426
PH Trust		1,956	(3,580)	1,624	0
PH Foundation 24	191		(192)	1	0
TF/WP	226				226
Postcode 23	13,303		(16,250)	2,947	
Rix Thompson	157		(91)		66
SCF Aut23			231		231
SE 23	4,607		(3,874)		733
SE SS 24		6,000	(4,628)		1,372
YMS 25		8,485	(1,286)		7,199
	19,474	**82,502**	**(85,669)**	**5,824**	**22,131**
Unrestricted Funds					
General Funds	(22,996)	41,345	(31,811)	(5,824)	(19,286)
Designated Funds					
	(22,996)	**41,345**	**(31,811)**	**(5,824)**	**(19,286)**
Total Funds	**(3,522)**	**123,847**	**(117,480)**		**2,845**

Sam D Case study
For the Synergy SEND leadership and work experience programme

Sam is 25 and in his third and final year at the Orpheus Centre, a specialist further education college for young disabled people aged 18-25 who are passionate about the Arts.

Sam is incredibly hard working and passionate about dance, he currently attends many classes after college and accesses online courses with professional dance companies. His aspiration for the future is to become a dance tutor and assist with workshops teaching young people to dance.

Last year Sam was accepted onto Unexpected Leaders, a programme run by the performance company Diverse City. The programme is about bringing diversity on stage, behind the stage and leadership in the arts.

In November Sam secured a placement to shadow dance workshops led by professional tutors from Synergy Dance. He was given the opportunity to experience three different workshops for children with and without disabilities aged from 5 to 18 years.

Sam D Case study continued

Synergy Dance Outreach offered Sam the opportunity to observe a tutor, and the relationship with Ren was born. Initially Ren welcomed Sam in to observe classes and understand how Synergy works. Sam grasped every opportunity and Ren allowed him to "co-teach" a session. This was so successful that Ren took on mentoring Sam. With support he started to deliver small parts of the session and, with Ren's guidance, choreographed and taught a dance to one of the classes.

Sam has proved a hit with the students, who see him as a role model as well as just loving his teaching. He has taken all Ren's advice on board and works hard to plan and deliver lessons. He has learned to incorporate warm-ups and cool-downs, to read his class and move at their pace, and to break steps down with key words to help everyone remember the sequence.

Sam's confidence has soared, and he is seriously now looking at pursuing a career as a dance tutor. It is startling to see how far Sam has come in such a short time – the collaboration between Synergy and Orpheus has opened the door to an exciting potential career for Sam.
Nina Holmes - Arts Development Coordinator - Orpheus Centre

Thank you for giving Sam this amazing opportunity to be mentored by Ren; he is absolutely living his dream to teach dance to children with and without disabilities.
Best wishes
Denise Denne

★★★★★

I just wanted to give you a little update. Sam choreographed a song from the musical The Wiz with the class, and they presented it to parents on Saturday, it was brilliant! It was fantastic to hear such lovely comments from parents about Sam, I think we are all enjoying watching him grow in confidence with the support from such a great team....

....The 1 to 1 sessions are also going really well, he is learning a lot from Ren.

Just to keep you in the loop - Sam has progressed brilliantly! He has really grown in confidence & is showing some great teacher skills. We had presentation week last Saturday, where he led a routine which he had taught the group. He was in his element!

- Ren

★★★★★

Hi Rachael, thank you so much for offering Sam the job of Deputy Leader at Synergy Dance today. Sam is really excited and happy to be given this wonderful opportunity to work with Ren and all the children at Synergy Dance. I am so proud of Sam's achievements and he has worked so hard to accomplish this.

Best wishes Denise and Sam

Hi Rachael, thank you so much for your lovely words about Sam. We both feel so blessed, as it's always been our aspiration for Sam to get paid work to teach dance. He is absolutely living his dream and best life ever with you giving him this wonderful opportunity on his journey. Take care and we look forward to seeing you soon at the end of term show.

It was lovely to catchup with you yesterday and to hear about all the exciting news for Sam and Synergy Dance...Thank you so much for giving Sam these amazing opportunities....Sam has said to me that he is living his dream and best life ever! I am extremely proud of all Sam's achievements with Synergy Dance.

Denise Denne (mother)

SYNERGY DANCE OUTREACH

England & Wales - Charity number 1180506

Accounts

Charity registration number: 1180506

Synergy Dance Outreach

Trustees' Report and Financial Statements

30 April 2024

Carter Collins & Myer
Chichester House
2 Chichester Street
Rochdale
Lancashire
OL10 2BG

Synergy Dance Outreach

Charity registration number: 1180506

Trustees' Annual Report

The trustees present their report and financial statements for the year ended 30 April 2024

The report and financial statements also meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019)

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period.

In preparing the financial statements, the trustees are required to:

select suitable accounting policies and then apply them consistently;

observe the methods and principles in the Charities SORP;

make judgements and estimates that are reasonable and prudent;

state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements

prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in business

The trustees are responsible for keeping adequate records that are sufficient to show and explain the companys transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent examiners

Each person who was a trustee at the time this report was approved confirms that:

so far as they are aware, there is no relevant information of which the charity's independent examiner is unaware; and

they have taken all the steps they ought to have taken as a director in order to make themselves aware of any relevant information and to establish that the charity's independent examiner is aware of that information.

Independent Examiners' Report
to the members of Synergy Dance Outreach

I report on the unaudited accounts of Synergy Dance Outreach for the year ended 30 April 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cashflow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Respective responsibilities of trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

I am qualified to undertake the examination, being a qualified member of the Association of International Accountants

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedure laid down in the general Directions given by the Charity
- Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of Independent Examiner's Report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement Report

No matters have come to my attention in the 2024 Financial Statements, which gives me

(1) reasonable cause to believe that in any material respect the requirements:
to keep accounting records in accordance with section 386 of the Companies Act 2006, and
to prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice – Accounting and Reporting by Charities have not been met;
or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Carter Collins and Myer Accountants
Robert Newman
DATE: 16 January 2025

Synergy Dance Outreach

Statement of Financial Activities for the Year Ended 30 April 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
Incoming resources					
Donations and legacies	3	447		447	13,357
Income from charitable activities	4	57,389	64,066	121,455	77,408
Other income		1		1	43
Total incoming resources		57,836	64,066	121,902	90,808
Resources expended					
Raising Funds	6	2,602	2,277	4,879	1,755
Charitable Activities	7	43,970	64,369	108,338	81,292
Other	8	318		318	333
Total resources expended		46,890	66,646	113,536	83,380
Net movement in funds		10,946	(2,580)	8,366	7,428
Transfers between funds	15	(3,990)	3,990		
Total funds brought forward	15	(29,685)	17,797	(11,888)	(19,315)
Total funds carried forward	15	(22,729)	19,207	(3,522)	(11,887)

The statement of financial activities includes all gains and losses in the year.
All incoming resources and resources expended derive from continuing activities.

Synergy Dance Outreach

Balance Sheet as at 30 April 2024

		Unrestricted £	Restricted £	2024 £	2023 £
Fixed Assets					
Tangible assets					
Current Assets					
Debtors	11	7518		7,518	15,136
Cash at bank and in hand		-7346	19474	12,128	5,910
		173	19,474	19,647	21,046
Creditors	12				
Amounts falling due in one year		(14,432)		(14,432)	(12,826)
Net Current Assets		(14,260)	19,474	5,214	8,220
Amounts falling due after more than one year		(8,736)		(8,736)	(27,535)
Net Assets		(22,996)	19,474	(3,522)	(19,315)
Funds of the Charity					
Unrestricted funds	13	(22,996)		(22,996)	(25,005)
Restricted funds	13		19,474	19,474	5,690
Total Funds		(22,996)	19,474	(3,522)	(19,315)

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Approved by the Board and signed on their behalf by:

Nicola Whittaker

Trustee
Approved by the board on 30 January 2025

Synergy Dance Outreach

Notes to the Financial Statements

Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - Charities SORP (FRS 102)), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Charity's work or for specific projects being undertaken by the Charity.

Incoming resources

Incoming is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Resources expended

Expenditure is recognised on an accrual basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included as part of the expenditure to which it relates.

Operating leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remains with the lessor, are charged to the Statement of Financial Activities in the year in which they fall due.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Individual items costing less than £500 are not capitalised.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer equipment	25%

Pensions

The charity operates a stakeholder pension scheme for its staff. The assets of the scheme are held separately from those of the charity in an independently administered fund. Details of the charity's contribution are given in Note 9 to these accounts.

Donations and Legacies	**Unrestricted**	**Restricted**	**2024**	**2023**
	£	**£**	**£**	**£**
Donations		447	447	13,357
Income				
		447	447	13,357

Incoming from Charitable Activities	**Unrestricted**	**Restricted**	**2024**	**2023**
	£	**£**	**£**	**£**
Grants	500	63,987	64,487	43,802
Other Charitable Activities	56,889	79	56,968	33,606
	57,389	64,066	121,455	77,408

Investment Income	**Unrestricted**	**Restricted**	**2024**	**2023**
	£	**£**	**£**	**£**
Interest Income	1		1	43
	1		1	43

Expenditure on raising funds	**Unrestricted**	**Restricted**	**2024**	**2023**
	£	**£**	**£**	**£**
Advertising and Marketing	2,602	2,277	4,879	1,755
	2,602	2,277	4,879	1,755
	£	**£**	**£**	**£**
Administration	1,105	6,427	7,532	5,066
Consulting	5,881	3,335	9,216	8,961
Equipment and Props		1,586	1,586	9,817
General Expenses	2,308	1,201	3,509	1,462
Instructor Fee	24,857	6,649	31,506	18,154
Insurance	477		477	2,501
Postage, Freight and Courier		7	7	
Printing and Stationery		25	25	4
Rent	560	4,112	4,672	2,548
Subscriptions	927	5,484	6,410	3,498
Telephone and Internet	370		370	324
Wages (3 Staff)	6,224	34,533	40,756	26,684
	42,708	63,359	106,067	79,019

Other expenditure	Unrestricted	Restricted	2024	2023
	£	£	£	£
Accountancy fees	1,261	1,010	2,271	2,273
Bank fees	318		318	333
	1,579	1,010	2,589	2,606

Net Incoming / (outgoing resources	Unrestricted	Restricted	2024	2023
	£	£	£	£
This is stated after charging:				
Depreciation of owned fixed assets				
Other accountancy fees	1,261	1,009.8	2,271	2,273.4
	1,261	1,010	2,271	2,273

Trustees renumeration and expenses

No employee received emoluments of more than £60,000 per annum.

Tangible Fixed Assets

	Equipment	Total
	£	£
COST		
At 1 May 2023	226	226
Additions		
Disposals		
At 30 April 2024	226	226
DEPRECIATION		
At 1 May 2023	226	226
Charges		
Disposals		
At 30 April 2024	226	226
NBV		
At 30 April 2023		
At 30 April 2024		

Debtors	Unrestricted	Restricted	2024	2023
	£	£	£	£
Trade Debtors	7,260		7,260	645
Prepayments	258		258	258
	7,518		7,518	903

Creditors: amounts falling due	Unrestricted £	Restricted £	2024 £	2023 £
Trade Creditors	8,145		8,145	2,420
Accruals	960		960	960
Payroll Cost Creditor	5,327		5,327	1,815
Deferred Income				
	14,432		14,432	5,194

Creditors: amounts falling due	Unrestricted £	Restricted £	2024 £	2023 £
Private Loan	4,836		4,836	11,035
Bank Loan	3,900		3,900	5,700
	8,736		8,736	16,735

Taxation

The charity is exempt from tax on income and gains falling within S505 of the income & Corporation Taxes Act 1988 (ICTA 1998) or S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity

Fund Movement	At 01.05.2023	Incoming resources	Outgoing resources	Transfers	At 30.04.2024
Restricted Funds					
AFA 23	9,611	79	(10,156)	466	
B'cester			(175)	175	
CIN 1		15,000	(14,010)		990
CR23	4,507	3,860	(10,959)	2,592	
PH Foundation 23	2,104		(2,112)	8	
PH Foundation 24		10,000	(9,809)		191
TF/WP	1,575		(1,349)		226
Postcode 23		14,350	(1,047)		13,303
Rix Thompson		5,000	(4,843)		157
SCF Aut23		6,832	(7,581)	749	
SE 23		8,945	(4,338)		4,607
	17,797	**64,066**	**(66,379)**	**3,990**	**19,474**
Unrestricted Funds					
General Funds	(29,684)	57,835	(47,157)	(3,990)	(22,996)
Designated Funds					
	(29,684)	**57,835**	**(47,157)**	**(3,990)**	**(22,996)**
Total Funds	**(11,887)**	**121,901**	**(113,536)**		**(3,522)**

ANNUAL REPORT

SYNERGY DANCE® OUTREACH –
TRUSTEES REPORT AND ANNUAL
FINANCIAL STATEMENTS FOR THE YEAR
1ST MAY 2023 TO 30TH APRIL 2024

REGISTERED CHARITY NO: 1180506
ADDRESS: QUEEN ELIZABETH PARK, 2 FORSTER ROAD, GUILDFORD, SURREY, GU2 9AF
TEL: 01483 954135
EMAIL: ADMIN@SYNERGYDANCEOUTREACH.CO.UK

TRUSTEES' REPORT FOR THE PERIOD TO 30TH APRIL 2023

The Trustees are pleased to present their Annual Report and the Financial Statements for the **year ended 30 April 2024**.

The Financial Statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in compliance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective for accounting periods commencing on or after 1 January 2015.

This year, the charity's accounts have been prepared by **Carter Collins & Myer Ltd.**

Trustees
Nicola Whittaker
Mary Ungoed-Thomas
Rachelle Franklin

Steering Group
Judy Thompson, Samuel Denne and Geoff Blake.

A chance for those directly affected by SEND – either personally, or via their children, to influence our services, be part of the design and to help us to connect with local communities.

Independent Examiners and accountants
Carter Collins & Myer Ltd
Chichester House
2 Chichester St Rochdale,
Lancashire
OL16 2AX

Catheryn Day: Accountant
Robert Newman Chichester House
(Independent Examiner)

Bankers
Santander
Bridle Road, Liverpool, Merseyside, L30 4FB

ABBREVIATIONS IN THIS REPORT:

CYP: Children Young People
SEND: Special Educational Needs & Disabilities
LTHC: Long-Term Health Conditions
SEN: Special Educational Needs
ASD: Autistic Spectrum Disorder
MLD: Mild Learning Disability
ODD: Oppositional Defiant Disorder

THE CHARITY

DIVERSITY. INCLUSION. BELONGING

Synergy Dance® Outreach was established to enhance the mental and physical health and well-being of children and young people (CYP), adults, and seniors who are marginalised by Special Educational Needs and Disabilities (SEND) or living with long-term or life-limiting health conditions (LT & LLHCs). Our mission is to provide inclusive and accessible activities — including dance, yoga, singing, and fitness classes — that break down barriers to participation.

Addressing inactivity among marginalised groups
Disabled people are statistically twice as likely to be inactive compared to non-disabled people. At Synergy Dance® Outreach, we tackle this disparity by creating enjoyable, accessible opportunities for regular activity.

We deliver these activities both in-person and online, ensuring that factors such as finances, fitness levels, ability or disability, and family circumstances are never barriers to participation.

Our participants frequently share how our classes improve their mood, build confidence, and enhance resilience, better equipping them to manage the challenges of their conditions.

Who We Support

Our beneficiaries include:

- Individuals with Special Educational Needs and Disabilities (SEND)
- The visually impaired community
- The deaf and hard-of-hearing community
- Seniors
- Those living with long-term health conditions (LTHC)
- Children, teenagers, and other disadvantaged groups

Positive Impacts of Our Classes

As a charity, we empower our participants to:

- Get active and have fun
- Reduce stress and combat loneliness
- Maintain fitness, core strength, flexibility, and motor skills
- Improve posture and relieve stress
- Boost their immune system and enjoy restful sleep

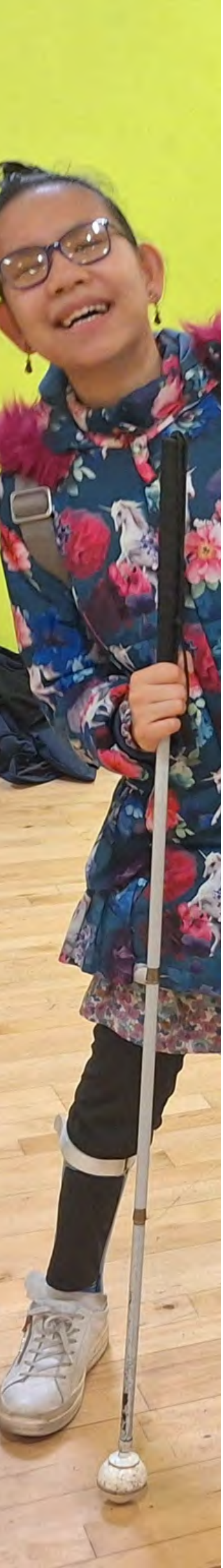
Most importantly, our classes foster confidence and resilience, helping participants face their challenges with renewed strength and positivity.

TIME FOR CHANGE

Our Goal is to Help You Reach Yours

At Synergy Dance® Outreach, we provide inclusive dance, yoga, Pilates, fitness, and wellness activities for children, teenagers, adults, and seniors.

We are dedicated to creating accessible opportunities for people of all ages



BUILDING PARTNERSHIPS TO DRIVE INCLUSION

At Synergy Dance® Outreach, we work collaboratively with leisure chains, charities, care homes, outreach centres, councils, trusts, hospitals, universities, colleges, prisons and schools to deliver inclusive and accessible activities.

For community projects, we are committed to supporting families with disabled children by providing free classes, recognising that their **household income is, on average, 23.5% below the UK norm.** We are passionate about creating opportunities for children and have engaged extensively with families from low socio-economic backgrounds to ensure no one is left behind.

Our core values guide everything we do:

- **Inclusion:** Making activities accessible to all.
- **Innovation:** Offering creative and engaging solutions.
- **Value for Money:** Maximising impact and affordability.
- **Quality of Delivery:** Ensuring professional, high-standard services.
- **Excellent Service:** Providing a seamless, supportive experience for our participants and partners.

Together with our partners, we are fighting for a future where everyone has the opportunity to get active, improve their well-being, and thrive.

INNOVATIVE AND INCLUSIVE SERVICES FOR ALL AGES

At Synergy Dance® Outreach, we offer a wide range of activities to suit diverse needs and preferences. Our services include:

- Live or online classes onsite at schools, leisure centres, care homes, colleges, universities, outreach centres and hospitals.
- Digital, pre-recorded courses in dance, yoga, Pilates, fitness, and meditation, accessible to all ages.
- Special programmes such as school clubs, themed SEND workshops, holiday programmes, seated courses, and tailored SEND initiatives.

Explore our offerings on our inclusive digital platform.
Watch our work in action: Vimeo showcase

Pioneering Accessibility
We are proud to be unique in providing an on-demand, inclusive platform for children, teenagers, adults, and seniors. Our professionally recorded programmes are designed to address a wide array of conditions, including:

- Physical disabilities (both congenital and acquired)
- Wheelchair users
- Neurological conditions
- Mental health challenges

Addressing Health Inequalities
Research by the Activity Alliance (2018) highlights that children and young people with disabilities are at a greater risk of obesity, with risks increasing as they age. Our activities aim to counter these trends by promoting regular, inclusive, and enjoyable physical activity.

Achievements and Impact
Over the past three years, we have been honoured with 14 awards, recognising our dedication to fostering inclusion and innovation. The impact of our work continues to inspire our team, partners, and participants alike.

Transformative Benefits for Mind and Body
The benefits of our activities extend far beyond physical fitness, positively impacting participants' overall well-being. These include:

- Stress relief and improved mental health
- Reduced anxiety and better emotional resilience
- Enhanced fitness, posture, and flexibility
- Strengthened motor skills, core strength, agility, balance, and spatial awareness
- Support in managing chronic pain and improving stamina
- Boosted confidence, new social networks, and lasting friendships

Watch our mission on motion:
CLICK HERE

Breaking Barriers to Exercise
Synergy Dance® Outreach is unique in creating activities that eliminate barriers to exercise, making them accessible to everyone.

We align with key recommendations to combat inactivity and poor mental health, ensuring that our programmes cater to diverse needs.

For example, **Sport England 2020 reported that only 23% of disabled people were able to complete 30 minutes of activity, five times a week, due to accessibility challenges.** Our work directly addresses these gaps, providing inclusive solutions for children and young people (CYP) from all backgrounds.

What Makes Us Stand Out
We are proud to serve diverse groups of CYP, offering tailored programmes that meet their specific needs, including those with disabilities, long-term conditions, and other challenges.

Watch our mission in motion:

- Inclusive Activities Showcase
- Promo Video
- Elevate Promotional Video

A MULTI-AWARD-WINNING CHARITY DRIVING INCLUSION AND WELL-BEING

At Synergy Dance® Outreach, we are proud to be a multi-award-winning charity offering a comprehensive package of dance, yoga, and fitness activities. Our unique hybrid delivery model — featuring both On Demand and Onsite options — ensures choice and flexibility for those who need it most.

We provide tailored activities for a wide range of participants, including:

- Individuals with Disabilities
- Those with Visual Impairments
- The Deaf Community and those who are hard of hearing
- People with Special Educational Needs (SEN)
- Individuals with Long-Term Health Conditions (LTHC)
- Wheelchair users and those with mental health conditions
- Participants with additional needs

Our Mission

We aim to promote well-being, foster healthy lifestyles, and support mental health, offering activities that help participants improve fitness and confidence. Building confidence is central to our mission — we are committed to ensuring that everyone can get moving, regardless of their circumstances.

Who We Support
Special Educational Needs (SEN):
We work with individuals facing challenges such as:

- Special Educational Needs and Disabilities (SEND)
- Autism (ASD), ADHD, ADD, APD, MSI and Oppositional Defiant Disorder (ODD)
- Global Development Delay (GDD)
- Moderate Learning Disabilities (MLD)
- Profound and Multiple Learning Disability (PMLD)
- Down Syndrome, Dyspraxia, and Hearing Loss

Long-Term Health Conditions (LTHC):
Our services target individuals managing conditions such as:

- Spinal injuries, cerebral palsy, and spina bifida
- Cancer, asthma, and long-COVID
- Amputation and multiple disabilities

Breaking Barriers and Driving Impact
We believe everyone deserves access to activities that enhance their physical and mental well-being. By removing traditional barriers to participation, we empower individuals to take control of their health and live active, fulfilling lives.

STRUCTURE, GOVERNANCE AND LEADERSHIP

The charity operates under a CIO Foundation Constitution, which defines the charity's objectives and the rules governing Trustees' roles and responsibilities.

Trustees and Leadership

- The Board of Trustees, currently comprising three members with backgrounds in teaching, special needs, and editorial work, governs the charity.
- The recruitment and appointment of Trustees is a collective decision made by the Management Committee of Trustees.
- Day-to-day operations are delegated to the administration and management team, but key decisions, including the appointment of the CEO, Project Managers, and administrative staff, are retained by the Board.

Responsibilities of the Trustees
The Board of Trustees holds ultimate responsibility for:

- Financial control and reporting
- Overseeing the preparation and approval of the Trustees' report and financial statements
- Ensuring the charity meets its objectives and operates in accordance with its governing document

The Trustees' collective approach ensures the charity is managed transparently and effectively to achieve its mission of inclusivity and innovation.

GOVERNANCE

Synergy Dance® Outreach is governed by a dedicated and passionate Board of Trustees, comprising three members with diverse expertise and personal connections to the charity's mission.

Some Trustees have children with SEND or family members with disabilities, bringing invaluable lived experience and insight to their roles. Since its inception, the Board has successfully guided the organisation's growth—from a small community non-profit addressing local needs to a Charitable Incorporated Organisation (CIO) registered with the Charity Commission.

Through the Board's leadership, Synergy Dance® Outreach has cultivated strong partnerships with local organisations such as; Action for Carers Surrey, Age UK, Amaze Sussex, Blind Aid, Blue Youth Community Centre, British Blind Sport, Berkshire Vision, Bobath Centre, Children in Motion, Challengers, F6IT, Children in Need, CHIPS, Croydon Vision, Deaf Umbrella, FISH, FND Hope, Godstone YMCA, KEF Kids, L'Arche, Leacroft Youth Centre, LimbPower, LinkAble, Orpheus Centre, Parkinson's UK, Hop 50+, The Knoll Centre, Phoenix Youth Centre, RNIB, Save the Children UK, Sport England, SENSE, Sported, St Quintin Centre for Disabled Children and YP, Surrey Coalition of Disabled People, Action for Carers, The Brain Charity, The Clockhouse, Cube Disability, The Hive, The Matrix, WYCANN, Whizz Kids and more!

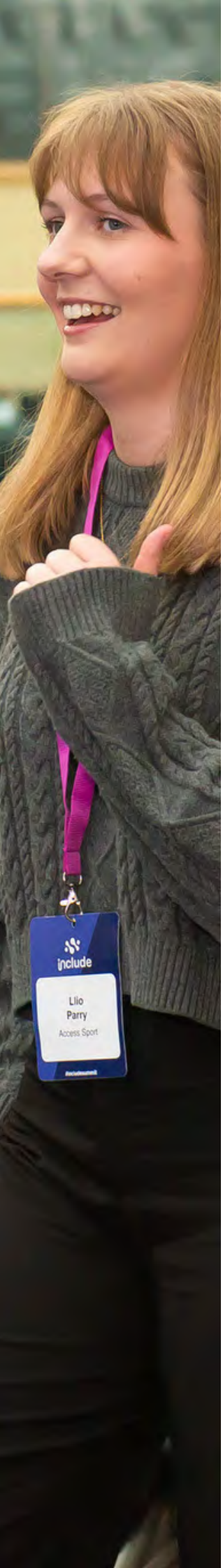
LEADERSHIP

The charity is led by founder and CEO Rachael Hurton, whose extensive professional background and unwavering determination have been key to Synergy Dance® Outreach's success. Rachael holds:

- A Master's Degree in Text & Performance from Kings College London/RADA
- A Degree in Philosophy with Literature from Sussex University
- A Studio Professional Diploma in Fitness
- A Postgraduate Diploma in Publishing & Printing from the London College of Printing

Her career includes managing the Alpine Club Photo Library alongside George Band (1953 Everest Expedition), working in book publishing for Usborne Books, Kingfisher, Dorling Kindersley, and Which?, and acting for the BBC (The Life of Dickens with Peter Ackroyd) and other film projects, including Bond/Skyfall.

Rachael's passion and ambition have driven Synergy Dance® Outreach to receive numerous nominations and awards. She is a strong advocate for continuous learning and development, inspiring the team to grow and meet the increasing demand for services.



OUR TEAM AND COMMITMENT

The charity's team is composed of highly skilled, determined, and passionate individuals dedicated to the mission of enriching lives through inclusive activities. We are committed to maintaining the highest standards in governance, accountability, and safeguarding practices.

- All staff and volunteers are trained in safeguarding and hold enhanced DBS checks.
- We are deeply committed to equal opportunities, ensuring our services are accessible to all.
- Our work is carefully monitored and evaluated to measure its impact on beneficiaries and stakeholders.

GOVERNANCE PRACTICES

The Board connects regularly throughout the year, occasionally inviting external members or experts for additional insights. It retains control over all statutory matters, including compliance with the Charity Commission, and provides oversight of risk management in collaboration with consultancies and partners.

Synergy Dance® Outreach's approach to leadership and governance underpins its success in delivering high-quality, inclusive services, ensuring a lasting impact on the lives of those we serve.

WELCOME FROM THE CEO

At Synergy Dance® Outreach, we are fighting for change and advocating for more inclusive opportunities for everyone. We are committed to creating a world where all people, regardless of their age, ability, or circumstance, have access to enriching and empowering activities.

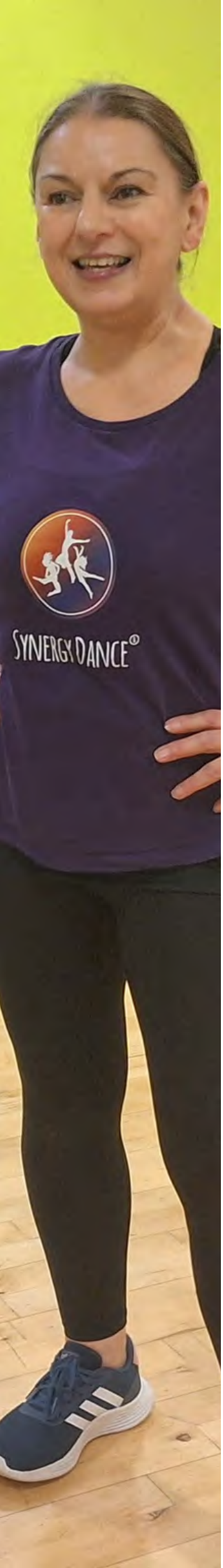
Our Mission

We are a charity that provides inclusive dance, fitness, yoga, wellness, singing, and enrichment activities for children, teens, adults, and seniors. Our programmes cater to all abilities and include both in-person and online options, with standing and seated sessions, as well as programmes designed for high and low impact. Many of our courses are directly commissioned by our partner organisations, ensuring that we meet the specific needs of the communities we serve.

Since our formation, we've seen an ever-growing demand for our services, particularly for SEND children and adults. We are on a mission to break down barriers and keep everyone active. We provide opportunities for those who face challenges to participate in activities that help improve their fitness, happiness, and well-being.

Our Vision

We aim to build life skills, confidence, self-esteem, and resilience in every participant. We also foster independence and create opportunities to form new friendships and networks with others who share similar experiences. Our programmes are designed to help individuals thrive, both physically and emotionally, by providing a platform for them to interact, enjoy, and grow together. Find out more here.



Expanding Opportunities for All

Our commitment to inclusivity extends to a wide range of communities:

- Children and adults with Special Educational Needs (SEND)
- Seniors, with a focus on healthy ageing and low-impact programmes
- Individuals with Long-Term Health Conditions (LTHC)
- The Visually Impaired/Blind
- The Deaf and hard-of-hearing communities
- Schoolchildren, teens, and young people

Our ParaStars programmes, which include ParaStars Yoga, ParaStars Pilates, and ParaStars Dance, are specially designed to serve all ages and are targeted at the disability community and those with LTHCs.

Collaboration and Impact

We are deeply committed to collaborating with other organisations to expand our reach and continue meeting the needs of the communities we serve. We are constantly engaging with the disability community, families, and schools to create new opportunities for inclusive activity. Our team works tirelessly to expand our services across the UK, ensuring that no one is left behind.

The demand for our programmes is growing, and we are excited every time we welcome a new participant, whether it's a child, an adult, or a senior. For many families, our innovative classes provide the choices and opportunities they have been searching for, and we are proud to meet this unmet need.

We are always available for conversations, to explore new options, and to ensure that we remain fully inclusive in everything we do. We go the extra mile to make sure that all our participants are supported and that our services continue to have a positive impact on their lives.

Rachael

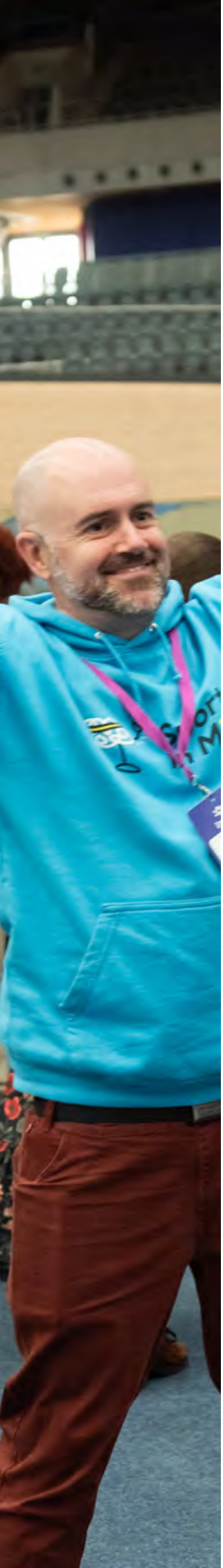
Rachael Hurton

EXPANSION INTO ED-TECH, HEALTH-TECH, AND TECH-FOR-GOOD

Synergy Dance® Outreach has expanded into the Ed-Tech, Health-Tech, and Tech-for-Good sectors, with a clear mission to inspire more accessible, inclusive digital activity across the UK and globally. Our aim is to make a positive difference in the lives of as many children and adults as possible, providing opportunities for activity and well-being through innovative solutions.

We continue to support social prescribing in collaboration with the NHS, helping individuals with long-term health conditions (LTHCs) or poor mental health to improve their physical and emotional well-being through movement.

Additionally, we are offering a wide range of dance and yoga programmes specifically designed to support seniors, fostering healthy ageing and active lifestyles.



Creating Employment and Inclusive Opportunities

As part of our commitment to empowering individuals, we are creating new employment and inclusive opportunities for young adults with SEND who wish to pursue careers in the Arts and Fitness sectors.

Through our work experience and SEND leadership programme, we are providing hands-on training and real-world job opportunities to young people, helping them build confidence and gain valuable work experience. You can read more about our work with Sam, a young adult with Down's Syndrome, in our case study (below).

Expanding Our Reach and Talent Pool

We are also expanding our team of talented professionals who provide our groundbreaking pre-recorded content for online classes. You can see some of this work in our latest video here: Synergy Dance® Pre-recordings.

As part of our ongoing growth, we will be launching an online training program for ParaStars Yoga® and ParaStars Dance®, two of our innovative programmes designed for seated workouts.

Additionally, we are in the midst of establishing a National Training Programme for Synergy teachers, which will help us meet the unmet demand for inclusive classes throughout the UK. **This is in collaboration with Future Fit and is scheduled to launch in February 2025.**

ADAPTING TO THE EVOLVING DIGITAL LANDSCAPE

As the fitness and wellness industry continues to evolve, we've explored how our digital offerings can expand and adapt to meet the needs of modern children, young people (CYP), and adults who require flexible exercise solutions. In response to these needs, we are committed to providing the perfect balance between live and digital activities, ensuring that both formats work together seamlessly to support the diverse needs of our participants.

Impact of the Pandemic and Growing Demand for Digital Fitness

The COVID-19 pandemic significantly accelerated the shift towards digital fitness and well-being activities, driving us to prioritise the mental health of our participants, particularly children. **In 2022, 50% of children focused more on their well-being as a result of the pandemic, highlighting the growing recognition of the importance of mental health alongside physical activity.**

Far from being temporary solutions during the pandemic, livestream and on-demand activities have become integral to the long-term strategy of leisure providers and schools. In fact, **80% of customers indicated that they planned to continue using these services beyond the pandemic.** This trend has continued to grow in popularity over the last year, with digital offerings becoming a permanent and vital part of service provision.

A Connected Fitness Experience for All
The rise of digital fitness and the growth of homeworking have led to a surge in demand for a connected fitness experience that offers convenience and flexibility. This shift is particularly important for CYP and the disability community, who may prefer to exercise in the comfort of their own home, within their community, or a combination of both. Our hybrid approach to fitness helps ensure that participants can stay active, regardless of their location, circumstances, or preferences.

IMPACT OF THE COST-OF-LIVING CRISIS ON SYNERGY DANCE® OUTREACH

As a charity, we are experiencing the profound impact of the ongoing cost-of-living crisis on multiple levels. Staff costs, venue hire, and partner funding are all rising, making it more difficult for us to maintain the level of financial accessibility that we aim to offer.

Despite these challenges, our core goal remains to provide heavily subsidised services to ensure that families facing financial hardship, particularly those with disabled members, can still access the vital activities we provide.

Increasing Costs and Financial Strain

- **Staffing Costs:** Our staff are facing increased financial pressures themselves. In response, staff have raised their rates and, where possible, are charging for travel to help cover the rising costs.

- **Venue Hire:** Many of our venues, including local leisure centres, are being hit by substantial energy bill increases, resulting in higher room hire fees that impact our ability to offer affordable classes.
- **Partner Budget Cuts:** Several of our partners, such as care homes and SEND schools, are experiencing budget reductions. Many can no longer afford to pay for enrichment activities unless they are heavily subsidised, which has a direct effect on our income and the resources we rely on for core costs.
- **Reduced Donations:** With increasing financial pressures, many families are unable to make charitable donations, reducing our unrestricted funding for essential services.

Rising Demand for Services

Despite these financial strains, the demand for our services is only increasing. We are passionate about meeting this demand and ensuring that as many children, young people, and adults as possible benefit from our inclusive dance, fitness, yoga, and wellbeing programmes.

However, many families — especially those with disabled members — are already experiencing poverty, with parents unable to work full-time due to caregiving responsibilities or the needs of their children. This financial strain has worsened mental health challenges and feelings of isolation, as many families struggle to access services that would improve their quality of life.

The Need for Financial Accessibility

- The need for financial accessibility is more urgent than ever. Research, such as Counting the Costs 2021, highlights the dire situation many families with disabled children are facing:
- **30% of parents have gone without heating** and **37% have gone without food** for themselves.
- **30% of respondents reported going into debt** or borrowing money during the pandemic, while **15% got behind on mortgage payments** and **10% used a food bank for the first time.**
- **61% of parents report having to give up paid work**, losing an average of £21,270 in family income.
- **92% of parents say that going without basic necessities** affects their health and **34% report negative impacts on their child's health.**

Given these realities, many families feel trapped, with care commitments further limiting their ability to earn money, while financial pressures continue to mount.

Our Strategy for the Future

To ensure that we can continue to support families and meet the growing demand for our services, fundraising will be a critical part of our ongoing strategy. We are committed to increasing our efforts to secure additional funding, enabling us to expand our services throughout the UK and support more families in need.

In the past year, we've seen significant growth in the East Midlands/SE, and we are receiving increasing requests for services in new areas across the UK. Our activities are not only fun and inspiring but also make a profound difference in the lives of our participants. The success stories and testimonials we receive are a testament to the vital role we play in improving the well-being and quality of life for children and adults with disabilities.

As the cost-of-living crisis continues to affect families, we remain determined to ensure that no one is left behind. Access to services that improve physical, emotional, and mental well-being must remain available to all, regardless of financial circumstances.

INCREASED TAX AND NICS IN 2024

As we head into 2025, the increase in tax rates and National Insurance Contributions (NICs) is likely to impact Synergy Dance® Outreach in several ways.

Higher tax rates could lead to increased operational costs for the charity, particularly in areas related to employee salaries, pension contributions, and overall administrative expenses.

The rise in NICs may increase payroll costs, which could affect the charity's ability to allocate funds to its core programmes and services.

This may also influence the affordability of our outreach work, potentially leading to the need for careful financial planning and adjustments in how we deliver our services, especially as we continue to expand nationally and internationally.

While these changes may pose financial challenges, we remain committed to sustaining the quality and accessibility of our inclusive dance, yoga, and fitness programmes for SEND individuals. To navigate these potential strains, Synergy Dance® Outreach will need to explore new funding sources, strengthen partnerships, and focus on operational efficiencies to ensure that we can continue our mission of empowering individuals through movement and creative expression.

SYNERGY DANCE® OUTREACH: EXPANDING REACH AND IMPACT

Founded in Guildford in 2017 as a small not-for-profit, Synergy Dance® Outreach has expanded rapidly and now operates across a wide range of locations in the UK. We are proud to have made a significant impact in areas such as Croydon, Aldershot, Bagshot, Hindhead, Thornton Heath, Manchester, New Malden, Guildford, Godalming, Kingston upon Hull, Hampton Middlesex, Weybridge, Caterham, Surbiton, Fleet, Cranleigh, Wokingham, Leatherhead, Farnham, Camberley, Gosport, Hartley Whitney, Hayes, South London, Hertfordshire, Kent, Brighton, Essex, East London, North London, Central London, East Grinstead, Oxted, Worcester Park, Hook, Windsor, Addlestone, Sheffield, West Midlands, West Byfleet, Sandhurst, Walton on Thames and more.

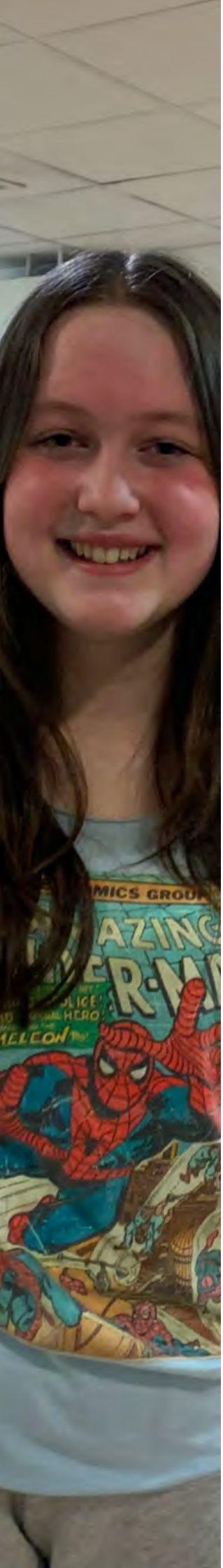
Initially serving the local community in Surrey, we have expanded our footprint, offering inclusive dance, yoga, fitness, and wellness activities for a wide range of participants including children, teens, adults, and seniors with disabilities, special educational needs (SEND), and long-term health conditions. In Surrey alone, we have been actively engaged in Leatherhead, Dorking, Guildford, Haslemere, Woking, Weybridge, Stoughton, Walton, Chertsey, Ash, Reigate, Godalming, Farncombe, Redhill, and Horley, providing opportunities for exercise and social interaction for families, schools, and care homes.

Our seniors' programmes, which focus on relaxation, movement, and memory recall, have been enjoyed by local care homes, including Broadwater Lodge, Claremont, Queen Elizabeth Park, The Clockhouse, Summerlands Care Home, Worpleston View, Farncombe Day Centre, and Signature at Moorlands Lodge.

National Reach through Partnerships and Digital Expansion

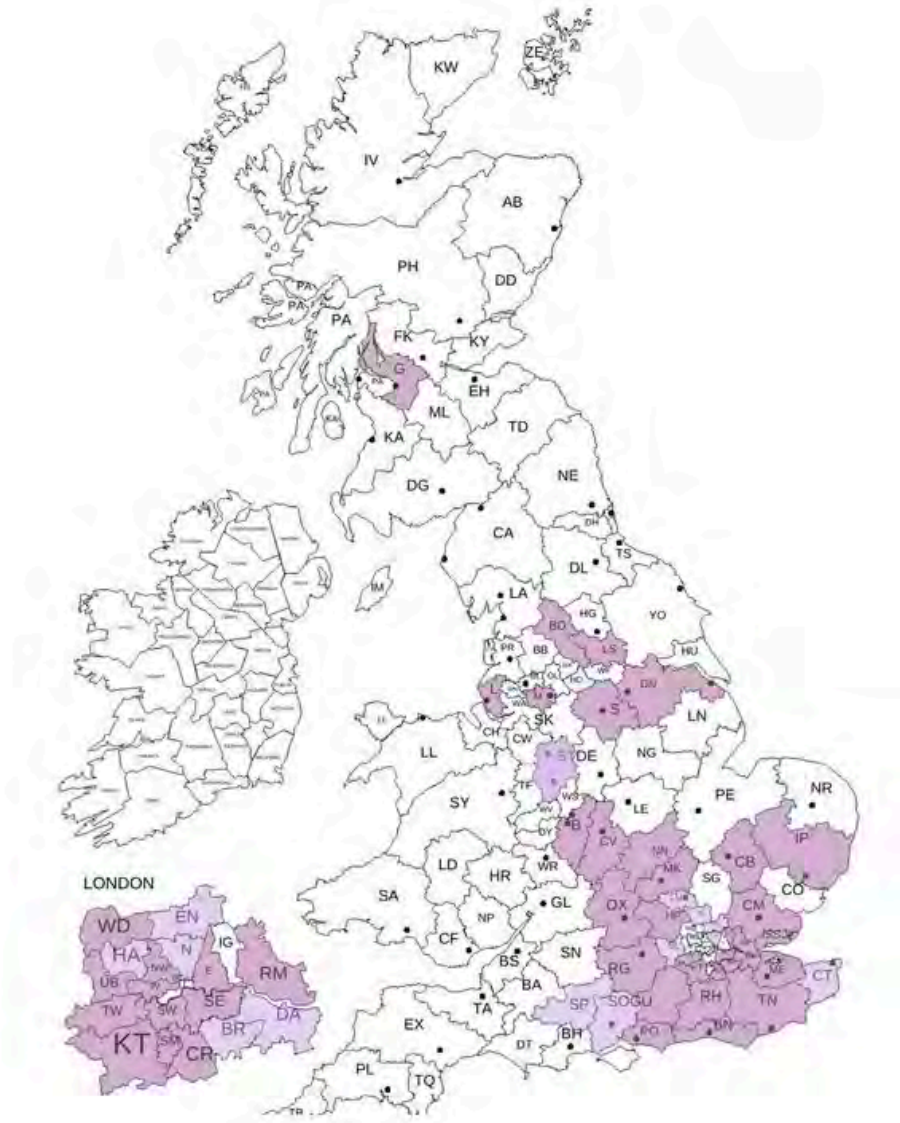
Through collaborations with like-minded organisations, we have expanded to new groups and regions across the UK. In Oxfordshire, we partnered with FND Hope to provide activities for those with neurological disorders. We also collaborated with Cube Disability Kids in Northamptonshire, supporting children with learning disabilities. Additionally, our programmes have been embraced by Children In Motion and KEF Kids.

In London, we have worked with Save the Children, who helped us connect with their beneficiaries. Blind Aid, also based in London, has supported our instructors in delivering themed classes for clients with visual impairments.



Our outreach in West Yorkshire has involved supporting WY CANN, an organisation helping children with additional needs, while our ongoing partnership with The Brain Charity has allowed us to serve those affected by over 600 conditions impacting the brain, spine, and nervous system.

This year, we achieved national reach, and through joint collaborations and digital workouts, we have been able to provide our services to an even broader audience. We are also in the process of securing more partnerships with schools, prison and rehabilitation groups and other community organisations across the country. To include Lampton Leisure, Berkshire Vision, GOSH and Evelina!



SYNERGY DANCE® OUTREACH – PROMOTING HEALTH AND WELL-BEING FOR ALL

The principal activity of Synergy Dance® Outreach is to promote physical and mental health and well-being through lifelong participation in dance, fitness, yoga, singing, and related well-being activities. We strive to ensure that finance, fitness, ability, disability, or family circumstances are never barriers to participation.

As a Surrey-based registered CIO charity with national reach, our mission is to remove barriers and provide accessible, innovative, and inclusive dance and fitness opportunities for individuals of all ages and abilities. Our focus is on children and young people, adults, seniors, and those who are disadvantaged, including individuals affected by SEND (Special Educational Needs and Disabilities).

We are governed by a Board of 3 Trustees and a steering committee that actively contributes ideas and feedback to guide our work. Our charity specialises in providing specialist dance, yoga, Pilates, singing, and fitness activities tailored to SEND participants of all ages. This includes smaller group settings with SEND-trained teachers for more specialised classes, as well as digital delivery for broader access.

Our approach is all-inclusive, offering a growing range of programmes for those with special educational needs and the disability community — from children and teens to adults and seniors.

SUPPORTING THE DISABILITY AND SEN COMMUNITY

At Synergy Dance® Outreach, we are dedicated to helping the disability and SEN community thrive. Our mission is to empower individuals to be their best selves—with Synergy, no one is left behind.

We are committed to upholding the highest standards in governance, accountability, and safeguarding, ensuring equal opportunities for all. Our policies and practices are designed to protect and support every participant, particularly those who are vulnerable.

We closely monitor and evaluate the impact of our work, using our extensive local networks to connect disadvantaged children, young people, and families with essential community and voluntary sector support. By collaborating with appropriate agencies, focus groups, and partners, we work to further aid those facing multiple complex health issues, ensuring they receive the support and resources they need to thrive.

COMMUNITY ENGAGEMENT AND INNOVATIVE PROGRAMMING

To achieve our aims, Synergy Dance® Outreach actively listens to the communities we serve, ensuring that we deliver services that meet their needs and desires.

We regularly consult with participants and involve them in shaping the design, themes, content, and delivery of our activities. This collaborative approach ensures that we remain responsive to the evolving needs of our diverse audience.

We pride ourselves on being innovative in our delivery. Our classes often cross genres, combining activities such as dance, yoga, and Pilates in a single session. We also blend creative themes, like Zombies and Cheerleading, Breakdance and Street, or Ballet and Musical Theatre, to make the classes both engaging and fun.

This approach turns exercise into an enjoyable experience — what we like to call ‘exercise in disguise’ — making physical activity more accessible and enjoyable for all.

SYNERGY DANCE® OUTREACH: A COMMITMENT TO INCLUSION AND COMMUNITY

Synergy Dance® Outreach is renowned for offering a diverse range of inclusive on-site and digital activities that cater to children and adults, ensuring that everyone can benefit from exercise and wellness. We are proud to support a variety of impactful goals:

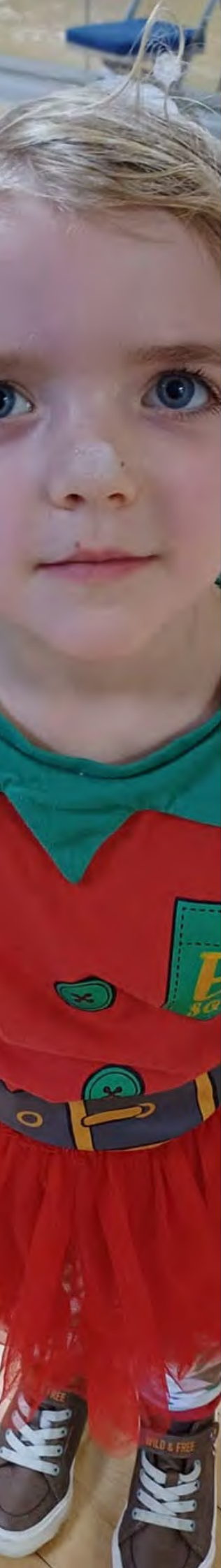
- **Advancing education:** We collaborate with pre-schools, schools, PTAs, out-of-school clubs, colleges, universities, libraries, and sports clubs, working closely with Active Surrey as their chosen School Engagement partner for Dance. Our educational programmes aim to make dance, fitness, and wellness accessible to all learners.
- **Promoting health and saving lives:** All of our activities are designed to promote healthy living through physical activity and the improvement of mental well-being. We are committed to helping our participants lead healthier, more active lives, contributing to the well-being of individuals and communities.
- **Supporting disadvantaged people:** We work with children's care homes, adult care homes, drop-in centres, and residential care facilities for older people to provide fun, accessible, and inclusive exercise and wellness activities. Our sessions include dance, wellness, singing, art, memory recall, and more — ensuring that everyone can participate and benefit.
- **Collaborating with charities supporting SEND:** We partner with organisations that support people with Special Educational Needs and Disabilities (SEND), working directly with them to deliver tailored activities that promote inclusion, health, and happiness.
- **Advancing citizenship and community development:** We are dedicated to creating volunteering opportunities, offering coaching and training to volunteers, and collaborating with other charities to further our mission.

- Through internships and apprenticeships, we also provide graduates with valuable experience in the charity and fitness sectors. Additionally, we foster a peer-to-peer support network to help new children feel welcomed into our community.
- **Advancing the arts and culture:** Our programmes encourage high standards in dance, yoga, fitness, art, and choreography, culminating in high-quality performances for concerts and theatre. We believe in dancing for fun, fitness, and cultural enrichment, allowing participants to experience the joy of movement and creative expression.

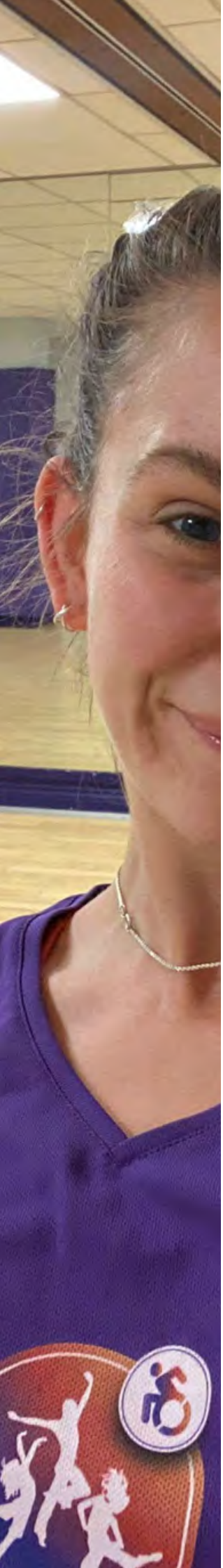
SYNERGY DANCE® OUTREACH: OUR COMMITMENT TO IMPACT AND INCLUSION

At Synergy Dance® Outreach, we are committed to following our core aims and objectives, which guide our work in creating a more inclusive and supportive community. We work tirelessly to achieve the following:

- **Increase Access to Education, Qualifications, and Skills:** Our programmes aim to enhance literacy, numeracy, and ICT skills in children by actively involving them in programme logistics and programme improvement. This empowers participants while also providing valuable hands-on experience.



- **Improve People's Health and Wellbeing:** Improving the physical, mental, and emotional health of our participants is our number one priority. All of our activities align with Health Surrey's Health and Wellbeing Strategy, offering inclusive opportunities for individuals to maintain and improve their health through engaging in exercise and wellness activities.
- **Enhance Employability:** In addition to enhancing educational skills, our programmes also increase employability by providing participants with essential life skills, such as teamwork, communication, and problem-solving, alongside their academic education.
- **Expand Access to Sport, Exercise, and Leisure Activities:** We extend opportunities for sport, exercise, and leisure activities, with a focus on arts, culture, and heritage. Our programmes, such as the Fun In the School Holidays (FISH) project in collaboration with Guildford Council, provide out-of-term recreational activities to over 120 children annually.
- **Promote Community Cohesion and Reduce Isolation:** Our projects foster community cohesion by providing recreational opportunities that might otherwise be unavailable. They encourage personal development, friendship-building, and confidence, offering a supportive environment for individuals to connect and grow. Many of our initiatives focus on families in poverty, a growing group that now comprises 10% of our beneficiaries, reflecting an increase in need.



CONFIRMATION OF PUBLIC BENEFIT

No material changes in policy have occurred since the last report. The Trustees confirm that they have reviewed the Charity's aims and objectives, and in planning future activities, they have referred to the guidance contained in the Charity Commission's revised general guidance on public benefit.

The Trustees are satisfied that the current activities, as outlined in this report, continue to deliver public benefit in line with the Charity's mission and objectives.

GROWING DEMAND FOR SERVICES

The statistics we have referenced are from 2018 and may not reflect the current situation in Surrey. According to the 2021 Census data, approximately 8.7% of Surrey residents (104,266 individuals) reported having a disability under the Equality Act, with their day-to-day activities limited 'a little', and 5.2% (61,835 individuals) reported their activities limited 'a lot'.

Barriers to participation in physical activity for disabled individuals remain significant. Concerns about the potential impact on benefits if seen as 'active' have been noted, though specific recent data for Surrey is limited. Nationally, organizations like Activity Alliance continue to address these challenges

We are committed to expanding both onsite and virtual delivery of our dance, yoga, and fitness programmes to meet the growing demand locally and nationally. By placing individuals with long-term health conditions (LTHC) and SEND at the centre of our approach, we enable participants to maintain flexibility, muscle strength, and overall well-being — whether seated at home or in community settings. These activities help reduce stress, promote relaxation, and boost the immune system. Our unique seated classes cater to individuals in wheelchairs, those with mobility issues or LTHCs, and seniors, providing tailored support for their physical health and well-being.

PARTNERSHIP WITH EVERYONE ACTIVE

We are proud to partner with Everyone Active to provide our all-inclusive online platform classes to their members. During the pandemic, these classes were made available for free at over 200 Everyone Active leisure sites nationwide, reaching an estimated audience of up to 200,000 individuals during lockdown.

This initiative was funded by Sport England and the National Lottery, ensuring that our services were accessible to a wide audience in a time of great need.

HYBRID SERVICE OFFER & HEALTH STATISTICS

As of 2022/23, updated health statistics for the UK reveal significant public health challenges. Approximately 16.1 million people, or 24% of the population, reported having a disability, with prevalence varying by age: 11% among children, 21% among working-age adults, and higher percentages among those over 65.

Households with at least one disabled member face higher poverty rates, with 19% living in relative poverty compared to 15% in non-disabled households.

Obesity also remains a concern, with 63.8% of adults in England classified as overweight or obese in 2021/22, up slightly from the previous year. Among children, 9.2% of those in Reception Year and 22.1% of Year 6 students were classified as obese, though regional and socioeconomic disparities contribute to varying rates.

Physical inactivity compounds these issues, with many adults and children failing to meet the recommended levels of exercise. The World Health Organization warns that physical inactivity is a "silent threat" to global health, affecting 31% of people worldwide.

Addressing these challenges requires targeted efforts to reduce disparities, promote healthier lifestyles, and prioritize support for vulnerable populations, including those in deprived regions and households with disabled members.

SUPPORTING MENTAL HEALTH AND WELL-BEING

We are committed to supporting the one in four individuals who experience a mental health problem. In 2017, one in eight children and young people aged 5–19 had at least one mental health disorder.

The pandemic has exacerbated the challenges faced by those already living with mental health issues. Anxiety, self-harming, and depression have been on the rise, with many individuals now experiencing heightened feelings of anxiety due to the unprecedented challenges of the past two years.

Between 2020 and 2021, the rates of mental health referrals remained steady, before increasing significantly between 2021 and 2022, from 17% to 26%.

In the year to March 2023, there were 21,555 urgent referrals to mental health crisis teams, marking a 46% increase from 2022. These referrals are for children experiencing the most acute mental health symptoms, who might otherwise require hospitalisation due to psychosis, severe self-harm, or suicide attempts.

The Mental Health of Children and Young People in England 2023 report, published by NHS England on 21 November, revealed that 20.3% of 8 to 16-year-olds had a probable mental disorder in 2023. Among 17 to 19-year-olds, the proportion was 23.3%, and 21.7% of 20 to 25-year-olds were similarly affected.

SYNERGY'S COMMITMENT TO SUPPORTING THE DISABILITY AND SEND COMMUNITY

At Synergy, we are dedicated to promoting diverse activities for the disabled and SEND community. Our aim is to collaborate with other charities and organisations to deliver fit-for-purpose, inspiring activities that truly benefit our participants.

We take pride in our excellent track record, with demand for our services continually increasing. We are committed to regularly monitoring and evaluating all our work to ensure we meet the evolving needs of our beneficiaries.

Our key objective is to address critical social challenges such as poor mental health, social isolation, and obesity. We actively promote the recommended one hour of activity per day, providing our service users with innovative ways to stay fit, whether in the comfort of their own homes or in person at our sessions.

FINANCIAL RESILIENCE AND FUTURE PLANS

During the pandemic, we were forced to halt all in-person delivery, which led to an immediate cessation of income from these services. This had a significant impact on our reserves, as we still had invoices to pay and experienced a complete loss of revenue streams.

In response, we took swift action to rebuild our depleted reserves. In 2020, we secured a Bounce Back loan of £9,000, specifically allocated for reserves to ensure we met our commitment to restricted funds and maintained the charity's financial health. Thanks to this buffer, the charity is now fully sustainable. However, we faced challenges due to the lack of onsite revenue to support unrestricted reserves during the pandemic.

Looking forward, the Trustees are planning a range of fundraising activities to ensure the ongoing growth of our reserves. Our loan obligations have decreased over the past year and will continue to reduce, positioning our charity for stronger financial health in the coming year.

While fundraising activities have been somewhat limited in the previous financial years due to resource constraints, we are committed to expanding these efforts moving forward, ensuring that our reserves continue to grow and the charity remains robust.

AWARDS

- 2024 Best All-Ages Movement & Wellness Company – South East
- 2024 Best All-Inclusive Fitness & Movement Class Provider
- 2023 Digital Dance & Fitness Provider of the Year
- 2023 Sports Community Initiative of the Year
- 2023 Dance Studio of the Year
- 2023 SME All-ages Dance Activity Company
- 2023 SME Diversity & Inclusion Award
- 2021, 2022 & 2023 Specialist Dance School of the Year
- 2022 Digital Business of the Year
- 2022 Best Dance Outreach Programmes Provider – UK
- 2021 Leader of the Year (Rachael Hurton)
- 2021 Diversity & Inclusion Award SRA

AS SEEN ON TV

Featured on Strictly Come Dancing for inclusive dance activities for children in 2021.

See: Claudia Winkleman and Tess Daly visit Synergy Dance

Exposure to 11 million viewers led to unprecedented demand for our SEND activities in the UK.

- View impact here: Tess & Claudia come to visit!
- Find out more: Synergy on Strictly Come Dancing

Synergy works with the BBC/BBC Radio Surrey & provides commentary on Strictly Come Dancing/inclusive dance.

https://youtube.com/playlist?list=PLZ2qtqgmBeumH6bgg8qHo8YCbcnhchour&feature=shared

https://www.linkedin.com/posts/rachael-hurton-5592062b_synergy-dance-online-activity-7011269952494051328--7Yo?utm_source=share&utm_medium=member_desktop

Founder and CEO Rachael Hurton was also named and featured as “Entrepreneur of the Month” - Platinum Business magazine - May 2020. This was for our fast reaction to the Covid Crisis.

https://www.platinumpublishing.co.uk/platinum-business-magazine/2020/05/natwest-accelerator-entrepreneur-of-the-month-andndash-may-2020/

We stand out for delivering a hybrid model of online and in-person activities for CYP throughout. We partner with Everyone Active for national distribution of our inclusive digital workouts. We have 67 partners and the number of SEND schools we supply increased significantly in the last year.

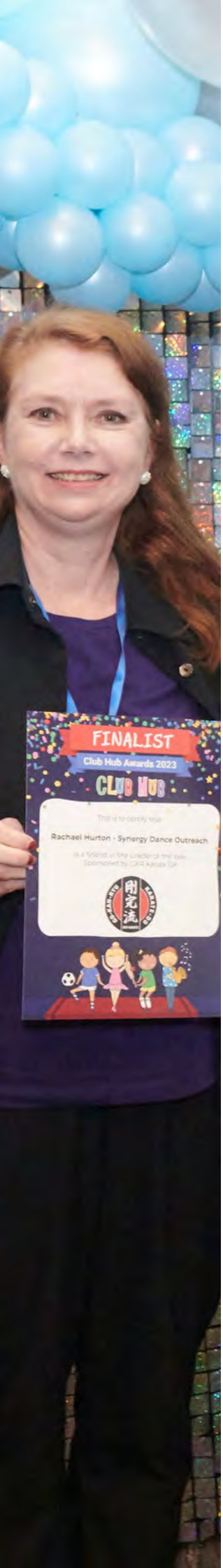
NEW SEND SCHOOLS AND COLLEGES JOINING US IN THE LAST YEAR

- The Bridge Youth Centre – Clare Cres, Leatherhead KT22 7RB
- The Blue Youth Community Centre – 190 to 192 Southwark Park Road, London SE16 3RP
- Bow school – Phoenix Upper School, Paton Close, Bow, London E3 2QD
- KEF Kids – The KEF Centre, Wilberforce Road, London NW9 6AX
- Holy Trinity School – Trinity Road, Gravesend DA12 1LU
- YMCA East Surrey – YMCA Sovereign Centre, Reigate RH2 8HA
- Bridge College – Openshaw Campus, Manchester M11 2GR
- Portesbery School – Newfoundland Road, Camberley GU16 6TA
- Gosden House School – Horsham Road, Guildford GU5 0AH

- The Meadows School – Dudley Road, Oldbury B69 3BU
- Merrywood Education, Tadworth Campus – Merrywood House School, Tadworth KT20 7HF
- Evendons Primary School – Wokingham, Berkshire RG40 3HD
- Merrywood Education, Sandmartin Campus – Merrywood House School, Sandmartin Way, Wallington SM6 7DF
- Phoenix Upper School – Paton Close, London E3 2QD
- Piper Hill School – Wythenshawe, Manchester M23 2YS
- Hedgewood School – Weymouth Road, Hayes UB4 8NF
- St Peter's Catholic Primary School – Goresbrook Road, Dagenham RM9 6UU
- The Orpheus Centre – Bletchingly, Godstone RH9 8ND

At Synergy Dance® Outreach we provide dance, yoga, fitness, Musical Theatre and wellbeing classes for schools.

Other schools we have worked with include:
The Link School, Carew Academy, Bensham Manor, Cornfield School, Strathmore School, Abbey School, Freemantles School, Woodfield School, Linden Bridge, Foxgrove School, Bushy Hill, Blossom House School, Pond Meadows School, Gosden House School, Clifton Hill School, Send C of E Primary School and Dysart School.



MEETING DEMAND AND ADVANCING OUR ESG STRATEGY

The demand for new, varied activities that promote physical activity and reduce stress and anxiety continues to grow. Participants, especially the most vulnerable and isolated, are seeking accessible ways to stay active at home or in the community, whether in schools, leisure centres, or care homes.

As part of our ongoing strategy, we are committed to Environmental, Social, and Governance (ESG) principles:

- **Environment:** By offering digital fitness options, Synergy Dance® Outreach reduces the need for travel, cutting down on pollution and overcoming barriers to exercise.
- **Social**: We support social inclusion by helping diverse communities feel a sense of belonging in fitness, ensuring everyone has the opportunity to participate.
- **Governance:** Our inclusive governance structure ensures that we deliver well-being initiatives that cater to all sectors of the community, promoting diversity in both leadership and service delivery.

According to Sport England's weekly tracker, individuals with long-term health conditions, disabilities, and older adults (55+) were more likely to express concerns about leaving home to exercise or be active. This highlights a shift in motivation and behaviour, exacerbating inequalities that were already present before and during the COVID-19 pandemic.

TAILORED SERVICES TO MEET DIVERSE NEEDS

As a charity, we have identified a growing demand for more tailored classes to meet the specific needs of various service users. This includes addressing different age groups, abilities, and requirements. To respond to this, we offer an ever-expanding range of courses designed for a diverse range of participants.

We actively engage in conversations with our schools and charity partners to ensure we can best support their participants while also being mindful of their budgets. This collaborative approach allows us to create customised solutions that make a real difference in the lives of those we serve.

EXPANDING ACCESS WITH SYNERGY DANCE® OUTREACH

Our Synergy Dance® Outreach classes are designed to reach individuals who face various barriers to participation. In response to these challenges, we have developed ParaStars Yoga® and ParaStars Dance™, two innovative Synergy programmes specifically tailored to meet the unique needs of our audience. These classes, including seated options, can be delivered virtually, providing participants with the flexibility to maintain muscle strength, flexibility, and overall well-being from the comfort of their homes.

Program Benefits:

- Reduce stress
- Aid relaxation
- Boost the immune system

Our Key Objectives:

- Support participants in staying as active as possible
- Address isolation
- Combat obesity
- Promote good mental wellbeing

CLASSES FOR SENIORS & LOW IMPACT PROGRAMMES

At Synergy Dance® Outreach, we work with many older individuals in the community and residential care homes. Our singing, seated dance, and yoga classes help them maintain their fitness, balance, and mental alertness. We strive to keep these much-loved services affordable by subsidising classes whenever possible. Over the past year, we have expanded our care home delivery, reaching even more individuals in need.

Many people continue to struggle with their mental health, especially anxiety. Both individuals and caregivers face significant challenges, as daycare and special schools are often unavailable, forcing people to juggle homeschooling with work. To meet this growing need, we have expanded our online offerings, making our programmes available on demand. This enables participants to engage with our services at home, whenever they need it.

KEY STATISTICS:

- In 2022/23, 37.1% of women and 29.9% of men reported high levels of anxiety, a significant increase from 2012-2015 (21.8% of women and 18.3% of men).
- Between 2017 and 2022, the prevalence of probable mental disorders among young people aged 7-16 increased from 1 in 8 to more than 1 in 6.
- The COVID-19 pandemic caused a 25% global increase in the prevalence of anxiety and depression, as reported by the World Health Organization (WHO).

SUPPORTING OLDER PEOPLE AND ADDRESSING HEALTH INEQUITIES

As the global population ages, the number of people over 60 will continue to rise. By 2030, one in six people worldwide will be aged 60 or older.

By 2050, the population of people aged 60 and above will double, and the number of people aged 80+ will triple. Most of this increase will occur in low- and middle-income countries. With this demographic shift in mind, Synergy Dance® Outreach is committed to providing accessible and tailored programmes for older adults, especially those with long-term health conditions, disabilities, or mental health challenges.

Our seated and low-impact classes are designed to support older individuals experiencing common age-related conditions, including arthritis, diabetes, hearing and vision loss, and depression. These classes offer a holistic approach to wellness, addressing both physical and mental health by encouraging movement, improving balance, reducing stress, and enhancing overall well-being.

ParaStars Yoga® and ParaStars Dance™ for Seniors are key programmes that support long-term health conditions, mobility issues, and social isolation. These classes can be delivered both virtually and in person, helping seniors stay active in the comfort of their homes or residential care settings. Our goal is to provide older people with high-quality, enjoyable exercise options to improve their quality of life, reduce health inequities, and combat isolation.

Key Benefits of Our Programs:

- **Physical Health:** Improve posture, mobility, and balance, helping prevent falls and alleviate pain from chronic conditions like osteoarthritis and back pain.
- **Mental Wellbeing**: Reduce anxiety, depression, and stress, while improving mood and mental clarity.
- **Social Inclusion:** Encourage peer interaction, reduce isolation, and provide something to look forward to each week.

We work closely with care homes, day centres, and residential facilities to offer our programmes to elderly residents, many of whom have limited access to regular activities due to tight budgets. To make this possible, we fundraise and offer subsidised classes, ensuring that older people who are isolated or struggling with mental health can continue to participate in enriching activities.

Sing for Joy, ParaStars Yoga®, and ParaStars Dance® have seen a 40% increase in reach in the past year. These programmes have helped participants gain confidence, improve fitness, and reduce stress, especially for those who are confined to home or living with disabilities. Through these activities, we are creating a supportive and engaging community where people of all ages and abilities can thrive.

NEW CHARITY PARTNERS IN THE LAST YEAR INCLUDE:

- **Ashgrove Care Home** - This residential home near Hornchurch town centre provides a high standard of care to residents. The home supports the elderly, the frail and those with dementia within a cosy, family atmosphere.

- **The Blue Youth and Community Centre, London**- The Blue Youth and Community Centre is a community hub supporting people to become empowered and enabled and to achieve their aspirations. The youth club serves those aged 11–15 years old and offers games, activities, arts and crafts.

- **Bridge College, Manchester** - Bridge College is a specialist college in Manchester for students aged 16–25 with disabilities, complex needs and autism. It is on the Openshaw campus of Manchester College. It is run by the Together Trust charity and has a maximum of 95 students.

- **Bridge Youth Centre, Leatherhead** - The centre offers free access for young people who can take part in activities such as sports, cooking, arts and crafts and music whilst engaging in a topical-based curriculum to develop personal and social skills.

- **Broadwater Lodge Care Home, Godalming** - This home provides dementia, residential and respite care for older people. Facilities on-site include a pub, cinema, hair salon and sweet shop. There is also a farmyard for petting animals.

- **Children in Motion** - Children in Motion is a physiotherapy practice specialising in the treatment of children and young people. Skilled neuro-paediatric physiotherapists see children at the centre in Surrey and also visit schools and colleges.

- **The Clockhouse Community Centre, Godalming** - Age UK Surrey and the Clockhouse recently merged. The centre provides a range of activities for all ages in a safe, inclusive and fun environment. A cafe, hairdressing and a weekly foot clinic are all available to patrons.

- **Eastwood Leisure Centre, Sheerwater** - Managed in partnership with Woking Borough Council, the centre offers swimming lessons, group exercise classes, healthy communities, sports classes and a gym. There is also a cafe to relax in.

- **Evendons Primary School, Wokingham** - This is a two-form-entry, state-funded school. It is Wokingham's first Science, Technology, Engineering and Mathematics (STEM)-focused primary school and opened its doors in 2014. Practical learning and a caring environment are on the agenda.

- **Gosden House School, Guildford** - Gosden House School is an institution for children with learning and additional needs, aged 4–16. With a focus on learning skills and communication, the school seeks to develop resilient and creative pupils.

- **Hedgewood School, Hayes** - The school provides opportunities and support for children with autism and learning difficulties. Teachers work closely with Speech and Language Therapists and Occupational Therapists to extend the pupils' skills.

- **Holy Trinity School, Gravesend** - An inclusive Christian school with links to three parish churches, this institution seeks to grow enlightened, responsible and confident learners. The curriculum supports pupils to flourish and encourages diversity.

- **KEF Kids, London - KEF Kids** is a charity supporting the lives of children and young adults with physical and learning disabilities and their families. Participants encounter friendships, fun and opportunities while respite is on offer for parents and families.

- **The Meadows School, Sandwell** - The institution is one of Sandwell's four special schools. It caters for children with learning difficulties, complex medical needs and challenging behaviour. Valuing and respecting students and safeguarding them are key attributes of the school.

- **Merrywood Education, Sandmartin Campus** - The Sandmartin campus was established in 2021 to support children aged 5–13. It offers a home-like school setting for children who have experienced trauma and requires a Social, Emotional and Mental Health (SEMH) provision. It supports those with ADHD, ASD, anxiety, attachment difficulties, self-harming, speech and language problems and dyslexia or dyspraxia.

- **Merrywood Education, Tadworth Campus** - The Tadworth campus was set up in 2019 to support children aged 5–13 years of age. It offers a small, home-like school setting for children who have experienced trauma and require a Social, Emotional and Mental Health (SEMH) provision. It supports those with ADHD, ASD, anxiety, attachment difficulties, self-harming, speech and language problems and dyslexia or dyspraxia.

- **Merrywood SEND - Merrywood Education** follows a model of nurturing children through education, based on the neuroscience of developmental trauma. Merrywood aims to support pupils educationally, socially, morally and physically.

- **Orpheus Centre, Godstone** - This specialist centre inspires and empowers young disabled people to live fulfilling, independent lives. The college increases pupils' confidence and provides opportunities through the performing arts.

- **Peacehaven Leisure Centre, Brighton/Hove** - This modern, multi-purpose centre has a newly refurbished state-of-the-art gym, sports and activity halls and an aerobics studio. It is just a few minutes' walk from buses to Brighton.

- **Phoenix Upper School, London** - This is a special school for children and young people with autism serving Tower Hamlets with three sites and two satellite provisions. The curriculum is stimulating and aspirational, and the school fosters positive relationships with families and the community.

- **Piper Hill High School, Manchester** - The school is part of the Prosper Learning Trust. It works in partnership with parents and agencies to provide the best education and outcomes for children. State-of-the-art facilities include a hydrotherapy pool, dance and drama studio, gym and Interactive Learning Environment (ILE) room.

- **Portesbery School, Camberley** - The school caters to children aged 3–19 years with Severe Learning Difficulties (SLD). Their vision is of a safe and happy environment where everyone matters, every voice is heard and everyone learns.

- **St Peter's Catholic Primary School, Dagenham** - The values of this school are: perseverance, respect, integrity, compassion and enthusiasm. The institution has a religious focus, and pupil chaplains lead worship through a Wednesday Word programme which spreads the message of the Gospel.

- **Sense** - Sense helps people who are deaf/blind or who have complex disabilities to communicate, experience the world and fulfil their potential. They offer residential care and virtual support and have a network of centres in communities across the country. Clients are supported with holidays, arts, sports and wellbeing programmes.

- **Southwick Leisure Centre, Brighton/Hove** - This extensive organisation offers nine centres, five gyms, three swimming centres and 340+ fitness classes. They have a sustainable outlook and attempt to meet environmental requirements to help save the planet.

- **Surrey Young Carers** - Surrey Young Carers assist children from Year One upwards. They cater for every type of family and understand the responsibilities young carers face. The organisation provides patrons with support and opportunities to meet – and have fun with – young people in similar positions.

- **YMCA East Surrey, Reigate** - YMCA is a vibrant charity that helps vulnerable children and young people to belong, contribute and thrive. Their wide range of projects and activities aim to create happy, healthy and connected communities

SEND SCHOOLS

Other schools currently on our books are: The Link School, Carew Academy, Bensham Manor, Cornfield School, Portesbury School, Strathmore School, Abbey School, Freemantles School, Woodfield School, Linden Bridge, Foxgrove School, Bushy Hill, Blossom House School, Pond Meadows School, Clifton Hill School, Send C of E Primary School, St Josephs Specialist Trust and Dysart School.

OUR YEAR AND BEYOND

At Synergy Dance® Outreach, we are committed to providing inclusive, creative, and accessible activities for children, teens, adults, and the elderly. Our programmes are designed to meet the diverse needs of individuals, including those with Special Educational Needs and Disabilities (SEND), long-term and life-limiting health conditions (LTHCs), and mental health challenges.

Tailored Programmes for SEND and LTHC Communities
In the past year, Synergy Dance® Outreach has delivered both live and online sessions for primary and secondary SEND schools, offering a wide range of specialised services such as:

- SEND Dance & Movement
- SEND Dance Fitness
- SEND Musical Theatre
- SEND Themed Workshops
- SEND Yoga & Well-being

We also provide seated dance, yoga, and Pilates, which are invaluable for improving motor skills, coordination, and overall well-being. Our programmes, including ParaStars Yoga®, ParaStars Dance™, and ParaStars Pilates™, are designed to support individuals with a wide range of needs, from motor disabilities to mental health challenges.

These classes are available before school, at lunchtime, after school, and during PE curriculum periods. Additionally, Synergy Dance® Outreach offers bespoke commissions for schools and yoga sessions for staff.

Supporting diverse needs, our services support individuals facing a variety of challenges, including:

- Special Educational Needs and Disabilities (SEND)
- Long-Term and Life-Limiting Health Conditions (LTHCs), including physical disabilities (congenital and acquired)
- Mental Health Issues and Neurological Conditions
- Spinal Injuries, Cerebral Palsy, Spina Bifida, Down's Syndrome
- Autistic Spectrum Conditions, Limited Communication, Cancer, Multiple Disabilities
- Hearing Loss, Visual Impairments, Long-Covid, Stroke, and Limb Loss

We provide inclusive, affordable, and often subsidised activities that ensure everyone has access to the benefits of dance, movement, and wellness, regardless of their condition.

Accessible and Fun Activities
Our professionally recorded activities are designed to accommodate a wide range of conditions, including physical disabilities, neurological conditions, and mental health challenges. We also offer wheelchair-accessible programmes and classes that can be tailored to the specific needs of participants.

Peer-to-peer support, PECS cards, and signing are often used in our classes to ensure effective communication and engagement. We strive to create an environment where all children feel welcome and supported.

Creating Leadership Opportunities
In addition to our core programmes, Synergy Dance® Outreach offers SEND leadership opportunities for work experience and paid roles for young people with SEND, helping them build valuable skills and gain work experience.

- **Relevant Links:**
- https://vimeo.com/1029995106?share=copy
- https://www.bbc.co.uk/news/articles/clyvk0zkpl6o

SYNERGY DANCE® OUTREACH: EXPANDING AND EVOLVING

Synergy Dance® Outreach has experienced remarkable growth this year, and while funding to fully realise our aspirations remains a challenge, we are incredibly proud of the progress we've made. By adapting to the digital landscape, we've been able to reach children and adults who otherwise would have limited access to specialised activities. Additionally, we've formed new partnerships, allowing us to extend our reach to even more specialist audiences.

National Expansion and Impact
Over the past year, Synergy Dance® Outreach has grown significantly, expanding from a regional presence in Surrey, Sussex, Hampshire, and London to a national footprint, with new hubs across England. The number of SEND schools we serve has increased by approximately 50%, demonstrating the growing demand for our services.

Innovative and Life-Changing
Our high-quality, innovative lessons are making a tangible impact. Synergy Dance® Outreach is providing a connected, omnichannel fitness experience that meets the diverse needs of children, parents, schools, and leisure providers. This approach helps ensure that participants can continue dancing and stay active long-term, whether they are engaging through in-person classes or digital platforms.

FEEDBACK AND GROWING DEMAND FOR OUR SERVICES

We have received overwhelming and positive feedback regarding the impact of our programmes, with many service users expressing how our services are changing their lives. Testimonials (attached at the end of this report) highlight the significant benefits and the desire for even more of our offerings.

The demand for our services continues to grow, both locally in Surrey and nationwide. Current reports indicate that over 2,000 children are registered as disabled, and 75,217 people in Surrey live with a physical disability.

KATHRYN'S STORY - PERSONAL REFLECTION

I began working for Synergy Dance® Outreach in June 2020 as an Admin Assistant. My decision to apply for the role was deeply personal. After losing my cousin and best friend Jade to suicide, who was blind and often felt excluded, I was inspired by the charity's mission to ensure that no one in the disability community would ever have to feel the way Jade did.

Since joining, I've had the privilege of being promoted several times, and I'm now proud to serve as the Marketing and Digital Project Manager. Throughout my time here, I've had the opportunity to contribute to meaningful changes, working closely with Rachael, the charity's founder, to make a lasting impact in the world of inclusive fitness.

One of the most rewarding aspects of my role has been building and editing our online inclusive fitness platform, as well as connecting with parents and hearing their stories. It has truly been a rollercoaster of emotions, but one that I consider myself incredibly lucky and privileged to have experienced and continue to be a part of.

Synergy Dance® Outreach is more than just a dance company, and we are more than just employees. We are a family, united in our fight for positive change. This organisation has not only given me a voice but has also provided a platform for parents and, most importantly, children to express themselves and grow along their own journeys.

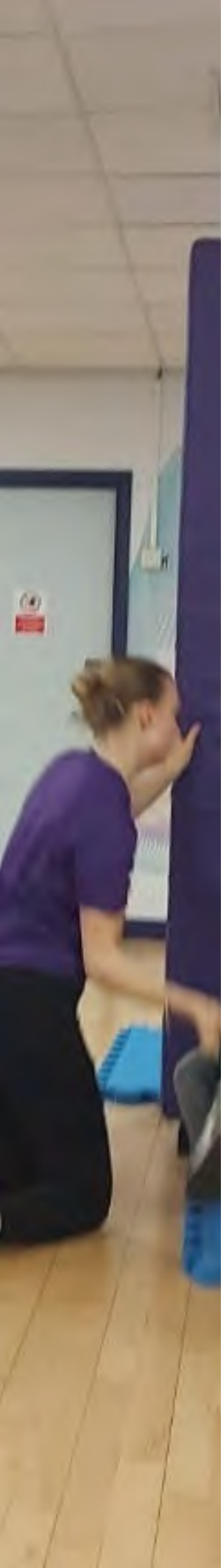
For me, Synergy Dance® Outreach has been life-changing and offers me immense job satisfaction. There is no greater feeling than waking up every day knowing you've helped a child, parent, adult, teen, or senior—someone who once felt excluded—feel included and part of something bigger than what was holding them back.

The greatest joy is knowing that through our work, we've helped someone regain their confidence, movement, self-worth, voice, speech, smile, and so much more. I can't wait to see what the future holds for Synergy Dance® Outreach and to continue being a part of its growth. The impact we're making is something truly special, and I'm excited to witness the positive change we will continue to create around the world.

Lastly, always remember that the things we take for granted—like opening a door, walking to the shop, or hearing a laugh—are things others are praying for. So, be thankful for what you have, and strive to be the change you want to see in the world. Just like Synergy Dance® Outreach, be the force that makes change possible.

Jade Clements

8th June 1993 - 29th March 2018



DISABILITIES: DELAY IN SPEECH & LANGUAGE, MOTOR SKILLS DEVELOPMENT, WHICH LEADS TO HIGH ANXIETY & PDA

Ren Hawes – Inclusive Dance Teacher
Case Study: Mia
Age: 5yrs

Mia has been attending a Saturday Inclusive Dance Class since September 2023.

For most of the first half term, Mia found the transition to a new environment very difficult. She would only stay close to her father & when approached to encourage her to participate, she would become very anxious and say ‘no’. As this is a sensory class using many props, I would still give a prop to her father in the hope that she may accept it from him, which she eventually did.

Her father played a huge role in trying to integrate Mia & would join in with our activities. She enjoyed watching the other children but couldn’t join in herself.

Myself and my assistants always included her, by saying her name and letting her know that it was OK to watch the activities & that she was welcome to join in anytime.

Towards the end of half term, Mia came forward (with her father sitting close by) with the rest of the children and was brave enough to participate! This was a massive step for her!

I ask all the children if they'd like to help, e.g. stick the PECs on the mirror. I soon learned that if Mia says "no", she doesn't necessarily mean it & would carry out the task anyway. Also, rephrasing a command, e.g. instead of 'Can you collect the scarves?' changing it to 'Shall we/Would you like to collect the scarves'? sometimes has a more positive response.

Over the course of many weeks, Mia's speech has improved so much! Initially, she would only respond "yes" or "no".

Last Saturday, we said our goodbyes & without any prompting she told me "Enjoy the rest of your day"!! I immediately fed back to her father & he was astonished! He told me that she excitedly says "Dance, dance…" during her journey to class. This a complete transformation, for the little girl who wouldn't join in.

It is evident that by gently nurturing SEN children, giving them space to navigate their way in a new environment, showing them that it is OK to take their time, showing that they can trust their new teacher(s) and giving them a lot of praise, they will flourish & enjoy SEN dance and all the benefits that this art form has to offer – it is so much more than just 'dance'.

SAM D CASE STUDY

For the Synergy SEND leadership and work experience programme

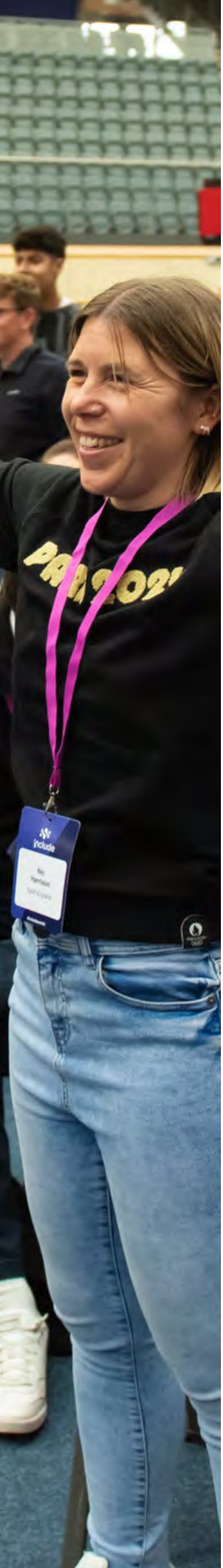
Sam is 25 and in his third and final year at the Orpheus Centre, a specialist further education college for young disabled people aged 18-25 who are passionate about the Arts.

Sam is incredibly hard working and passionate about dance, he currently attends many classes after college and accesses online courses with professional dance companies. His aspiration for the future is to become a dance tutor and assist with workshops teaching young people to dance.

Last year Sam was accepted onto Unexpected Leaders, a programme run by the performance company Diverse City. The programme is about bringing diversity on stage, behind the stage and leadership in the arts.

In November Sam secured a placement to shadow dance workshops led by professional tutors from Synergy Dance. He was given the opportunity to experience three different workshops for children with and without disabilities aged from 5 to 18 years.

Synergy Dance Outreach offered Sam the opportunity to observe a tutor, and the relationship with Ren was born. Initially Ren welcomed Sam in to observe classes and understand how Synergy works. Sam grasped every opportunity and Ren allowed him to “co-teach” a session.



This was so successful that Ren took on mentoring Sam. With support he started to deliver small parts of the session and, with Ren's guidance, choreographed and taught a dance to one of the classes.

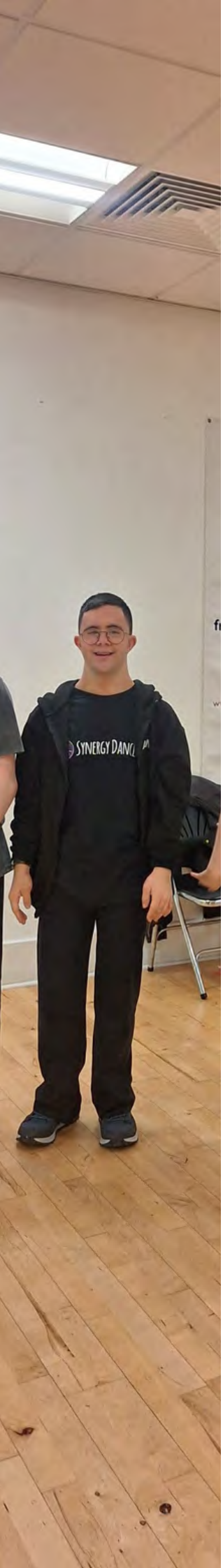
Sam has proved a hit with the students, who see him as a role model as well as just loving his teaching. He has taken all Ren's advice on board and works hard to plan and deliver lessons. He has learned to incorporate warm-ups and cool-downs, to read his class and move at their pace, and to break steps down with key words to help everyone remember the sequence.

Sam's confidence has soared, and he is seriously now looking at pursuing a career as a dance tutor. It is startling to see how far Sam has come in such a short time – the collaboration between Synergy and Orpheus has opened the door to an exciting potential career for Sam.

Nina Holmes - Arts Development Coordinator - Orpheus Centre

Thank you for giving Sam this amazing opportunity to be mentored by Ren; he is absolutely living his dream of teaching dance to children with and without disabilities.
Best wishes
Denise Denne

At the end of Sam's mentoring period, we were proud to offer Sam the paid position of Deputy Dancer leader and he is thriving in this role! - Rachael Hurton, Founder



Thank you so much for offering Sam the job of Deputy Leader at Synergy Dance today. Sam is really excited and happy to be given this wonderful opportunity to work with Ren and all the children at Synergy Dance. I am so proud of Sam's achievements and he has worked so hard to accomplish this. **Best wishes, Denise and Sam**

Thank you so much for your lovely words about Sam. We both feel so blessed, as it's always been our aspiration for Sam to get paid work to teach dance. He is absolutely living his dream and best life ever with you giving him this wonderful opportunity on his journey. Take care and we look forward to seeing you soon at the end-of-term show.

It was lovely to catchup with you yesterday and to hear about all the exciting news for Sam and Synergy Dance...Thank you so much for giving Sam these amazing opportunities....Sam has said to me that he is living his dream and best life ever! I am extremely proud of all Sam's achievements with Synergy Dance. **Denise Denne (mother)**

PARENT TESTIMONIALS

Synergy impact from some SEND parents
Classes have given us the chance to meet other SEN parents. It would be great if siblings could also attend, and a SEN drama class would be fantastic.
Jane - parent

My daughter Audrey attends a SEND session on Saturday mornings. These sessions have been lovely. A chance to meet up with other SEND families – and also Audrey loves to dance in front of the full-length mirrors!

For us, a mix of freestyle, routines and kid-friendly fun and games is perfect because it doesn't get boring and it's something everyone can join in with. In her mainstream class Audrey copes with learning routines, but it's nice for her to have something a bit more relaxed at these sessions.

Audrey enjoys dance a lot. It's nice that in these sessions, everyone is relaxed and it doesn't feel strange or uncomfortable for kids to do their own thing, which is lovely. **Victoria - parent**

Classes have impacted Ruby hugely. She is in mainstream school and really struggles, but she can be herself and has friends at Synergy. It is her happiest two hours in the whole week! We have noticed increased confidence and sense of self, better balance, cooperation and listening skills. Ruby used to do her own thing in class but now she follows what the teacher is doing. She is loving ballet and we hope it continues.
Joanne - parent

TRUSTEE TESTIMONIALS

Mary Ungoed-Thomas

As a Trustee, it has been a pleasure and a privilege to see Synergy Dance Outreach thrive and grow as an exciting organisation that offers enjoyable and stimulating classes for adults and children of all ages and abilities.

Synergy sessions change lives and refresh mind, body and spirit, bringing fun and flair to participants. This year the company has the impressive statistic of reaching 50 per cent more SEND schools. Testimonials praise the truly inclusive atmosphere and amazing opportunities offered to SEND children. They also highlight participants' growth in confidence, happier relationships, improved sleep and better engagement with school work.

Synergy is also giving people with SEND such as Sam the opportunity for work placements. Sam was mentored by Ren, learned to choreograph moves, and now has a great relationship with his students. He is passionate about dance, and wants to become a tutor. Based on the success of this arrangement, other SEND placements will follow.

The company keeps going from strength to strength, and it is a delight to witness its development and well-deserved success.

LAURA - VOLUNTEER JOURNEY

Comments from mum:
By the end of next Saturday she will have completed her 3 months of volunteering with you. It has been an amazing experience; we are really grateful to you for giving her the opportunity to enjoy using her dance to help others.

Thank you for all your support with Laura's volunteering – we think it's fantastic to have this opportunity and I hope it was helpful for your teachers too.

Laura excelled leading warm ups and inspiring the children to keep active. She was highly skilled at teaching dance moves to both children attending a Breakdance and Street class, and children with additional needs. She received a warm welcome into the class.

Laura also coached and supported children including those with special needs (SEN) which ranged from autism, ADHD to Down's Syndrome and Cerebral Palsy. This involved both demonstrating dance moves at the front of the class and assisting with relaxation and props.

Laura has been such a good volunteer that Synergy will continue to offer her opportunities to support classes.

Laura achieved helping the main teacher to run a safe, effective and fulfilling class for both mainstream and SEND participants.

She learned leadership and demonstration skills. She also learned warm up and dance skills, technique and how to pass this on to others who are learning. She also inspired the class members and helped to make the Synergy classes a happy and creative place.

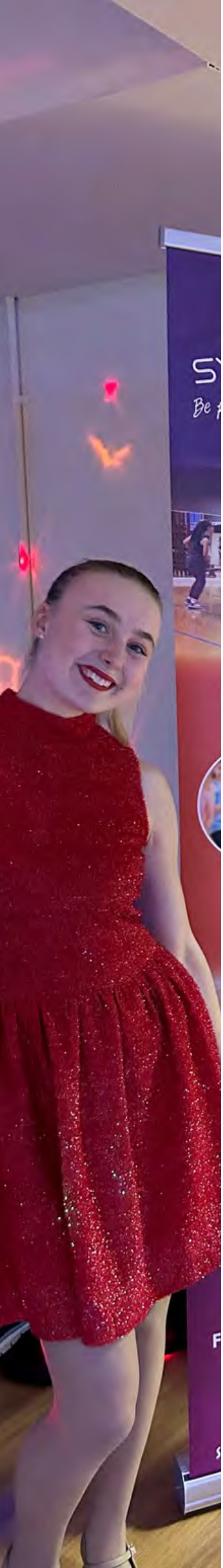
Laura is talented as a dancer and has shared her skills and enthusiasm with other children who are on their journey to learn dance. She has been highly praised by both Harry and Ren, who lead the classes. We are very grateful for her contribution and will continue to offer her opportunities to volunteer throughout the company.

PARTNERS & COLLABS

Synergy Dance® Outreach is working with a wide range of partners to help us reach everyone who can benefit from inclusive activities.

Our recent partners include Ashgrove Care Home, The Blue Youth and Community Centre - London, Bridge College - Manchester, The Clockhouse Community Centre - Godalming, Age UK, UK Active, Activity Alliance, Eastwood Leisure Centre - Sheerwater, Evendons Primary School - Wokingham, Children In Motion, Gosden House School - Guildford, Hedgewood School - Hayes, Holy Trinity Primary School - Gravesend, KEF Kids - London, Merrywood Education - Sandmartin and Tadworth Campus, Orpheus Centre - Godstone, Peacehaven Leisure Centre - Brighton/Hove, Phoenix Upper School - London, Portesbery School - Camberley, St Peter's Catholic Primary School - Dagenham, Sense, St Joseph's Specialist School - Cranleigh, YMCA East Surrey - Reigate, Summerlands care home and all the new SEND schools mentioned earlier in this report.

Additional partners include Limbpower, British Blind Sport, Surrey Choices, Active Surrey, Active Essex, Active Sussex, Blind Aid, EMD UK, The Brian Charity, FND Hope UK, Yes I Can, WYCANN, Croydon Vision, Surrey Young Carers, Disability Challengers, The Surrey Coalition of Disabled People, The Bobath Centre, GAMMA, Save The Children, Linkable, Children's homes, Disability Cube



Broadwater Lodge Care Home, Claremont Care Home, Signature Moorlands Care Home Surrey, The Matrix Trust, Guildford Spectrum, Action for Carers, Surrey Youth Games, Limb Power, Whizz Kids, Everyone Active, Places for People Leisure, Freedom Leisure, care homes, SEND schools and leisure centres. BBC Radio Surrey, RNIB Radio, Club Hub UK & many more organisations.

As a charity we are keen to partner and collaborate with organisations both in the UK and globally, to reach as many children and young people as possible with our inclusive activities.

Partners value our support too:
"Your continued support during these ongoing and very uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work have provided plenty of opportunities for the VI Community to get physically active and will do so as we move into the new year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop our partnership".
David Melville, British Blind Sport.

EXPANDING OUR REACH AND IMPACT IN 2024

This year has been a standout for Synergy Dance® Outreach, with significant expansion in supporting SEND schools and forging new national partnerships.

These efforts have allowed us to reach a much wider audience with our inclusive activities.
As a charity, we offer a fully inclusive health and well-being solution that motivates and supports both new and existing participants — especially those who are typically inactive — to become more physically active. We are also increasingly supporting individuals with long-term health conditions (LTHC) of all ages, as well as responding to social prescribing referrals.

Our services continue to benefit care homes, schools, leisure centres, outreach centres, charities, trusts, and local communities.

OPPORTUNITIES FOR INCLUSION

We provide the opportunity to engage inactive groups and support the Global Action Plan on Physical Activity 2018-2030. According to 2021/22 statistics, an estimated 16 million people in the UK have a disability, accounting for 24% of the population. The prevalence of disability rises with age: 11% of children, 23% of working-age adults, and 45% of adults over State Pension age are affected.

Nearly 1 in 5 people face some form of disability. This highlights the urgent need for inclusive health and well-being programmes that support all demographics, particularly those who often face barriers to physical activity.

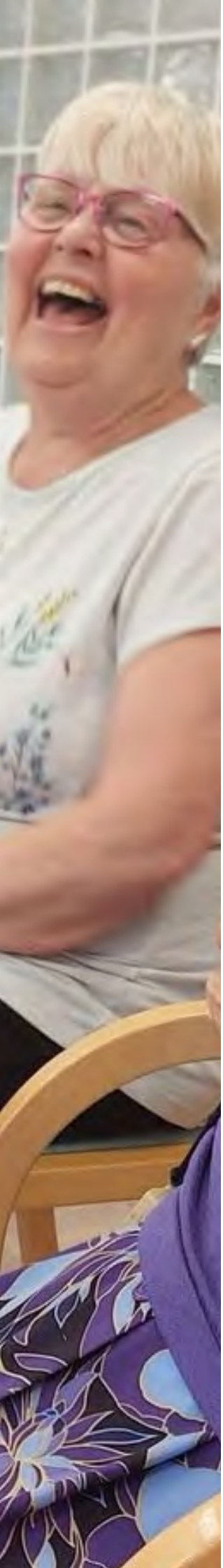
WELL-BEING AND SOCIAL INCLUSION

Our programmes are designed to enhance well-being by helping less active groups stay fit and healthy. We also focus on social inclusion, ensuring diverse communities feel they belong in the fitness space. Our activities are geared toward reaching diverse audiences, providing enrichment to less active groups and offering a variety of choices to boost their well-being.

Globally, 1 in 5 adults and 4 out of 5 adolescents (ages 11-17) do not get enough physical activity, according to the World Health Organization. Insufficient physical activity is linked to 1 in 6 deaths in the UK. This underscores the importance of our work in combating inactivity and promoting healthy lifestyles.

DIGITAL DELIVERY AND ACCESSIBILITY

Our digital delivery, including on-demand workouts, gives participants and partners greater flexibility. This is especially important for disadvantaged groups, including those with visual impairments, special needs, or disabilities. For individuals with autistic spectrum conditions, who rely on routine and structure, our online offerings are particularly valuable.



By offering choice and convenience, we help people maintain regular fitness routines, even when they cannot attend in-person sessions. This flexibility ensures that participants feel part of a community, with something positive to look forward to, regardless of their location.

ADDRESSING BARRIERS TO EXERCISE

Over 75% of our service users have expressed a desire to exercise but face barriers, with ‘lack of motivation’ being the most significant challenge to starting and maintaining an active lifestyle. By extending our reach through digital programmes, we are able to provide continuous motivation and support, bridging the gap between onsite activities and helping individuals maintain their exercise habits.

At Synergy Dance® Outreach, we’re reimagining the fitness journey and how we measure engagement. We look beyond simple sign-ups, taking a holistic view of home workouts to assess member involvement. We take action to improve engagement and offer a comprehensive wellness solution, especially within the SEND community. We also collaborate with partners to tailor our offerings to meet the unique needs of their members.

FLEXIBILITY AND FAMILY ENGAGEMENT

Many people with SEND, long-term health conditions, or those recovering from illness want to exercise but require guidance and motivation.

Our classes are specifically designed to address these needs, with easy enrolment and flexible participation. Participants can start and stop workouts at their convenience, without the pressures of cost, travel, or scheduling conflicts.

The flexibility of our online and live sessions has allowed families to join in, making exercise a fun and shared experience. Siblings and other family members can participate in fitness routines, helping participants build confidence and reduce their reliance on instructors. As classes become part of their regular routine, participants gain more independence and grow in self-assurance.

We also ensure our activities are engaging and fun. For example, we invite children to bring their favourite toys or props to dance lessons, making the experience more interactive. This approach helps children feel involved and stay engaged throughout the routine, making fitness enjoyable and accessible.

1 in 3 (34%) men are not active enough for good health.

Almost 1 in 2 (42%) women are not active enough for good health.

1 in 5 (21%) men are classed as physically inactive.

1 in 4 (25%) women are classed as physically inactive.

44% of disabled adults are physically inactive.

Only 34% of men and 24% of women undertake muscle-strengthening activities at least twice a week.

INSUFFICIENT PHYSICAL ACTIVITY IS ASSOCIATED WITH:

- 1 in 6 deaths in the UK.
- Up to 40% of many long-term conditions, including preventable conditions such as type 2 diabetes, cardiovascular disease and some cancers.
- Around 30% of later life functional limitations and falls.

Regular physical activity with Synergy Dance® provides a range of physical and mental health and social benefits, many of which are increasing issues for individuals, communities and society, reducing the risk of many long-term conditions.

Our workouts are:

- Building confidence.
- Helping to manage existing conditions.
- Ensuring good musculoskeletal health.
- Developing and maintaining physical and mental function and independence.
- Supporting social inclusion.
- Helping to maintain a healthy weight.
- Reducing inequalities for people with long-term conditions.

THE BENEFITS OF PHYSICAL ACTIVITY FOR MENTAL AND PHYSICAL WELL-BEING

Engaging in physical activity has been proven to relieve stress, improve mental health, and boost the immune system. For individuals with visual impairments (VI) and special educational needs and disabilities (SEND), maintaining regular routines, including exercise and relaxation techniques, is vital—especially for those with autistic spectrum conditions who rely on structure and consistency.

PHYSICAL AND EMOTIONAL BENEFITS

Participation in these activities helps individuals maintain fitness, flexibility, motor skills, core strength, and posture. This is especially important for people with visual impairments, as they often experience poor posture due to stooping to see, which our routines aim to counteract.

Incorporating relaxation, mindfulness, and breathing techniques into sessions also improves mental health and well-being, while building resilience and enhancing the ability to cope with anxiety and feelings of being overwhelmed. These techniques offer a safe and calming space, reducing stress and supporting emotional balance.

SUPPORTING FAMILIES AND SIBLINGS

For parents and carers, balancing work and supporting children or young adults with SEND, our programmes offer a much-needed break. Our classes provide safe, structured activities that can be done at home, helping to alleviate the challenge of finding appropriate activities for SEND individuals.

Additionally, our flexible and inclusive approach allows siblings to join in the fitness routines, fostering a sense of togetherness and support within families. This helps improve overall mental health, well-being, and sleep by providing an enjoyable and shared family activity.

INNOVATIVE, FUN, AND INTERACTIVE ACTIVITIES

Our activities are designed to be engaging and imaginative, even for those who are homebound. We incorporate props in some sessions, which can be used safely in themed routines. This creative approach keeps participants actively involved, making exercise fun and interactive while promoting fitness and well-being.

BUILDING CONFIDENCE AND REDUCING STRESS

By providing enjoyable, calming routines, we help participants build and maintain confidence, even during stressful times. The ability to repeat our routines allows children and young people with VI and SEND to gradually improve fitness while reducing stress and frustration from being confined to home. These activities offer a safe, structured way to improve both physical health and mental well-being in a positive, accessible manner.

SUPPORT FROM KEY PARTNERS

In the past year, the charity has been fortunate to receive much-needed support from several esteemed partners, including Sport England, Barchester, EMD UK, the Peter Harrison Foundation, Together Fund, Comic Relief, Children In Need, the National Lottery Community Fund, the Community Foundation for Sussex, Boshier Hinton and Rix Thompson.

Their support has been invaluable in helping us reach and empower more individuals who benefit from our inclusive dance and yoga programmes. The purpose driving us is simple: to make a meaningful difference and extend our reach to as many people as possible.

We are deeply grateful for the continued support of our partners. Thank you for enabling us to continue our important work in promoting inclusivity and well-being for all.

YEARLY HIGHLIGHTS

Synergy Dance® Outreach has been making a remarkable impact across various communities in 2024 by providing inclusive, engaging, and accessible dance, yoga, and fitness activities for children, teens, adults, and seniors with special educational needs and disabilities (SEND). Below is an overview of the charity's activities and achievements this year:

- **Dance and Movement Therapy:** Programmes were designed to enhance physical coordination, confidence, and social inclusion through dance and movement. Participants, particularly those with learning disabilities, physical disabilities, and sensory impairments, benefitted from improved mobility and self-expression.
- **Yoga and Well-being:** Seated yoga, Pilates, and mindfulness-based sessions focused on improving body awareness, flexibility, and emotional well-being. These sessions were particularly beneficial for those with limited mobility and neurological conditions such as Functional Neurological Disorder (FND).

- **Seated and Adapted Exercises:** Offering seated dance and Pilates classes ensured that individuals with mobility limitations could still participate in movement-based therapies, improving strength, flexibility, and overall health.
- **Inclusive Musical Theatre:** Special workshops blending dance, drama, and music provided a creative and fun outlet for expression, catering to children and adults with SEND needs.

COLLABORATIONS AND OUTREACH

- **LinkAble:** Providing Zumba and fitness sessions for adults with learning disabilities and SEND dance programmes for children, promoting physical fitness and self-expression through movement.
- **FND Hope UK:** Therapeutic seated Pilates, yoga, and dance sessions supported those with Functional Neurological Disorder (FND), improved relaxation, enhanced social interaction, and overall well-being.
- **Care Homes:** Tailored seated yoga and dance sessions at homes like Summerlands, Ashgrove, and Grafton Manor helped elderly participants stay active, improve relaxation, and enhance social interaction. Many residents with dementia responded positively to the music and movement, benefiting from improved flexibility and muscle tone.
- **Schools and SEND Programmes:** Synergy Dance® delivered workshops in schools such as Portesbury, Meadows, Evendons Primary, and Merrywood, providing a range of activities from Zumba to dance and yoga. Special workshops like The Gruffalo at Hedgewood School focused on interactive and inclusive learning through dance and drama.

- **Community Centres and Leisure Venues:** Regular inclusive dance, yoga, and fitness sessions took place at venues such as Guildford Spectrum, Woking Leisure Centre, and Southwick Leisure Centre. These sessions reached a broad audience, including families, with special holiday workshops and family yoga sessions.
- **Youth Engagement:** Through the Surrey Youth Games, Synergy supported young athletes and families, helping them stay active and connected through dance and fitness activities.
- **Specialist Workshops:** Unique workshops at institutions like Treloar School and College, Bridge College and Freemantles., St Peters Dagenham, and St Joseph's Cranleigh offered targeted SEND dance sessions, encouraging participation in an inclusive, welcoming environment.

IMPACT AND OUTCOMES

- **Health and Well-being:** The activities had a significant impact on participants' physical health. Many showed improvements in flexibility, strength, balance, and overall mobility. The inclusive nature of the sessions also provided mental health benefits such as reduced anxiety, improved mood, and enhanced self-esteem.
- **Social Connection:** The programmes helped combat isolation, particularly for participants who might otherwise feel disconnected due to their disabilities. Family and carer involvement fostered a strong sense of community and support.
- **Creativity and Self-Expression:** Dance, yoga, and musical theatre workshops allowed participants to explore their creativity, express themselves freely, and boost confidence. The engaging, fun nature of these activities helped participants find joy in movement and communication.

NOTABLE PARTNERSHIPS

- **BBC Children In Need/Strictly Come Dancing:** Synergy Dance® was proud to feature on these popular BBC programmes, which highlighted the charity's mission and values. The exposure helped raise awareness and reach a broader audience, showcasing how the charity's inclusive classes are making a difference.
- **Whizz-Kidz:** Synergy partnered with Whizz-Kidz to provide seated dance and yoga classes for young wheelchair users, ensuring a fun, full-body workout from the waist up, while promoting strength and flexibility.
- **Save the Children:** Flexible, on-demand lessons were provided to Save the Children, making it easier for children in crisis zones or disaster areas to benefit from inclusive, engaging fitness sessions, wherever they may be.
- **British Blind Sport:** we supported Visually Impaired students for a "Have a Go day" with dance activities and have also joined forces with Berkshire Vision to provide live dance activities for the VI Community.

LOOKING AHEAD

Synergy Dance® Outreach remains committed to promoting inclusivity, diversity, and physical and mental well-being through its wide range of dance, yoga, and fitness programmes. In the coming years, the charity aims to expand its reach, continue building partnerships, and further tailor its offerings to meet the unique needs of individuals with SEND, ensuring that everyone can enjoy the benefits of movement and creative expression.

The work done by Synergy Dance® Outreach in 2024 has undoubtedly made a positive and lasting impact on individuals with disabilities, seniors, carers, and families alike. The continued success of these programmes is a testament to the power of inclusivity in improving lives through dance and movement.

PARTNERSHIP CASE STUDY - SUCCESS AT SOUTHWICK

Overview

The SEND (Special Educational Needs and Disabilities) Dance Class was successfully held with positive participation and feedback from both students and caregivers. The session focused on providing an inclusive, engaging, and supportive environment where all participants could explore dance through sensory activities, adaptive choreography, and emotional expression.

The class was designed to accommodate a diverse range of abilities, with a balance of structured activities and flexibility to allow for individual preferences and needs. The class included the following components:

Warm-Up:

- Gentle stretching and mobility exercises to prepare students physically.
- Focus on body awareness and coordination, with a focus on calming music and soft movements.
- Use of visual cues and verbal instructions to guide students through the warm-up.

Creative Movement:

- Participants were encouraged to express themselves freely using a variety of dance styles, incorporating props like scarves, ribbons, and balls.
- The instructor used simple cues and demonstrations to help students interpret the music through movement.
- The class was paced slowly, giving students time to explore each movement at their own speed.

Partner and Group Work:

- Students worked in pairs or small groups to practice synchronising movements and support one another.
- Activities included basic mirroring exercises and group sequences to enhance collaboration and communication.
- The instructor offered one-on-one support where needed.

Cool-Down and Reflection:

- Slow and calming movements to bring students back to a state of relaxation.
- Group circle where students shared how they felt during the class (verbal or through gestures).
- Short mindfulness exercises to help students centre themselves and promote emotional regulation.

KEY ACHIEVEMENTS

- **Inclusivity:** The class successfully catered to a wide range of abilities, ensuring that all participants felt included and valued. Adaptations were made to the activities to accommodate individual needs, and the focus was on enjoyment rather than perfection.
- **Engagement:** Students demonstrated high levels of engagement throughout the session, with many showing enthusiasm for the music, movements, and group interaction. The sensory elements of the class (e.g. textured props, and tactile exercises) were particularly well received.
- **Skill Development:** While the primary goal was enjoyment and self-expression, students showed noticeable improvement in their coordination, balance, and communication. Many students successfully followed simple dance sequences and showed increasing comfort in group settings
- **Emotional and Social Benefits:** The class provided an opportunity for students to build social connections, share experiences, and work collaboratively with peers. Many students demonstrated improved confidence in expressing themselves, both verbally and non-verbally.
- **Positive Feedback:** Both parents and caregivers reported a positive experience. Feedback indicated that students felt a sense of accomplishment and pride, and many showed eagerness to return for the next session.

My son loves coming to the SEND dance class EVERY Saturday morning - the teachers are so kind, patient and inclusive - allowing the children to work at their speed and participate in a way they feel most comfortable. Thank you so much for hosting these sessions. ***Parent.***

CONSIDERATIONS AND NEXT STEPS

Areas for consideration:

- **Pacing:** While the class was generally well-paced, some students required additional time for certain activities. Future sessions may benefit from more flexible timing, allowing for extended breaks or additional repetitions of activities when needed.
- **Sensory Adaptations:** A few students appeared more sensitive to certain music tempos or lighting. In future sessions, the use of even gentler music or the option for students to wear noise-cancelling headphones may be considered.
- **Space Management:** With the inclusion of props and group work, ensuring that there is enough space for all participants to move freely is important. Future classes may involve rearranging the layout to provide more space for individual movement.

Next Steps:

- Incorporate more sensory-based activities, such as textured floor mats, to stimulate different senses and provide additional grounding techniques for students who may benefit from this.
- Offer more individual-based activities alongside group work to ensure that students with varying levels of ability can fully engage in the session.
- Consider a follow-up survey or informal check-ins with caregivers to further understand the emotional and social impact of the dance class on students' well-being.

Conclusion
The SEND Dance Class was a successful and enjoyable experience for all participants. The inclusive approach allowed students to engage with dance in their own way, building both physical and emotional skills. Moving forward, the class will continue to evolve to better meet the diverse needs of students, with a focus on fostering confidence, creativity, and social interaction.

PROJECT MANAGER FEEDBACK

The most important finding when managing and running the project was that working with other charities and organisations proved to be hugely beneficial. Not only did it allow us to reach our intended audience but it also allowed us to reach a much wider audience. Due to our connections, this has been one of the most successful projects we have ever run in Sussex, and our Southwick session is the busiest SEND class we have had to date with a total of 37 children reached across the terms!

Since this project, we have now built long-standing and established connections with multiple organisations and charities that will lead to continued growth and expansion of class development in the future. Leading to increased venues and reserves for the charity. These connections will also ensure that we are able to reach and connect with more families in need.

CONNECTIONS MADE

Throughout the duration of this project, we reached out to numerous charities and organisations to push the sessions and ensure that they were a success. Enabling us to reach as many families and children as possible! Some of our connections included:

Amaze Sussex, T2I Friends, Holding Space, East Sussex ImPACT, Triple P, ISEND Sibs. Aldrington C of E Primary School, Amaze Autism Club, Amaze Futures, Balfour Primary School, Barnardos Brighton, Benfield Primary School, Brighton and Hove Inclusion Support Services, Brighton Pebbles, Brighton, Hove and West Sussex Deaf Society, Chailey Heritage, Cherish, Children's Occupational Therapy, Dad's Group (dads who care for children with additional needs), East Sussex SEND Local Offer, Exploring ASC for Parents, ExtraTime, Grace Eyre, Hill Park School, Lego Social for Children with Autism, mASCot and more!

CHRISSIE AT SUMMERLANDS CARE HOME

As a seated dance instructor at Summerlands Care Home, I have been able to recognise the powerful impact this class has on my participants, and it's been such a rewarding experience to teach it for the past year. From the very beginning, it was clear that the class was not only about physical movement but also about building a strong sense of community. Each week, I see participants grow not only in their mobility and coordination but also in their confidence and social connections.

I've seen first hand how the class has improved participants' physical well-being. For many, the movements and exercises provide a gentle yet effective way to increase strength, improve flexibility, and boost their overall physical health. It's truly amazing to see someone who initially struggled with certain movements gradually improve their range of motion and feel stronger and more capable.

As an instructor, each week brings a sense of fulfilment and reward. Seeing the progress in my participants is incredibly inspiring—whether it's a small improvement in mobility or the joy on their faces when they have been able to join in with more ease than the previous week. Over the past year, I've been able to gradually introduce more challenging movements and sequences and use props in different ways to support their fitness. It's rewarding to know that I'm helping to improve their coordination, range of movement and overall physical health, while also keeping things fun and engaging.

What I love about this class is the way it supports both physical and social well-being. It's not just about the moves; it's about the connections, the laughter, and the sense of accomplishment each person feels after class.

HOP 50+ IN PORTSLADE

Testimonial from instructor:
As a dance instructor, it's been such a rewarding experience leading our seated dance and fitness class for people recovering from injury or dealing with limited mobility. The feedback from participants has been amazing – they love how the class helps them physically, but they also really enjoy the sense of community. It's so inspiring to see how much joy and confidence dance can bring, even when sitting down! I've really felt a part of the local community, and it's been fantastic to see how these sessions are making a difference in people's health and well-being.

Participant Responses
"*Really enjoyed the classes. Tutor excellent. Friendly and supportive. Found out more about St Richards activities.*"

"*Excellent classes, would like to continue if in my area.*"

PARQ Form responses:
Enjoyment: Yes very much
Difficulty level: Just right
The pace of the class - comfortable and manageable
Social and fun aspects - yes very much

A VISIT FROM CHILDREN IN NEED

We at Synergy Dance are incredibly proud to share that Samuel Denne, a man with Down's syndrome from Surrey, has achieved his lifelong dream of becoming a paid dance teacher. Samuel's journey with us has been nothing short of inspiring, and his promotion to a paid position is a major milestone in his career and a testament to his dedication and hard work. After completing his training, Samuel is now officially a teacher at Synergy Dance Outreach, where he helps others discover the joy of dance.

Our charity, Synergy Dance Outreach, runs classes for children and teenagers with special educational needs and disabilities (SEND), and it's thanks to the support of BBC Children in Need that we've been able to continue our important work. We were fortunate to receive a grant of £45,000 over three years. This is year two which has been essential in ensuring we can keep providing these much-needed classes. Without this funding, we wouldn't have been able to keep our classes running, so we are deeply grateful for their support.

After a class at Woking Leisure Centre, Samuel shared his excitement with BBC Radio Surrey, expressing his hope that his promotion would encourage others with disabilities to believe in themselves and pursue their own dreams. Samuel's story is proof that with the right support, anything is possible.

"I think it's a place where they can come and do the thing they love without fear of judgement," Jo

Our founder, Rachael Hurton, also spoke about how the grant has made a difference to our organisation, saying, "I can safely say this class wouldn't be happening without their support. We're so grateful." The funding from Children in Need has not only helped us continue our classes but has also allowed us to expand our outreach. We're now able to offer our programmes to children and teenagers in Surrey, East and West Sussex, Hampshire, and London, helping even more young people access the benefits of dance.

At Synergy Dance, inclusion is at the heart of everything we do. As Rachael put it, "Real inclusion is about making everyone feel welcome." That's why we're proud to have many mainstream children participating alongside those with additional needs in our classes. It's all about creating a community where children of all abilities can thrive together, learn from each other, and celebrate their uniqueness.

Thanks to the generous support of BBC Children in Need, we're able to continue offering these vital classes and support young people as they grow in confidence, skill, and self-expression. We're excited about the future and the many more students—like Samuel—who will find their own paths to success through dance.

BBC Press Release
BBC Radio Surrey Recording

INCLUDE SUMMIT

The Include Summit 2024, held at the Lee Valley VeloPark in London, is a leading event promoting sports inclusion, diversity, and equality. Synergy Dance Outreach was delighted to attend to come together to discuss, share, and create strategies for playing sports and dance that are more accessible and inclusive for all individuals, regardless of background, ability, gender, race, or other differences. We provided a warm-up for all attendees to get everyone moving!

It was great to have the chance to connect and collaborate with like-minded individuals who are passionate about driving change in the sports world. The summit addressed crucial topics such as inclusive coaching practices, accessibility in sports facilities, and breaking down barriers for marginalised communities. It provided valuable insights and tools for making sports environments more welcoming.

We were able to share our success stories, case studies, and innovative approaches to fostering inclusivity, with visitors to our stand. This knowledge exchange will also equip participants with practical methods to implement inclusivity in their sports settings.

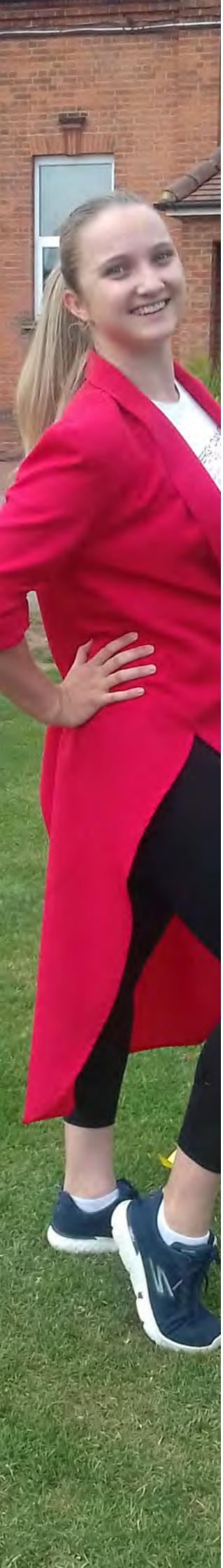
We support Commitment to Change: The Include Summit encourages accountability and action, inspiring attendees to be advocates for diversity and inclusion within their organisations and communities, and we will continue to strive to Make a Difference in all our delivery. Through our inclusive training programmes, we will also offer the education and tools necessary to drive positive change.

IMPACT MONITORING AND EVALUATION AT SYNERGY DANCE® OUTREACH

Synergy Dance® Outreach is dedicated to assessing the effectiveness of its programmes through comprehensive monitoring and evaluation processes, ensuring that we continue to provide high-quality services to our target groups. This approach is tailored depending on whether services are delivered in person or online.

KEY METHODS FOR MEASURING SUCCESS

- **Feedback Mechanisms**: We actively gather feedback from participants, parents, carers, and partners. This is done through surveys, case studies, and testimonials. Participants are encouraged to share their goals, experiences, and outcomes, which helps us understand both the qualitative and quantitative impact of our programmes.
- **Continuous Monitoring**: We conduct monitoring and evaluation throughout the delivery of each project. For both onsite and on-demand services, this helps track immediate and long-term progress in physical and mental health and social well-being.



IMPACT INDICATORS:

- **Physical Health Improvements:** 67% of participants reported an improvement in fitness levels. This is a key indicator of the success of our dance and movement sessions, which aim to improve mobility, coordination, flexibility, strength, and overall health.
- **Ongoing Engagement:** 92% of participants expressed a desire to continue attending our classes, indicating that the programmes are not only impactful but also enjoyable and motivating.
- **Mental Health Benefits:** Many participants report a significant reduction in anxiety, stress, and frustration, with improved self-confidence and resilience.
- **Social and Emotional Well-being:** The programmes foster new friendships and peer networks, which are vital for emotional support and social inclusion.
- **Individual Progress Tracking with Outcomes Star:** We are licensed to use the Outcomes Star tool, which helps track and map individual progress across various areas, including physical fitness, emotional well-being, and social engagement. This tool is used in conjunction with participant feedback to highlight key milestones and success stories.
- **Case Studies and Success Stories:** Regular case studies and success stories from participants are compiled to showcase the tangible benefits of our programs. These stories often highlight life-changing improvements, such as increased verbal communication in children with autism, reduced dependency for participants requiring one-to-one care, and improved family dynamics.

DATA-DRIVEN APPROACH FOR ONLINE SERVICES

Our digital inclusive services have grown significantly, and we have implemented robust systems to track engagement and gather feedback. For online classes, participants have the option to "opt-in" for feedback, making it easy for them to share their experiences. The online platform also tracks enrolments, enquiries, and expressions of interest, providing valuable data for continuous improvement.

DATA PRIVACY AND GDPR COMPLIANCE

We are committed to ensuring that all feedback and data are handled with the utmost care and in compliance with GDPR regulations. Participants are given the option to opt-in for email contact at the time of enrolment, ensuring that their preferences regarding communication are respected.

AREAS OF FOCUS IN FEEDBACK

We aim to gather insights on several key aspects of participants' experiences:

- **Self-Confidence and Goals:** What do participants want to achieve through the programme? How do they feel about their progress?

- **Physical and Cognitive Development:** Feedback on motor skills, posture, balance, spatial awareness, coordination, and fitness levels.
- **Additional Needs:** Understanding any additional support participants may require and how we can better assist them during sessions.
- **Future Aspirations:** Participants' hopes for the future, both in terms of their personal development and involvement in other activities.
- **Parent/Carer Observations:** Insight into how participation has impacted the participant's confidence, skills, and independence, as well as the emotional impact on families and carers.

SIGNIFICANT IMPACTS AND REPORTED OUTCOMES

The impact of our services extends beyond just the individuals who participate. Many parents and carers report life-changing outcomes, including:

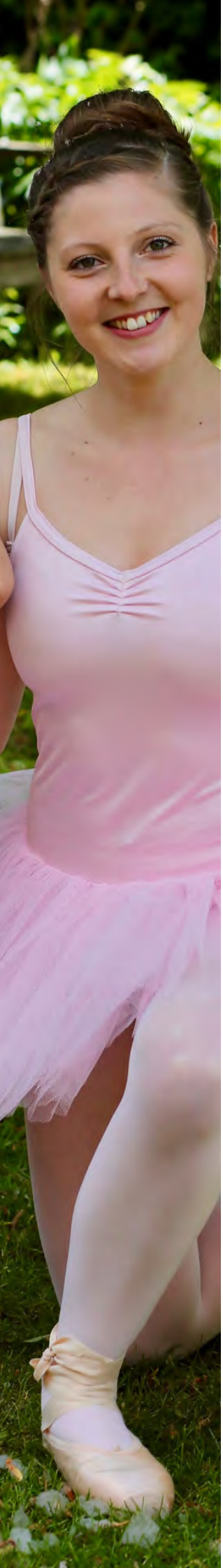
- **Mental Well-being:** Reduced anxiety, improved mood, and enhanced resilience.
- **Physical Well-being:** Improvements in core strength, balance, flexibility, and overall fitness.
- **Emotional Well-being:** Development of friendships and peer networks, which help combat isolation and offer emotional support.
- **Empowerment and Independence:** Participants report feeling empowered through new skills, increased confidence, and a greater sense of independence.
- **Respite for Carers:** Many carers report that our programmes provide much-needed respite and support, helping them manage the demands of caregiving.

REAL-LIFE IMPACT AND TESTIMONIALS

Many families have shared stories of transformation, with some children who were non-verbal beginning to speak, and others who previously required full-time support now requiring less assistance. Parents often express overwhelming gratitude as they witness their children thrive in ways they never thought possible. The social inclusion and confidence that children and young people gain from these programmes can be life-changing, not only for them but also for their families.

YOUTH ENGAGEMENT AND CAREER OPPORTUNITIES

Another significant aspect of Synergy's impact is its role in offering young people with SEND opportunities for work experience and even paid employment. In 2024, we've seen several young participants transition into roles as assistants within our programmes while others have gone on to pursue professional performance opportunities. This emphasis on skill-building and career development ensures that the impact extends beyond health and well-being, offering pathways for personal growth and future success.



EXPANSION AND FUTURE PLANS

In the last year, we've seen impressive growth:

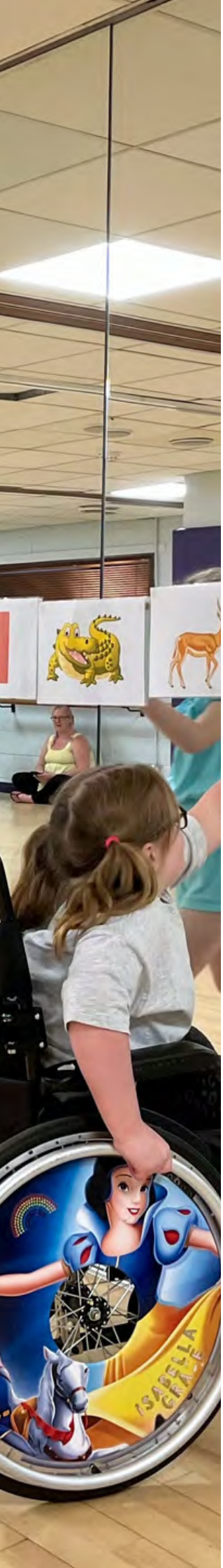
- **Doubling of SEND Schools Supplied:** The number of schools benefiting from our programs has doubled, allowing us to reach more children and young adults with SEND.
- **National Expansion:** Our outreach has extended throughout the UK, with a new Outreach division for Essex and a Franchise Pilot for National Expansion.
- **Digital Services:** Our digital inclusive services continue to grow, allowing us to provide flexible, accessible programmes to a wider audience.

SOCIAL ACCOUNTING AND RETURN ON INVESTMENT

To demonstrate the impact of our work to funders and stakeholders, we regularly prepare social accounting reports that outline the return on investment and value for money of our programmes. These reports also showcase the broader social benefits, such as savings to the public purse, as well as the direct impact on the lives of participants.

CONCLUSION

Synergy Dance® Outreach is proud to be making a significant, positive impact on the lives of children, adults, and families with SEND. The growth of our services, the success of our monitoring and evaluation processes, and the incredible stories of transformation from our beneficiaries reflect the profound difference we are making.



Through continuous evaluation and feedback, we will ensure that we remain at the forefront of inclusive dance, yoga, and fitness services, empowering even more individuals to thrive.

SYNERGY DANCE® OUTREACH: EMPOWERING LIVES THROUGH INCLUSIVE DANCE AND FITNESS

At Synergy Dance® Outreach, our mission is to continue providing accessible and inclusive fitness and well-being programmes for people with Special Educational Needs and Disabilities (SEND), both onsite and online. Over the past year, we have made significant strides in expanding our services across the UK, with plans for global expansion in the near future. As we continue to innovate and evolve, we remain committed to making a positive impact on the physical, mental, and emotional well-being of our service users.

OUR KEY OBJECTIVES AND IMPACT

- **Enhancing Well-being**: Our core objective is to improve the community's mental health, physical fitness, and overall well-being. We aim to empower individuals by providing regular, accessible opportunities for exercise, relaxation, and fitness at home and in person. Through inclusive dance, yoga, and fitness classes, we help individuals build confidence, achieve personal goals, and lead more active and fulfilling lives.

- **Inclusive Exercise:** Our online programmes have proven particularly beneficial for our audiences, offering flexibility and accessibility for participants who may face physical, social, or logistical barriers to attending onsite classes. Whether at home or in the community, our classes foster inclusivity, helping people with SEND maintain a healthy lifestyle while feeling connected and supported.

OUR EXPERT APPROACH TO INCLUSIVE DELIVERY

Our team at Synergy Dance® Outreach has a deep knowledge of delivering inclusive dance and fitness programmes. We work to ensure that every participant's individual needs are met in a sensitive and appropriate way. This is achieved through:

- **Instructor Training:** Our instructors undergo extensive training to ensure they are fully equipped to support clients with various conditions and needs. This training includes understanding the specific challenges and breakthroughs experienced by people with SEND, and learning the most effective ways to provide support. The goal is to ensure that every instructor is knowledgeable, empathetic, and capable of fostering an inclusive atmosphere for all.
- **Understanding Individual Needs:** Working with people with SEND requires sensitivity to even the smallest of achievements. For example, a breakthrough such as a person with autism holding eye contact for a few extra seconds can be a monumental success. These moments are celebrated and valued as part of our commitment to seeing progress in every participant, no matter how small it may seem.

WHY REGULAR CLASSES MATTER

- **Routine and Purpose:** Regular dance, yoga, and exercise sessions are essential for participants to maintain a sense of routine and purpose. For people with SEND, having structured activities can provide a much-needed sense of consistency and achievement.
- **Feelings of Mastery and Well-being:** Our programs promote mastery, giving participants the opportunity to improve their skills, reach personal goals, and experience a sense of accomplishment. This leads to improved mental health, confidence, and resilience. The physical benefits of exercise, such as improved balance, flexibility, and strength, complement the emotional and psychological well-being gained through regular participation.

EXPANDING REACH ACROSS THE UK AND BEYOND

Synergy Dance® Outreach is rapidly expanding its reach across the UK, offering our services at more venues and through digital platforms. We are committed to creating innovative solutions that make fitness, movement, and well-being more accessible to people with SEND, wherever they are.

In addition to our UK expansion, we are excited to announce our global growth plans. With new partnerships in the pipeline, we will soon be offering our services internationally, ensuring that even more individuals worldwide have access to inclusive fitness programmes.

LISTENING TO OUR BENEFICIARIES

As we grow, we remain committed to listening to the people we serve. We regularly gather feedback from our participants to understand what they need and want the most. This ensures that we continue to provide programmes that are relevant, enjoyable, and impactful.

JOIN US IN CHAMPIONING INCLUSION

We are proud of the progress we have made in fostering inclusion and diversity, but there is still much to be done. We are always looking for new ways to collaborate with organisations and individuals who share our vision. Whether you are interested in partnering with us, sponsoring our programmes, or becoming a volunteer, there are many ways you can contribute to our mission.

THANK YOU TO OUR SUPPORTERS

We would like to express our heartfelt gratitude to everyone who has supported and worked with us to help champion inclusion and diversity. Your contributions are integral to the success of our programmes, and we are incredibly excited to continue this journey together, helping more people thrive through dance, fitness, and movement.

Together, we are making a difference.

THANKING OUR FUNDERS

Synergy Dance® Outreach would like to thank these organisations for their funding support during this financial year:

- Comic Relief
- Children in Need
- Peter Harrison Foundation
- Rix Thompson
- Sussex Community Foundation
- Sport England
- Postcode Society Trust

We extend our heartfelt gratitude to these incredible organisations that supported Synergy Dance Outreach with funding during the last financial year. Your funding has been instrumental in enabling us to deliver inclusive dance, yoga and movement programmes to diverse communities, empowering individuals of all ages and abilities.

Thanks to your support, we have expanded our reach, created opportunities for those with disabilities and additional needs, and promoted physical and mental well-being through the joy of movement. Together, we are making a meaningful difference in the lives of countless individuals, fostering inclusion, creativity, and a sense of belonging.

OUR YEAR IN PHOTOGRAPHS

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SKATE
BOARD

SYNERGY DANCE

TESTIMONIALS FROM 2024

Simply amazing!!

The title says it all! It is amazing to see how much fun my daughter is having at the Saturday sessions at Woking Leisure Centre, the teachers are amazing with all the kids and so understanding and inclusive. I can honestly say I've not seen my daughter smile and participate as much as she has over the last couple of weeks. Truly inclusive...

Heather D' Auria

Isla is loving the classes, I can honestly say it's the happiest I've seen her in a long time, fully included, participating, in her own way sometimes but still participating and excited to come back each week.

Heather D' Auria

SEN Frozen Dance Class

It was so lovely to watch the children enjoy themselves and to feel like they can be themselves without the pressure. All the teachers were amazing and included every single child such a lovely class thank you so much, ladies

Amy Byres

TESTIMONIALS FROM 2024

SEND Family Yoga

We loved the yoga workshop. My kids had so much fun. There were yoga poses, movement dance and lots of imagining magical words and tools. My kids have been talking happily about the workshop and are really happy to have the stones they painted as a memento. My husband and I also enjoyed doing partner yoga together!

Rhian

My daughter had a great time singing and dancing in the Frozen-themed workshop. She loved the games and role play, followed by the disco. The organisers played the part well, dressing up, and did a great job making her comfortable enough to really let it go!!

Jasmine

My son loves coming to the SEND dance class EVERY Saturday morning - the teachers are so kind, patient and inclusive - allowing the children to work at their own speed and participate in the way they feel most comfortable. Thank you so much for hosting this session :)

Renuka Bhogal

TESTIMONIALS FROM 2024

They have all had so much fun doing Zumba this term, and I would like to send a huge thank you to you all for being so accommodating for us. They are already looking forward to the next few weeks of Zumba.
Amy Harwood - Portesbury

Sam is so excited to be doing these additional sessions with Ren. - ***Denise***

Many thanks. And thanks too for running such a fantastic session - Amelia has absolutely loved it and is continually asking me to make sure I book her on until the end of her time at Fleet Infants (a year and a half away!).
Sarah Butler - Fleet infant

The Saturday morning class with Ren is amazing. She uses simple visual cues like NOW and NEXT along with simple picture for each activity with physical resources to engage all the children. She uses a consistent routine and songs, with small adjustments here and there, but just enough to keep the children interested and engaged but still keeping with a familiar routine as this is exactly what these SEND children are use to in school and home life.

TESTIMONIALS FROM 2024

When we planned a Disco dance party for my 5 year old with Synergy. The interaction with them was fantastic. they were helpful, they listened and adapted to our little one's wishes and were always available (and super quick to respond) if we had questions. On the day, everything ran smoothly and all the 24 (!) kids seemed to have had lots of fun. I knew the Synergy dance parties at Guildford Spectrum were popular and I know now why :)

Julie SEIBT

I just wanted to say a huge thank you to you and your team for hosting Beth's dance party on Saturday! The girls had a brilliant time and their routines were great fun! Please pass our thanks onto the Synergie team.
Best wishes, Zoe

James loved it!!! I was so pleased with how he listened (whilst quietly and consistently asking for baby shark!)
Daisy and Ella were truly brilliant.

Thank you!
Sarah

TESTIMONIALS FROM 2024

Couldn't be happier we found synergy's SEND dance class. My son smiles throughout, has fun and most importantly feels relaxed. As a mum of an SEN child it is wonderful to be able to go somewhere and feel relaxed too. Daisy and Ella are amazing teachers - calm and enthusiastic and so so understanding

Sarah Snell

We had a fab time with Julie celebrating International Dance Day and I thought I'll share this picture with you!
Many thanks,

Sarah Jenkinson - Bridge College

That was amazing!!! I absolutely loved it and everyone was so kind. I think they enjoyed the routine. At the end for cool down, I did a guided meditation followed by a silent one and and for 11 min it was absolutely silent until the end of the songs! I was absolutely blown away and so was the nurse. Very moving experience! Thank you for putting me on this.

Testimonial from Sahar - Synergy instructor

TESTIMONIALS FROM 2024

After the success of Dance Live performance, Treloar's students shared their passion for movement, and we saw the benefits on their mental health. With this in mind, we contacted Synergy Dance Ltd, which is an inclusive dance, fitness and wellness company and creates bespoke packages for individuals to access fully inclusive activities.

They have been working with us to empower the students to increase their range of activities. Students have shared how fun it is to incorporate their physiotherapy routines through the medium of movement to music. Abi, the instructor, has been wonderful in encouraging the students to take the lead and make suggestions about what music they would like to use or what movements they would like to create. Synergy's mission is to keep everyone active and more often, which supports our holistic approach to the curriculum with embedded physiotherapy programmes for students.

The sessions have been full of energy, fun and flair for all and have encouraged creativity and imagination through movement.

Treloar's

VIEW LINKEDIN POST HERE

TESTIMONIALS FROM 2024

Thank you so much for a fantastic day yesterday, the students engaged so well and we had lots of positive feedback, it was pitched just right for them.
It's great to see them experiencing a different style of dance, they thoroughly enjoyed themselves.
We would love to have you back at some point in the near future.
Jane Jarvis - St Joseph's in Cranleigh

Yes it went really well with Abi, the students responded so well and everyone thoroughly enjoyed themselves and had a taste of flamenco dance!
Jane Jarvis - St-Josephs Cranleigh school

Thank you so much for the sessions you provided for us, the children really enjoyed themselves and enjoyed both the dancing and relaxation parts of the session.

Pippa Hopson
Class Teacher
Freemantles School

TESTIMONIALS FROM 2024

What a fantastic day we have had. I can only say that Katie has been marvellous. To further make this point here are some responses from our teachers: The ARP (SEND) team have found her to be energetic, motivational and her lesson was pitched just right to allow the ARP children to think and create (for themselves) a unique dance. Thank you, Katie!
On behalf of year three - We enjoyed the dance workshop. The children were able to learn a variety of moves and it was suitable for their age group. The session was engaging, the dance moves were pitched right for their age, the bible passage reflected our school's ethos about faith and I loved how she showed that dance can be connected to faith.
Year 1 really enjoyed it and were looking forward to practicing the dance themselves!
Sallyanne

Thank you so much for making room for us! I am bowled over by your kindness, and really grateful. You've made us feel so welcome already. I really appreciate it.
Pamela Xiradakis

TESTIMONIALS FROM 2024

Many thanks for your email and for all the work that Synergy Dance staff have done with our Post 16 students this term. They have all had a lot of fun whilst working on their mobility, coordination and fitness!

Jo Seldon

Portesbery school

The class was brilliant thank you, couldn't fault the instructor one bit.

Westcroft Nursing Home in Hanley

I just wanted to drop you an email to thank you for the great dance session we had last month at KEF Kids – the children / young adults were really engaged and we have had great feedback from the staff too!

We look forward to being in touch with you again in August 2025 when we return to the area for our annual summer respite scheme!

Ariella - Programme Administrator

TESTIMONIALS FROM 2024

Jacob has been attending our session since it began, he has attended consistently, and he has progressed in many ways. Improvement in his flexibility and co-ordination is extremely evident in the corner work section of the session, particularly with kicks and gallops; he is using both legs in his kicks with an amazing extension, and the speed at which he is now able to move across the room during his adapted gallops has massively increased. His focus and confidence while learning and performing routines has improved (he places himself in the front row, and loves the mirrors!) and mum has told me that he often requests the music at home so he can practice. Jacob is non-verbal, but often uses his communication device at the end of the session to tell me what he has enjoyed. Jacob has also developed a close friendship with another child in the class, and he is always so happy to see them each week. He is an absolute joy to teach, and I am so proud of him.

Daisy

I meant to email this last week, but your teacher had (at least) one very meaningful session with class 3J - the teacher fed back that a particularly hard to reach student interacted for an increased period of time and the team found it very moving!

Jack/Bow school

TESTIMONIALS FROM 2024

I was not there on the day but my colleague said the teacher was brilliant...As, you probably gathered, by the engagement of the young people and chatting to some of the teachers, the schools absolutely loved all that was on offer.

Sharon Eyers
Sports & Delivery Officer

I just wanted to thank you again for doing such a fabulous party for Mia this afternoon. You kept all the girls engaged and they all had a fantastic time! Lots of the parents commented on what a great party it was - so Thank you!

Becki

SYNERGY DANCE OUTREACH

England & Wales - Charity number 1180506

Accounts

CCM | Carter Collins & Myer

Digitally Signed Document

Document ID: 6494F27E52AB7B

Document Details:

Filename:	Final Accounts 2023-S0654.pdf
Client of:	Carter Collins & Myer Ltd

Signature Details

Name:	Rachael Hurton
Email:	Admin@synergydanceoutreach.co.uk
Date & Time:	25/02/2024 19:27:29 PM (GMT)
IP Address:	154.47.98.93
Signing Statement:	Synergy Dance Outreach confirms that the information is correct and complete to the best of their knowledge and belief.

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CCM | Carter Collins & Myer

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www.uk-ccm.com

19 January 2024

Ref: S0654

Private & Confidential
Synergy Dance Outreach
2 Forster Road
Guildford
GU2 9AF

Dear Synergy Dance Outreach

Synergy Dance Outreach - Financial Statements – Year Ended 30 April 2023

Please find attached the following documents relating to the above mentioned accounting period:

- 1 Letter of Representation
- 1 set of accounts

Your Corporation Tax liability is nil.

Yours sincerely

Carter Collins & Myer Limited

Carter Collins & Myer and CCM is a trading style for Carter Collins & Myer Limited.
Registered Office: Chichester House, 2 Chichester Street, Rochdale, OL16 2AX. Company registered in England and Wales No. 03404011.

Synergy Dance Outreach
2 Forster Road
Guildford
GU2 9AF

PRIVATE & CONFIDENTIAL
Carter Collins and Myer Limited
Chichester House
2 Chichester Street
Rochdale
OL16 2AX

Date : Thursday, 18 January 2024
Ref : S0654

Dear Sirs

RE: Synergy Dance Outreach, Letter of Representation – Year Ended 30/04/2023

The following representations are made on the basis of enquiries of management and staff with relevant knowledge and experience such as we consider necessary in connection with your engagement. These enquiries have included inspection of supporting documentation where appropriate and are sufficient to satisfy ourselves that we can make each of the following representations. All representations are made to the best of our knowledge and belief.

General

1. We acknowledge that the work performed by you is substantially less in scope than an audit performed in accordance with International Standards on Auditing (UK) and that you do not express an audit opinion.

2. We confirm that the charitable company qualifies as small in accordance with the conditions set out in chapter 1 of part 15 of the Companies Act 2006.

3. We confirm that the charitable company was entitled to exemption under section 144 of the Charities Act 2011 the requirement to have its financial statements for the financial year ended 30th April 2023 audited. We also confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in accordance with section 476 of the Companies Act 2006.

4. We have fulfilled our responsibilities as trustees as set out in the terms of your engagement letter, under the Companies Act 2006 for preparing financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), for being satisfied that they give a true and fair view and for making accurate representations to you.

5. All the transactions undertaken by the charitable company have been properly reflected and recorded in the accounting records.

6. All the accounting records have been made available to you for the purpose of your engagement. We have provided you with access to all appropriate persons within the charitable company, and with all other records and related information requested, including minutes of all management and trustee meetings and correspondence with The Charity Commission.

7. The financial statements are free of material misstatements, including omissions.

Assets and liabilities

8. The charitable company has suitable title to all assets and there are no liens or encumbrances on the charitable company's assets, except for those that are disclosed in the notes to the financial statements.

9. All actual liabilities, contingent liabilities and guarantees given to third parties have been recorded or disclosed as appropriate.

10. We have no plans or intentions that may materially alter the carrying value and where relevant the fair value measurements or classification of assets and liabilities reflected in the financial statements.

Accounting estimates

11. All assumptions used by us in making accounting estimates, including those measured at fair value, are reasonable.

Loans and arrangements

12. The charitable company has not granted any advances or credits to, or made guarantees on behalf of, directors other than those disclosed in the financial statements.

Legal claims

13. We have disclosed to you all claims in connection with litigation that have been, or are expected to be, received and such matters, as appropriate, have been properly accounted for, and disclosed in, the financial statements.

Laws and regulations

14. We have disclosed to you all known instances of non-compliance or suspected non-compliance with laws and regulations whose effects should be considered when preparing the financial statements.

Related parties

15. Related party relationships and transactions have been appropriately accounted for and disclosed in the financial statements. We have disclosed to you all relevant information concerning such relationships and transactions and are not aware of any other matters which require disclosure in order to comply with legislative and accounting standards requirements.

Subsequent events

16. All events subsequent to the date of the financial statements which require adjustment or disclosure have been properly accounted for and disclosed.

Going concern

17. We believe that the charitable company's financial statements should be prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We have considered a period of twelve months from the date of approval of the financial statements. We believe that no further disclosures relating to the charitable company's ability to continue as a going concern need to be made in the financial statements.

Grants and donations

18. All grants, donations and other income, the receipt of which is subject to specific terms or conditions, have been notified to you. There have been no breaches of terms or conditions in the application of such income.

Restricted grants and donations are as follows:

AFA 23 £9,995
B.chester £500
CFS Send £4,392
CFS ANNAF £250
CIN YR4 £500
CR23 £4,825
PH Foundation £10,000
SE YR2 £11,023
TF/WP £3,350

Yours faithfully

Signed on behalf of the board of trustees
18.01.2024

Charity registration number: 1180506

Synergy Dance Outreach

Trustees' Report and Financial Statements

30 April 2023

Carter Collins & Myer
Chichester House
2 Chichester Street
Rochdale
Lancashire
OL10 2BG

Synergy Dance Outreach

Charity registration number: 1180506

Trustees' Annual Report

The trustees present their report and financial statements for the year ended 30 April 2023

The report and financial statements also meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019)

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period.

In preparing the financial statements, the trustees are required to:

select suitable accounting policies and then apply them consistently;

observe the methods and principles in the Charities SORP;

make judgements and estimates that are reasonable and prudent;

state wether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements

prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in business

The trustees are responsible for keeping adequate records that are sufficient to show and explain the companys transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent examiners

Each person who was a trustee at the time this report was approved confirms that:

so far as he is aware, there is no relevant information of which the charity's independent examiner

he has taken all the steps he ought to have taken as a director in order to make himself aware of any relevant information and to establish that the charitys independent examiner is aware of that information.

Independent Examiners' Report
to the members of Synergy Dance Outreach

I report on the unaudited accounts of Synergy Dance Outreach for the year ended 30 April 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cashflow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Respective responsibilities of trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

I am qualified to undertake the examination, being a qualified member of the Association of International Accountants

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedure laid down in the general Directions given by the Charity
- Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of Independent Examiner's Report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement Report

No matters have come to my attention in the 2022 Financial Statements, which gives me

(1) reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 386 of the Companies Act 2006, and
  to prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice – Accounting and Reporting by Charities

  Have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Carter Collins and Myer Accountants
DATE

Synergy Dance Outreach

Statement of Financial Activities for the Year Ended 30 April 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Incoming resources					
Donations and legacies	3	13,357		13,357	368
Income from charitable activities	4	32,616	44,792	77,408	64,123
Other income			43	43	0
Total incoming resources		45,973	44,835	90,808	64,492
Resources expended					
Raising Funds	6	1,716	39	1,755	11,477
Charitable Activities	7	45,051	36,241	81,292	92,571
Other	8	333		333	334
Total resources expended		47,100	36,280	83,380	104,382
Net movement in funds		(1,127)	8,555	7,428	(39,890)
Transfers between funds	15	(3,553)	3,553		
Total funds brought forward	15	(25,005)	5,690	(19,315)	20,575
Total funds carried forward	15	(29,685)	17,798	(11,887)	(19,315)

The statement of financial activities includes all gains and losses in the year.

All incoming resources and resources expended derive from continuing activities.

Synergy Dance Outreach

Balance Sheet as at 30 April 2023

		Unrestricted £	Restricted £	2023 £	2022 £
Fixed Assets					
Tangible assets		0	0	0	0
		0	0	0	0
Current Assets					
Debtors	11	903	0	903	15,136
Cash at bank and in hand		-8657	17797	9,140	5,910
		(7,754)	17,797	10,043	21,046
Creditors	12				
Amounts falling due in one year		(5,194)	0	(5,194)	(12,826)
Net Current Assets		(12,949)	17,797	4,848	8,220
Amounts falling due after more than one year		(16,735)	0	(16,735)	(27,535)
Net Assets		(29,684)	17,797	(11,887)	(19,315)
Funds of the Charity					
Unrestricted funds	13	(29,684)		(29,684)	(25,005)
Restricted funds	13		17,797	17,797	5,690
Total Funds		(29,684)	17,797	(11,887)	(19,315)

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for

The members have not required the charitable company to obtain an audit of its financial statements for the

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Approved by the Board and signed on their behalf by:

Nicola Whittaker
Trustee
Approved by the board on XXXX

Synergy Dance Outreach

Notes to the Financial Statements

Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - Charities SORP (FRS 102)), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevent accounting policy note(s).

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestriced funds of the charity which the trustees have deciced at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be soley used for particular areas of the Charity's work or for specific projects being undertaken by the Charity.

Incoming resources

Incoming is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Resources expended

Expenditure is recognised on an accrual basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included as part of the expenditure to which it relates.

Operating leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remains with the lessor, are charged to the Statement of Financial Activities in the year in which they fall due.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Individual items costing less than £500 are not capitalised.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Computer equipment	25%

Stock

Stock, which relates to items bought for resale in the Charity’s café, is valued at the lower of cost and net realisable value.

Pensions

The charity operates a stakeholder pension scheme for its staff. The assets of the scheme are held separately from those of the charity in an independently administered fund. Details of the charity's contribution are given in Note 9 to these accounts.

Donations and Legacies	**Unrestricted**	**Restricted**	**2023**	**2022**
	£	**£**	**£**	**£**
Donations	0	13,357	13,357	368
Income				
	0	13,357	13,357	368

Incoming from Charitable Activities	**Unrestricted**	**Restricted**	**2023**	**2022**
	£	**£**	**£**	**£**
Grants	0	43,802	43,802	33,023
Other Charitable Activities	32,616	990	33,606	31,100
	32,616	44,792	77,408	64,123

Investment Income	**Unrestricted**	**Restricted**	**2023**	**2022**
	£	**£**	**£**	**£**
Interest Income	0	43	43	0
	0	43	43	0

Expenditure on raising funds	**Unrestricted**	**Restricted**	**2023**	**2022**
	£	**£**	**£**	**£**
Advertising and Marketing	1,716	39	1,755	11,477
	1,716	39	1,755	11,477

	£	**£**	**£**	**£**
Administration	4,516	550	5,066	5,404
Consulting	6,379	2,583	8,961	0
Depreciation Expense	0	0	0	76
Direct Expenses	0	0	0	0
Equipment and Props	1,638	8,179	9,817	17,204
General Expenses	1,402	60	1,462	2,012
Instructor Fee	16,491	1,663	18,154	20,861
Insurance	306	2,195	2,501	299
Postage, Freight and Courier	0	0	0	50
Printing and Stationery	4	0	4	26
Project Management	0	0	0	23,951
Rent	1,572	976	2,548	4,511
Subscriptions	2,144	1,353	3,498	3,518
Telephone and Internet	0	324	324	323
Wages	8,325	18,359	26,684	13,686
	42,777	36,241	79,019	91,919

Other expenditure	Unrestricted	Restricted	2023	2022
	£	£	£	£
Accountancy fees	2,273	0	2,273	652
Bank fees	333	0	333	334
	2,606	0	2,606	986

Net Incoming / (outgoing resources	Unrestricted	Restricted	2023	2022
	£	£	£	£
This is stated after charging:				
Depreciation of owned fixed assets	0	0	0	76
Independent examiners fee			0	0
Other accountancy fees	2,273.4	0.0	2,273	651.8
	2,273	0	2,273	727

Trustees renumeration and expenses

No employee received emoluments of more than £60,000 per annum.

Tangible Fixed Assets

	Equipment	Total
	£	£
COST		
At 1 May 2022	0	0
Additions		0
Disposals		0
At 30 April 2023	0	0
DEPRECIATION		
At 1 May 2022	0	0
Charges	0	0
Disposals		0
At 30 April 2023	0	0
NBV		
At 30 April 2022	0	0
At 30 April 2023	0	0

Debtors	Unrestricted	Restricted	2023	2022
	£	£	£	£
Trade Debtors	645	0	645	14,882
Prepayments	258	0	258	254
	903	0	903	15,136

Creditors: amounts falling due	Unrestricted	Restricted	2023	2022
	£	£	£	£
Trade Creditors	2,420	0	2,420	6,975
Accruals	960	0	960	900
Payroll Cost Creditor	1,815	0	1,815	4,951
Deferred Income	0	0	0	0
	5,194	0	5,194	12,826

Creditors: amounts falling due	Unrestricted	Restricted	2023	2022
	£	£	£	£
Private Loan	11,035	0	11,035	20,035
Bank Loan	5,700	0	5,700	7,500
	16,735	0	16,735	27,535

Taxation

The charity is exempt from tax on income and gains falling within S505 of the income & Corporation Taxes Act 1988 (ICTA 1998) or S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity

Fund Movement	At 01.05.2022	Incoming resources	Outgoing resources	Transfers	At 30.04.2023
Restricted Funds					
CFS Intergen	1,372		(1,910)	538	0
CFSJ	4,318		(4,318)		0
AFA 23		9,995	(384)		9,611
B'chester		500	(795)	295	0
CFS Send		4,392	(5,287)	895	0
CFS ANNAF		250	(302)	52	0
CIN YR4		500	(663)	163	0
CR23		4,825	(318)		4,507
EMD UK					0
PH Foundation		10,000	(7,896)		2,104
SE YR2		11,023	(11,605)	582	0
Sussex		0	(217)	217	0
TF/WP		3,350	(1,775)		1,575

TIF3		0	(554)	554	0
True Colours		0	(257)	257	0
					0
	5,690	**44,835**	**(36,281)**	**3,553**	**17,797**
Unrestricted Funds					
General Funds	(25,005)	45,973	(47,099)	(3,553)	(29,684)
Designated Funds					0
	(25,005)	**45,973**	**(47,099)**	**(3,553)**	**(29,684)**
Total Funds	**(19,315)**	**90,808**	**(83,380)**	**0**	**(11,887)**

Synergy Dance® Outreach – Trustees report and annual financial statements for the year 1st May 2022 to 30th April 2023

Registered Charity No: 1180506
Address: Queen Elizabeth Park, 2 Forster Road, Guildford, Surrey
Tel: 01483 954135
Email: admin@synergydanceoutreach.co.uk

Synergy Dance Outreach: CIC
Registered number: 1180506

Trustees' Report for the period to 30th April 2023

Trustees present their annual report and the financial statements for the year ended 30th April 2023.

The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2015 or later. This year's charity accounts are prepared by Carter Collins & Myer Ltd.

Trustees' Report for the period to 30th April 2023

Trustees
Nicola Whittaker
Mary Ungoed-Thomas
Rachelle Franklin

Registered Office
2 Forster Road,
Guildford
Surrey
GU2

Steering group

Judy Thompson and Geoff Blake.
A chance for those directly affected by SEND – either personally, or via their children, to influence our services, be part of the design and to help us to connect with local communities.

Independent Examiners and accountants
Carter Collins & Myer Ltd
Chichester House
2 Chichester St Rochdale,
Lancashire
OL16 2AX

Catheryn Day: Accountant
Robert Newman Chichester House (Independent Examiner)

Brand Ambassador:
Will Perry – Paralympic swimmer.

Bankers
Santander
Bridle Road, Liverpool, Merseyside, L30 4FB

Abbreviations in this report:

CYP: Children Young People
SEND: Special Educational Needs & Disabilities
LTHC: Long Tern Health Conditions
SEN: Special Educational Needs
ASD: Autistic Spectrum Disorder
MLD: Mild Learning Disability
ODD: Oppositional defiant disorder

The Charity

DIVERSITY. INCLUSION. BELONGING

Synergy Dance® Outreach was set up to improve the mental, physical health & wellbeing of children & young people (CYP), adults and seniors, marginalised by Special Educational Needs & disabilities (SEND) and long term/life-limiting health conditions (LT & LLHCs) by delivering inclusive, accessible, dance, yoga, singing & fitness activities that remove the usual barriers preventing participation.

We address the fact that **disabled people are twice as likely to be inactive as non-disabled people**, so ensure fun, accessible opportunities, both in-person & online, that encourage regular activity to improve long-term physical, emotional, mental health and well-being. We ensure neither finance, fitness, ability/disability nor family circumstance are barriers to access. Participants tell us that our classes improve their mood and build confidence and resilience, better enabling them to meet the challenges of their conditions.

Our beneficiaries include people with Special Educational Needs (SEND), those who are visually impaired, the deaf community and hard of hearing, seniors, those with long term health conditions (LTHC) and other disadvantaged people, children and teenagers.

As a charity, we enable service users to get active, have fun, reduce stress and combat loneliness. Our classes help maintain fitness, core strength, flexibility and motor skills, improve posture and also help relieve stress, boost the immune system and aid restful sleep and importantly build confidence.

Time for change

Our goal is to help you reach yours..

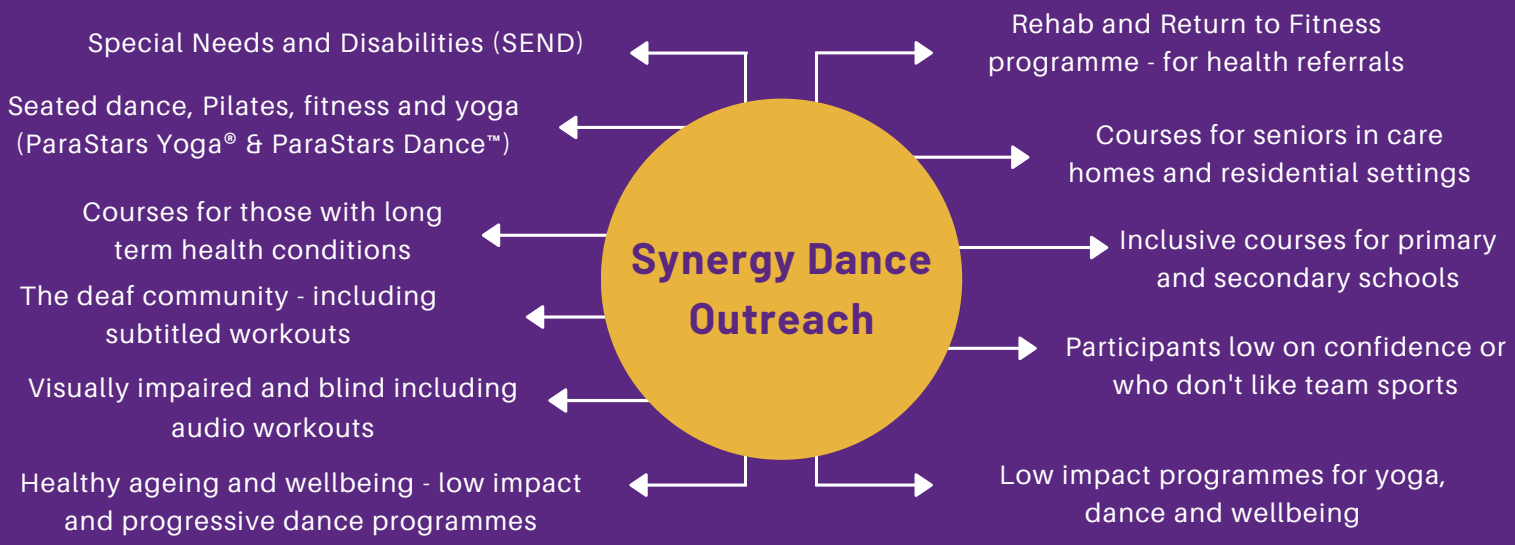
Inclusive dance, yoga, Pilates, fitness & wellness activities for children, teenagers, adults & seniors. We are fighting for inclusive opportunities and activities for all ages.

We provide activities for:

- The disability community
- Those with special educational needs (SEN)
- Seniors - healthy ageing and low impact programs
- Those with long term health conditions (LTHCs)
- Health referrals
- Visually impaired/Blind
- Deaf community & hard of hearing
- School children, teens & young people

Partners

We partner with leisure chains, charities, care homes, outreach centres, councils, trusts and schools to deliver activities. For community projects, we provide classes free for families with disabled children as their income is estimated to be around 23.5% below the UK average. We are passionate about providing children with opportunities & have engaged with many families from low socio-economic groups. Our core values are inclusion, innovation, value for money, quality of delivery and excellent service.



Synergy Active Online™ - inclusive activities for all

See: https://synergy-dance-online.teachable.com/courses

We supply live classes onsite & have digital pre-recorded dance, yoga, Pilates, fitness & meditation courses for all ages. We also provide school clubs, themed SEND workshops, holiday programs, seated courses and SEND programs for schools, leisure centres, charities, trusts and care homes.

See: https://vimeo.com/776286671/39a50570f2

In the last 3 years we have won 12 Awards and are unique in providing an on demand inclusive platform of activities for children, teens, adults and seniors.

Our professionally recorded activities target conditions including physical disabilities (congenital & acquired), wheelchair participants, mental health issues & neurological conditions.

CYP with disabilities are more likely to be obese and risk rises with age: Activity Alliance, 2018. The impact of our work has really inspired our team and partners – see stories at the end of this report.

Benefits include stress relief, improved mental health, reduced anxiety, improved fitness/posture, flexibility, motor skills, core-strength, agility, balance, spatial awareness, help relieve and manage chronic pain and improve stamina. We build confidence, provide new networks and friendships.

We are unique in providing activities that overcome all the barriers to exercise and meet recommendations to combat inactivity and poor mental health.

Eg: Sport England 2020: only 23% of disabled people were able to complete 30-minutes of activity 5 x a week due to accessibility issues. We stand out because we serve diverse groups of CYP.

See: https://vimeo.com/manage/videos/834415547/2a51060ef0
Promo Video: https://vimeo.com/792618301/31edd6d22

SUMMARY

- A multi-award-winning charity, we offer a one stop package of dance, yoga & fitness activities for On Demand and Onsite activities. Our hybrid style of delivery offers choice and flexibility to those who need it most.
- We provide activities for participants with Disabilities, Visual Impairments, Special Educational Needs & Long Term Health Conditions, the Deaf Community and hard of hearing, wheelchair participants, mental health conditions & for those with additional needs.

We provide opportunities to target wellbeing, healthy lifestyles, fitness and to support mental health. Building confidence is vital to us and we are here to get everyone moving, whatever their circumstances.

SEN includes those with learning difficulties & autism, ADHD, ASD, global development delay, MLD, ODD, downs syndrome, dyspraxia and hearing loss. LTHC includes spinal injuries, cerebral palsy, spina bifida, cancer, multiple disabilities, asthma, long-covid and amputation.

Structure, governance and management

Synergy Dance® Outreach – Charity registration number 1180506

The charity number, principal addresses and details of professional advisers are set out in the administrative information at the front of the report and accounts.

Synergy Dance® Outreach is a registered Charitable Incorporated Organisation (CIO) governed by a Board of 3 Trustees. The charity was founded in May 2017 to meet local need and create positive change, by removing barriers to enable people experiencing disadvantage and marginalisation to improve their physical and mental health and wellbeing through accessible, inclusive and innovative dance, fitness, yoga, singing and related activities. Beneficiaries include those with special educational needs and disabilities (SEND), older people, and other disadvantaged children and young people. Inclusivity is of the utmost importance to us and we aim to ensure neither finance, fitness, ability, disability nor family circumstance are barriers to participation.

The Governing document, and Constitution document is a CIO Foundation Constitution.

The powers available to the Trustees are set out in the Governing document and Constitution – which clearly state the objectives of the charity and rules about Trustees. The Board is at the present time, 3 trustees, with teaching, special needs and editorial backgrounds. Recruitment and appointment of new Trustees remains a collective decision via the Management committee of Trustees.

The Charity is managed by a Board of Trustees which delegates day to day operations to the admin and management team. The Board of Trustees reserves to itself powers of appointment of the CEO, Project Managers, admin staff and managers as a group collective. It also retains responsibility for financial control and reporting, and the Trustees' report and financial statements.

Governance

Synergy Dance® Outreach is governed by a dedicated passionate board of 3 trustees with a broad skills spectrum and includes Trustees who have children with SEND and family members with disabilities who have been involved since its inception. The board have guided the organisation from a small community non-profit group that started to meet local need, to become a CIO registered with the charity commission, that has built great relationships with many local organisations including Surrey Council, Surrey Choices, Active Surrey, Community foundation for Surrey, Sight for Surrey, Surrey Special Schools Sports Association to now be partnering with national organisations such as EMD UK and British Blind Sport.

The charity is led by founder and CEO Rachael Hurton and supported by a team with a broad skills range and a high level of determination and dedication. The charity's skilled team are all highly passionate and dedicated to the charity's purpose to make a difference and enrich lives through inclusive activity.

The CEO has a Masters' Degree from Kings College/RADA in Text & Performance and a Degree in Philosophy with Literature from Sussex University. She also holds a Studio Professional Diploma in Fitness and Postgraduate Diploma in Publishing & Printing form the London College of Printing. Prior to Synergy she has managed The Alpine Cub Photo Library with George Band – (1953 Everest Expedition), worked in book publishing for Usborne books Kingfisher, Dorling Kindersley and Which? and within the entertainment industry as an actress for the BBC (The Life of Dickens/Peter Ackroyd) and other film projects including Bond/Skyfall.

She is very ambitious and has led the Charity to be nominated and win many awards – see below. She is a great advocate of continuous learning and development leading the Synergy team to grow and empower the charity to meet the ever-increasing demand for services.

We are committed to maintaining high standards in governance and accountability, especially safeguarding and equal opportunities, and we carefully monitor and evaluate the impact of our work. All staff and volunteers are trained in safeguarding and DBS checked to an enhanced level.

The Board connects regularly during the year (with attendance on some occasions from outside members or experts). The Board retains control of all statutory matters including the Charity Commission and oversees risk management with help from Consultancies and partners.

Welcome from Rachael Hurton (CEO)

Welcome to Synergy Dance® Outreach. We are here to fight for change and more inclusive opportunities and activities for all.

Synergy Dance Outreach is a charity which provides inclusive dance, fitness, yoga, wellness, singing and enrichment activities for children, teens, adults and seniors of all ages and abilities. We provide classes both in person and online, and offer standing and seated programmes, high and low impact. Many of our courses are commissioned directly from our partner organizations.

Since forming we have discovered ever-growing demand for onsite and on demand classes for SEND children and adults. We are on a mission to keep everyone active and to break down the barriers which prevent children and adults from taking part in an activity. Our goal is to provide exercise and opportunities for everyone, where no one is left behind. Our programmes aim to help participants to improve their fitness levels, happiness and wellbeing. We want to build new life-skills, confidence, self-esteem, independence and resilience, and new important friendships/networks with others with similar lived experience. We have also introduced work experience and training opportunities for young people with SEND and will continue to expand this.

As a charity we are very keen to collaborate with other organisations and to engage the The disability community; Those with Special Educational Needs; Seniors - Healthy ageing and low impact programs; Those with Long Term Health Conditions; Visually impaired/Blind; Deaf community & Hard of hearing & School children, teens & young people. Our additional seated workouts, ParaStars Yoga, ParaStars Pilates and ParaStars Dance are suitable for all ages and target the disability community and those with LTHC's.

We are always here to talk to you and discuss new options and opportunities to be fully inclusive and we will go the extra mile to make it happen. We have a dedicated team, who work round the clock to expand our services to new areas of the UK, to engage with families and their needs, and to to measure the impact of all that we do. So many families are wanting the same opportunities and choice for their son or daughter or relative with SEN. We get excited every time we receive a new enrolment or sign up! Our unique innovative classes are meeting unmet need and getting people active.

As CEO - I now have a deeper understanding of the challenges faced by people in finding exercise and services they want and are motivated to do which is inclusive & accessible. It's all about being the right price, fun & easy to access with levels and activities for everyone. My ultimate goal is to make a difference within the activity and Arts sectors. On a personal level, I had an ambition to address the fact that disabled people are twice as likely to be inactive as non-disabled people with 53% saying this is due to "no activities suitable for me".

We've experienced a surge in demand for our services in the last year, and will build on this to reach many more people who can benefit from our inclusive delivery.

If you would like to help us to run future projects, become a sponsor or volunteer - please contact us on manager@synergydanceoutreach.co.uk

Thank you again - for helping us to make a difference.

Rachael

Rachael Hurton

Breaking down barriers

We have expanded into Ed-Tech/Health-Tech & the Tech-for-good sector. We aim to inspire more accessible inclusive digital activity in the UK & globally & to make a difference to as many children and adults as possible. We continue to support social prescribing with the NHS to help people with LTHC's or poor mental health. We are also supporting seniors with a wide range of dance and yoga programmes.

In addition to this, we are creating new employment & inclusive opportunities for young adults with SEND who wish to gain work in the Arts and Fitness via our work experience and SEND leadership programme (see our case study on Sam, who has Down's Syndrome, below).

We have carved a niche in the market for children's activities to be fully inclusive and we are planning a new ethical franchise model already started in Essex. This will create new employment & inclusive opportunities.

We will also expand our team of talent who provide our ground-breaking pre-recordings: **see https://vimeo.com/manage/videos/907843973/be63e388e6**

This year we will launch an online training program for ParaStars Yoga® and ParaStars Dance® - new innovations for seated workouts. We also have plans to set up a National training program for Synergy teachers to help us meet unmet need for classes throughout the UK.

We have explored how digital offerings will evolve and what strategies we can deploy to provide the perfect mix between live & digital offerings to meet the increasingly sophisticated needs of modern children and adults who need flexible exercise.

The pandemic has prompted us to prioritise mental health & activities for children, with 50% focusing more on their wellbeing in 2022. Far from being stop-gaps to tide the industry over during the COVID pandemic, livestream & on demand activities have become vital additions to leisure provider's & school's long-term digital offerings, with 80% of customers planning to continue using them post-pandemic. They have continued to be popular in the last year.

The digital fitness boom and growth of home working mean today's CYP need a connected fitness experience that offers convenience & enables them to maintain a more active lifestyle. This especially resonates with the disability community who may prefer to exercise at home, in the community or a combination of the two.

The cost-of-living crisis

Our goal is to offer even more heavily subsidised services to ensure financial accessibility, especially now so many are affected by the cost-of-living crisis and our own costs e.g. staff costs and room hire are increasing, as we now often have to pay travel to make it viable for our teachers.

As a charity we are being severely impacted by the cost-of-living on multiple levels. We are finding the following negative impacts:

- All our staff costs have gone up as staff are finding it harder financially and increasing fees and have put up their rates and need to charge for travel where possible.
- All venues, even local leisure centres, are being impacted by costly energy bills and are substantially increasing room hire fees.

- Many of our partners (e.g. care homes/ SEND schools) have had their own budgets cut and cannot afford to pay for enrichment activities that aren't heavily subsidised, which in turn impacts our work and income. This is reducing our unrestricted funding needed for core costs. We have limited resources.
- Demand for our enrichment services is increasing and we are keen to meet this demand.
- Many are finding they have less money so most people cannot afford to make charitable donations.
- Many families with disabled members already live in poverty with parents unable to work full time or at all. Many are struggling more with poor mental health worsened by feelings of isolation, as they have not been able to access usual services and many, especially those with learning disabilities/autism struggle to express and deal with their emotions.

We prefer to offer heavily subsidized services to ensure financial accessibility, especially as the cost-of-living crisis is continuing and worsening. There is a lot of research evidencing this for example Counting the Costs 2021, a major survey of almost 3,000 UK families with disabled children, found that:

- In the preceding 12 months, almost a third of parent or carers have gone without heating (30%) and food for themselves (37%). Half have gone without toys, presents and computer equipment for their children.
- 55% of respondents were shielding during lockdown. As a consequence of shielding, 30% report they got into debt or borrowed money, 15% got behind with mortgage payments, 10% used a food-bank for the first time and 7% lost their job.
- Nearly a quarter (23%) of respondents claim Universal Credit and 40% of those said they are worse off since claiming, despite assurances from government that no one would be worse off.
- Nearly two thirds (61%) say that caring responsibilities mean they or their partner has given up paid work, on average losing £21,270 from their family income.
- Counting the Costs 2021 also reveals that the squeeze and pressure on incomes comes at a cost to the wellbeing of families, with 92% of parent or carers saying "going without" affects their own health and a third (34%) saying it affects the health of their child.
- Worryingly, some families with disabled children don't see a way out, with almost one in five saying they have increased care commitments due to the pandemic that will impact their ability to earn money in the future.
- With the cost-of-living-crisis having continued for so long and only getting worse, this is why we need to continue to access as much funding as possible to help those families with disabled members and ensure they are not further marginalised by an inability to access services that make a huge difference to their lives.

Part of our ongoing strategy is to increase our fundraising efforts to enable more delivery in areas throughout the UK. Our activities are fun and inspiring, and our success stories and testimonials often bring a tear to the eye!

In the last year the biggest growth has been in the East Midlands/SE - and we have new areas asking for services throughout the UK.

Where we work

Croydon, Aldershot, Bagshot, Hindhead, Thornton Heath, Manchester, New Malden, Guildford, Godalming, Kingston upon Hull, Hampton Middlesex, Weybridge, Caterham, Surbiton, Fleet, Cranleigh, Wokingham, Leatherhead, Farnham, Camberley, Gosport, Hartley Whitney, Hayes, South London, East London, North London, Central London, East Grinstead, Oxted, Worcester Park, Hook, Windsor, Addlestone, Sheffield, West Midlands, West Byfleet, Sandhurst and Walton on Thames.

Founded in Guildford as a small not-for-profit enterprise in 2017, we have grown at a rapid rate and now think big. In Surrey alone, we have been active in Leatherhead, Dorking, Guildford, Haslemere, Woking, Weybridge, Stoughton, Walton, Chertsey, Ash, Reigate, Godalming, Farncombe, Redhill and Horley – supporting the disability community and SEN children to enjoy exercise and overcome marginalisation.

Seniors enjoy our upbeat sessions which encourage relaxation and memory recall. Local care homes we have been active at include Broadwater Lodge, Claremont, Queen Elizabeth Park, Farncombe Day Centre and Signature at Moorlands Lodge.

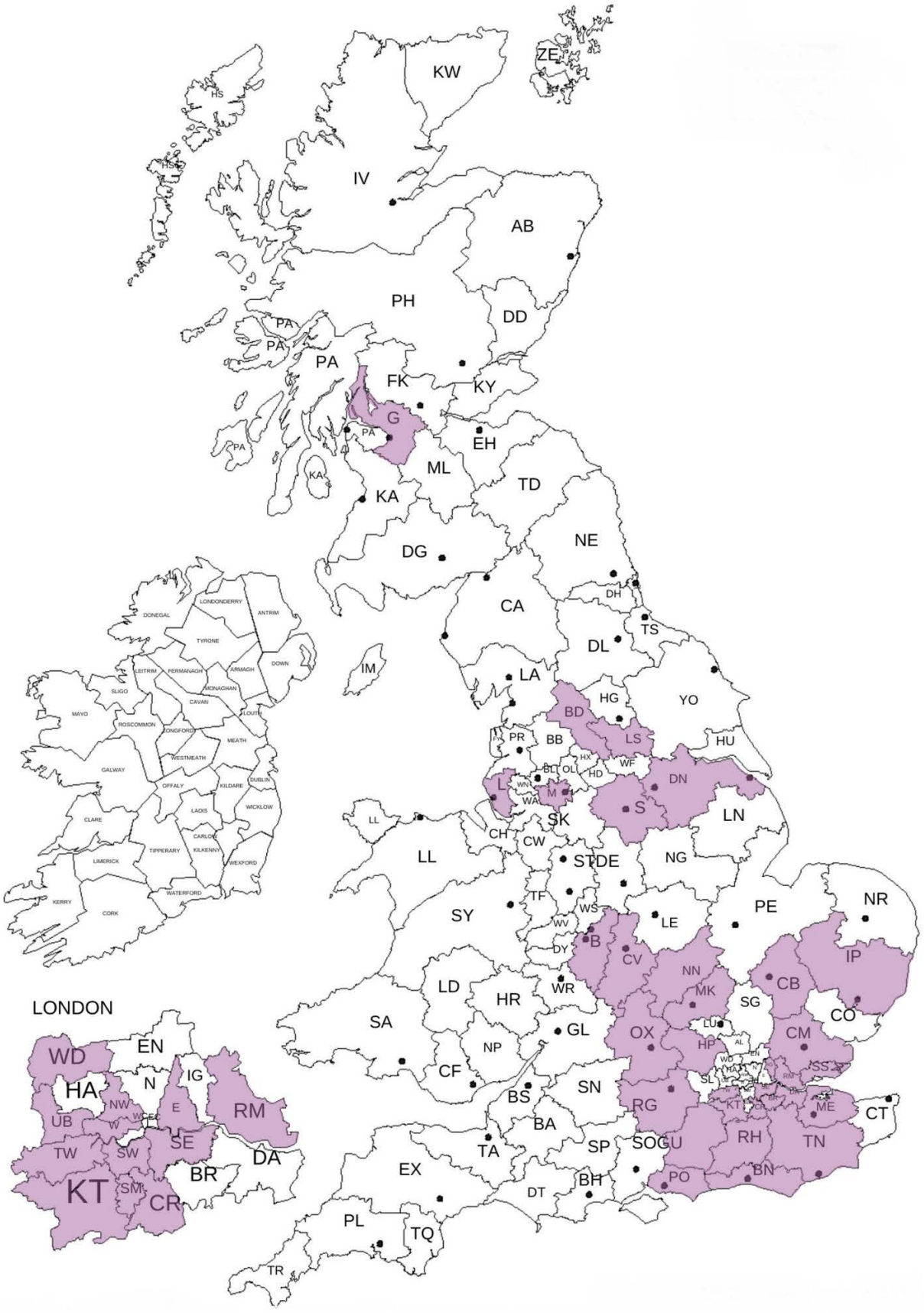
Further afield, we have partnered with like-minded organisations to bring our unique programmes to new groups of service users. We worked jointly with FND Hope for those with neurological disorders in Oxfordshire, while Cube Disability Kids which supports children with learning disabilities in Northamptonshire welcomed our classes. We have recently partnered with Children In Motion and KEF kids too.

In London, Save the Children have supported us and spread the word among their beneficiaries. Meanwhile Blind Aid, also based in the capital, have liaised with our talented instructors to provide themed classes for clients with impaired sight.

In West Yorkshire, we have supported WY CANN's mission to help children with additional needs. And we have worked hand in hand with the Brain Charity to help ameliorate the over 600 conditions affecting the brain, spine and nervous system.

We attained national reach this year and through joint collaborations we have been able to reach many more service users with our digital workouts. Many more partners and schools are TBA.

On the map below you can see current areas where are services are in demand, with delivery in other areas coming soon.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Objectives and activities

The principal activity of the Outreach charity is to promote physical and mental health and wellbeing through lifelong participation in dance, fitness, yoga, singing and related wellbeing activities for all, where neither finance, fitness, ability, disability or family circumstance are barriers to participation, as highlighted in our summary. We aim to remove barriers by providing accessible and innovative dance and related activities for children and young people, adults, seniors, people experiencing disadvantage and those affected by SEND (Special Educational Needs and Disabilities).

We are a Surrey based registered CIO charity, with National reach, governed by 3 trustees and a steering committee who contribute ideas and feed back. We are providing specialist dance, yoga, pilates, singing and fitness to SEND participants of all ages. Our classes work with smaller groups and SEND trained teachers, essential for more specialist classes and also provide digital delivery for our service users.

We are all inclusive and deliver a growing range of programs for special educational needs and the disability community – from children and teens to adults and seniors.

Removing barriers to exercise for disadvantaged groups
We aim to remove barriers by providing accessible and innovative dance, yoga and movement activities for:

- Children
- Young people
- Adults
- Seniors
- The disadvantaged
- Those affected by Special Educational Needs and Disabilities (SEND).
- Those with long term health conditions
- The disability community, including visually impaired, blind and the deaf community/hard of hearing

We encourage inactive people to become active; bring people together to regularly participate in fun activities; and improve people's wellbeing.

We aim to combat:

- Obesity
- Mental health problems
- Isolation

Outreach classes provide structure to participants' weekly routines and offer something they can look forward to. Our activities meet local needs and help to reduce health inequalities.

Joanne: *Classes have impacted Ruby hugely. She is in mainstream school and really struggles, but she can be herself and has friends at Synergy. It is her happiest two hours in the whole week! We have noticed increased confidence and sense of self, better balance, cooperation and listening skills. Ruby used to do her own thing in class but now she follows what the teacher is doing. She is loving ballet and we hope it continues.*

Our mission and values

We support the disability and SEN community to thrive and help people to be their best selves. With Synergy no one is left behind!

It is Outreach's policy to pursue the highest possible standards in governance and accountability – and especially in Safeguarding and Equal Opportunities.

We carefully monitor and evaluate the impact of our work and use our local networks to discreetly join up disadvantaged children, young people and families with community and voluntary sector support. We link with appropriate agencies, focus groups and partners, where this can further aid participants who have multiple complex health issues.

Co-production with service users

In order to achieve our aims, we actively listen to the communities we serve to ensure we deliver what they want and need. We regularly consult with, and involve users in connection with the design, themes, content and delivery of services. We often cross-over genres (such as dance/yoga/Pilates) in one class, and we combine themes – for example Zombies and Cheerleading, Breakdance & Street, Ballet and Musical Theatre; to make classes more appealing. The fun and games constitute 'exercise in disguise'!

Our charitable objectives

Synergy Dance® Outreach stands out for our diverse range of inclusive on-site and digital activities and for our ability to reach out to all children and adults who can benefit from exercise.

We support the following goals:

- To aid the advancement of education including work with pre-schools, schools, PTAs, out-of-school clubs, colleges, universities, libraries and sports clubs. We collaborate with Active Surrey and are their chosen School Engagement partners for Dance in Surrey.
- To aid the advancement of health and the saving of lives; all our activities promote healthy living through physical activity and the improvement of mental wellbeing.
- To support disadvantaged people, we work with children's care homes, adult care homes, drop-in centres and residential care facilities for older people. These venues provide fun, accessible and inclusive exercise, wellness, singing, art, memory recall and more.
- To work directly with other charities that support people with SEND.
- To support the advancement of citizenship and community development activities, including the creation of volunteering opportunities. We coach and train volunteers and connect and collaborate with other charities (see above). Internships and apprenticeships are available for graduates. We also actively encourage peer to peer support to help new children feel welcome.
- To aid the advancement of the arts and culture we provide activities which encourage high standards in dance, yoga, fitness, art and choreography and delivery of high-quality performances in contribution to concerts and theatre – dancing for fun and fitness.

Our impact

We ensure that Synergy Dance® Outreach follows the aims below and is committed to the following objectives:

- Increase access to education, qualifications and skills/ increase employability: Some programmes will enhance children's literacy, numeracy and ICT skills by facilitating participant involvement in on-going programme logistics and improvement work.
- Improve people's health and wellbeing (physical, mental and emotional): this is our number one priority and the principal goal of the Outreach charity. Our activities are in line with Health Surrey's Health and Wellbeing Strategy.
- Increase access to education, boost qualifications and skills and increase employability: some of our programmes enhance children's literacy, numeracy and ICT skills by facilitating involvement in ongoing programmes.
- Improve and increase access to sport, exercise and leisure activities. We engage with the arts, culture and heritage: we extend opportunities to perform and share in responsibility for facilitating public participation in dance. One of our projects – Fun In the School Holidays (FISH) – runs in collaboration with Guildford Council and takes place outside of term time. More than 120 attendances will be recorded by the end of the project.

- Improve community cohesion and reduce isolation: our projects provide access to recreational opportunities that might otherwise be closed to communities – they supply scope for learning, personal development and friendship-making and support the public by building confidence and group work skills. Many of our projects focus on families in poverty: this group now stands at 10% of our beneficiaries, an increase of 2.2% compared with 2015 according to Surrey County Council.

In summary...

No material changes in policy have occurred since the last report. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's revised general guidance on public benefit when reviewing the Charity's aims and objectives and in planning the future activities.

The Trustees consider the current activities as detailed in this report to deliver public benefit.

Demand for Synergy Dance® Outreach services

Demand for our services is continually increasing nationally. Reports show 2,000+ children are registered disabled and 75,217 people have a physical disability in Surrey alone - where we are based.

Multiple barriers prevent disabled people from being active; some even fear losing benefits if seen as being 'active' (Activity Alliance, 2018). Service users continue to need varied activities to continue at home in order to keep active, reduce stress and anxiety – especially the most vulnerable and those with SEND.

We are working hard to expand both onsite and virtual delivery of dance, yoga and fitness programmes to meet local and national needs. We put those with long-term health conditions and SEND at the centre of our approach, enabling participants to maintain flexibility, muscle strength and wellbeing whilst seated at home or in a community setting. This reduces stress, aids relaxation and helps to boost the immune system. We offer unique seated classes for participants in wheelchairs, those with a LTHC, mobility issues and the elderly.

Everyone Active partnership

Everyone Active partner with us to offer our all-inclusive online platform classes to their members. These classes went out free to over 200 Everyone Active leisure sites nationally during the pandemic – potentially reaching audiences of up to 200,000 during lockdown (funded by Sport England/National Lottery).

Providing choice

Our hybrid service offer includes both online and in-person delivery - this is popular with both our service users and the sectors we serve.

Health statistics

Current statistics in the UK indicate that there are over 11 million people with a limiting long-term illness, impairment or disability, with prevalence rising with age. Around 6% of children are disabled, compared to 16% of working age adults and 45% of adults over state pension age.

A substantially higher proportion of individuals who occupy families with disabled members live in poverty, compared to households where no one is disabled: 19% of individuals in families with at least one disabled member live in relative poverty, compared to 15% of individuals in families with no disabled member.

Obesity and inactivity were on the rise even before the coronavirus crisis. In 2017, 30% of children aged 2–15 in England were overweight or obese and 65% of adults were in that category. Many children and adults are not getting their recommended one hour of activity a day.

Our inclusive and colourful activities are getting kids moving as well as adults.

Outreach and mental health

We support the one in four people who experience a mental health problem. In 2017, one in eight children and young people aged 5–19 had at least one mental health disorder.

The pandemic has caused an even greater challenge for those already living with mental health problems. Anxiety, self-harming and depression are on the rise, and many will be feeling even more anxious after unprecedented challenges in the last 2 years.

Between 2020 and 2021 the rates of referrals remained similar before increasing again between 2021 and 2022, from 17% to 26%.

In the year to March 2023 there were 21,555 urgent referrals to mental health crisis teams, up 46% on 2022. These are children with the most acute mental health symptoms, who might otherwise need to go to hospital for psychosis, severe self-harm or suicide attempts.

The Mental Health of Children and Young People in England 2023 report, published on 21 November by NHS England, found that 20.3% of 8 to 16-year-olds had a probable mental disorder in 2023. Among 17 to 19-year-olds, the proportion was 23.3%, while in 20 to 25-year-olds it was 21.7%.

Our current goals

We at Synergy aim to encourage diverse activities for the disability and SEND community; to work together with other charities and organisations and to provide fit-for-purpose and inspiring activities for our beneficiaries.

We have an excellent track record: demand for our services is continually increasing and we monitor and evaluate all our work.

Our key objective is to address the social problems of poor mental health, social isolation and obesity. We promote the recommended one hour of activity per day and allow our service users to keep fit at home in innovative ways and on site.

Our beneficiaries

Outreach is unique because it is fully inclusive, with classes for everyone including:

- Mainstream children
- SEND children
- Visually Impaired and Blind
- Deaf community and those with hearing loss
- Long-term Health Conditions
- Learning difficulties
- Health Referrals
- Those who are low in confidence or don't like team sports
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Mild Learning Disability (MLD)
- Oppositional Defiant Disorder (ODD)
- Down's Syndrome
- Dyspraxia
- Dyslexia
- Global Developmental Delay
- Asthma
- Cerebral Palsy
- Multiple long term health conditions such as Dementia, Cancer or Arthritis and more

Reserves

During the pandemic we had to stop all in-person delivery causing an immediate cessation of income from these services. This affected our reserves as we had invoices to pay and sudden complete loss of revenue streams for reserves. In 2020 we promptly took action to build our depleted reserves and took out a Bounce Back loan for £9,000, strictly for reserves to meet our commitment to restricted funds and adequate reserves to keep the charity robust. The charity is fully sustainable as we have this buffer. We have been challenged by the lack of onsite revenue to support unrestricted reserves during Covid. ***Trustees are already planning many more fundraising activities and our loan amounts owed have reduced in the last year and will continue to do so. Next year's accounts are already far more robust.***

We will continue to ensure reserves are growing and building in the years to come. Our fundraising activities will also continue to expand but have been limited during the last financial year due to limited resources.

Multi-award winning charity

Achievements and performance

- 2023 Sports Community Initiative of the Year
- 2023 SME Best All-ages Dance Activity Company
- 2023 Digital Dance & Fitness Provider of the Year
- 2023 SME Diversity & Inclusion Award
- 2021, 2022 & 2023 Specialist Dance School of the Year
- 2022 Digital Business of the Year
- 2022 Best Dance Outreach Programmes Provider – UK
- 2021 Leader of the Year (Rachael Hurton)
- 2021 Diversity & Inclusion Award SRA

As seen on TV...

Featured on Strictly Come Dancing for inclusive dance activities for children in 2021.

See: https://www.youtube.com/watch?v=TXTg6n4SD-k

Exposure to 11 million viewers led to unprecedented demand for our SEND activities in the UK.
View impact here: https://fb.watch/aok3dBVMAt/
Find out more: https://synergydance.co.uk/synergy-dance-on-strictly-come-dancing/

Synergy works with the BBC/BBC Radio Surrey & provides commentary on Strictly Come Dancing/inclusive dance.

https://youtube.com/playlist?list=PLZ2qtqgmBeumH6bgg8qHo8YCbcnhchour&feature=shared

https://www.linkedin.com/posts/rachael-hurton-5592062b_synergy-dance-online-activity-7011269952494051328--7Yo?utm_source=share&utm_medium=member_desktop

Founder and CEO Rachael Hurton was also named and featured as “Entrepreneur of the Month” - Platinum Business magazine - May 2020. This was for our fast reaction to the Covid Crisis.

https://www.platinumpublishing.co.uk/platinum-business-magazine/2020/05/natwest-accelerator-entrepreneur-of-the-month-andndash-may-2020/

We stand out for delivering a hybrid model of online and in-person activities for CYP throughout. We partner with Everyone Active for national distribution of our inclusive digital workouts. We have 67 partners and the number of SEND schools we supply increased significantly in the last year.

New SEND schools and colleges joining us in the last year

- The Bridge Youth Centre – Clare Cres, Leatherhead KT22 7RB
- The Blue Youth Community Centre – 190 to 192 Southwark Park Road, London SE16 3RP
- Bow school – Phoenix Upper School, Paton Close, Bow, London E3 2QD
- KEF Kids – The KEF Centre, Wilberforce Road, London NW9 6AX
- Holy Trinity School – Trinity Road, Gravesend DA12 1LU
- YMCA East Surrey – YMCA Sovereign Centre, Reigate RH2 8HA
- Bridge College – Openshaw Campus, Manchester M11 2GR
- Portesbery School – Newfoundland Road, Camberley GU16 6TA
- Gosden House School – Horsham Road, Guildford GU5 0AH
- The Meadows School – Dudley Road, Oldbury B69 3BU
- Merrywood Education, Tadworth Campus – Merrywood House School, Tadworth KT20 7HF
- Evendons Primary School – Wokingham, Berkshire RG40 3HD
- Merrywood Education, Sandmartin Campus – Merrywood House School, Sandmartin Way, Wallington SM6 7DF
- Phoenix Upper School – Paton Close, London E3 2QD
- Piper Hill School – Wythenshawe, Manchester M23 2YS
- Hedgewood School – Weymouth Road, Hayes UB4 8NF
- St Peter's Catholic Primary School – Goresbrook Road, Dagenham RM9 6UU
- The Orpheus Centre – Bletchingly, Godstone RH9 8ND

At Synergy Dance® Outreach we provide dance, yoga, fitness, Musical Theatre and wellbeing classes for schools.

Other schools we have worked with include:
The Link School, Carew Academy, Bensham Manor, Cornfield School,Strathmore School, Abbey School, Freemantles School, Woodfield School, Linden Bridge, Foxgrove School, Bushy Hill, Blossom House School, Pond Meadows School, Gosden House School, Clifton Hill School, Send C of E Primary School and Dysart School.

Tilly is a hit!!!!!!! Totally the right personality. E's absolute favourite part was what she called 'the relaxation part'. E showed me some of the stretches and said it made her feel very calm so also maybe a longer stretch/ breathing / cool down too. I'm so happy she really enjoyed it and said she can't wait for her next session with Tilly. **Evendons Primary School – June 2023**

The social toll of Covid

Our service users are people who are already marginalised and vulnerable due to having special educational needs, disabilities, long-term health conditions, age and infirmity. It has been widely reported that these groups have suffered even more due to the Covid-19 crisis and many of our CYP had long periods off school.

Most people with additional needs and health challenges cannot easily exercise by walking, running or cycling and our on demand courses offer them so much choice to explore ways of keeping fit.

Many people have lost work and more people are struggling financially with the cost-of-living crisis, which adds to feelings of stress, anxiety and poor mental health. Many parents who are in employment are struggling trying to care for children at home whilst working.

Our provision is specially designed and aimed at helping these people to improve both their physical and mental health and wellbeing in an accessible way.

It is vital that we provide activities to enable the disability community to continue to exercise, relax and keep fit safely at home. We are very thankful for grants that supported our objectives and projects in the last year, as listed in our financial report.

Through an online portal, not only are we helping those disadvantaged people in communities to improve their mental and physical health and wellbeing, but we are also helping community cohesion. Our group and live sessions build a sense of togetherness to help reduce feelings of isolation, the most topical challenge for us.

Our on demand delivery is proving popular with under-represented groups due to its broad accessibility. By delivering our courses online we are already reaching five times the normal number of participants. Areas of growth this year are subtitled workouts for those with hearing loss and a new partnership with Deaf Umbrella.

Trends and ESG

Demand continues for new, varied activities at home to keep active, and reduce stress and anxiety and to enjoy in the community in schools, leisure centres and care homes. In particular we are able to reach the most vulnerable and isolated participants, who cannot easily attend on site activities.

ESG is part of our ongoing strategy:

ENVIRONMENT - By taking fitness choices digital, Synergy exercise on demand reduces travel, pollution and barriers to exercise.

SOCIAL - Support social inclusion and help diverse communities to belong in fitness.

GOVERNANCE - With diversity of governance, we bring inclusivity to your range of products and support well-being in all sectors of the community.

Sport England's weekly tracker showed that people with long-term health conditions, those with disabilities and older people (55+) were more likely to worry about leaving home to exercise or be active. This demonstrates the change in people's motivation and behaviour and the onset of widening inequalities during and beyond Covid-19.

Onsite classes for the SEND community

As a charity we have found there is demand to produce many more tailored classes to specifically meet the different needs of different service users e.g. different age groups and varying needs and abilities – hence our diverse range of courses for a wide range of ages which is ever expanding. We always have a conversation with our schools and charity partners, to discover how we can best support both their participants and their budgets.

How we work: the community accessing our services

The people using our services are mainly from the disability and SEN community and those with long-term health conditions. We are here to help with:

- Mental health issues
- Anxiety
- Depression
- Feeling isolated
- Special Educational Needs
- Autistic Spectrum Disorder
- Visual Impairments
- Long Term Health Conditions
- Children, teenagers, adults and seniors
- Parents and carers

What we provide

Our Synergy Dance® Outreach classes reach people who currently experience numerous barriers to participation.

Working to adapt and expand vital delivery, we have designed ParaStars Yoga® and ParaStars Dance™ – new Synergy programs to meet the particular needs of our audience. Classes – including seated ones – may be delivered virtually, enabling participants to maintain flexibility, muscle strength and wellbeing at home.

Sessions:

- Reduce stress
- Aid relaxation
- Help to boost the immune system

Our key objectives are to:

- Support participants to be as active as possible
- Address isolation
- Tackle obesity
- Ensure good mental wellbeing.

Classes for seniors & low impact programmes

We work with many older people in the community and in residential care homes. They appreciate our singing, and seated dance and yoga classes which help them keep fit, maintain balance and stay mentally alert. We subsidise these classes where possible, so we can continue to provide our much-loved services at low cost. In the last year we have expanded our care home delivery.

Many people are still struggling with their mental health and anxiety. They feel vulnerable and afraid, and carers are also struggling to support this group; day care and special schools are often unavailable, and people may have to juggle teaching siblings and working from home. By taking our programmes online, we have increased our reach to as many of our target audiences as possible: they can now take part, on demand at home.

In 2022/23, an average of 37.1% of women and 29.9% of men reported high levels of anxiety. Compared to data from 2012 to 2015, this has increased significantly from 21.8% of women and 18.3% of men reporting high levels of anxiety.

Between 2017 and 2022, rates of probable mental disorder increased from around 1 in 8 young people aged 7-16 to more than 1 in 6.

In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to a scientific brief released by the World Health Organisation (WHO).

Seniors and the ageing population

People worldwide are living longer. Today most people can expect to live into their sixties and beyond. Every country in the world is experiencing growth in both the size and the proportion of older persons in the population. As a charity, we will ensure that our programmes continue to represent and support people over 60 years.

By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

By 2050, two-thirds of the world's population over 60 years will live in low- and middle-income countries.

Our seated and low impact classes aim to support common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time so finding any way to comfortably exercise can be a challenge.

Supportive physical and social environments are vital to enable people to do what is important to them, despite losses in capacity. In developing a public-health response to ageing, it is important not just to consider individual and environmental approaches that support the losses associated with older age, but also those that may reinforce recovery, adaptation and psychosocial growth. We wish to be proactive in this process in providing innovative dance and yoga solutions and community fitness solutions for this population.

Our goal is to reduce health inequities and improve the lives of older people by providing older people who need it access to high quality and fun exercise options.

We also work with a lot of older people in the community and residential care homes. They love our singing and seated dance and yoga classes which can help them keep fit and maintain balance. The people accessing our services are mainly people from the disability community and those with long term health conditions who are struggling with mental health, anxiety, depression and feeling isolated. Including, those with special educational needs, autistic spectrum conditions, visual impairments, long term health conditions (LTHCs) and parents and carers of these children, young people and adults and also older people.

Our seated programmes, ParaStars Yoga® and ParaStars Dance™ for seniors support long term health conditions, and seniors at home or in residential care settings.

For our in-person delivery, our singing and seated dance and yoga classes support keeping fit, maintaining balance to help prevent falls, help memory and to alleviate depression, “bringing joy” to what is often a decline in quality of life.

Many of the care homes we serve have very limited budgets and cannot afford regular classes, so we raise funds to help subsidise classes where we can to continue to provide these much-loved services to elderly people who often feel cut off, with rather infrequent visits. Our Sing for Joy and chair programmes are helping to provide enrichment in care homes, day centres and Outreach centres.

There is also the need for musical enrichment and company for older people, especially those with Alzheimer’s and Dementia. We encourage inactive people to become active, bring marginalised people together to regularly participate in fun activity improving fitness and wellbeing and helping to combat isolation.

ParaStars Yoga® for Seniors is low impact and works on posture and stiff limbs, which are often a problem after a fall. Outreach classes provide structure in participant’s weekly routines, the opportunity to socialise with peers, encourage greater independence and something to look forward to, also providing activities meeting local need and helping to reduce health inequalities.

In the last year we have expanded our reach for Sing for Joy, ParaStars Yoga® and ParaStars Dance® by an increase of 40%.

We have helped participants to build, maintain and improve confidence – the workouts have improved general wellbeing and reduced feelings of stress and frustration at being confined to home – participants are able to do classes daily and repeat if they wish, several times a day. Many children and young people with VI and SEND have the option to repeatedly take part in our fun and calming routines, whilst really improving fitness and wellbeing.

New charity partners in the last year include:

- **Ashgrove Care Home** - This residential home near Hornchurch town centre provides a high standard of care to residents. The home supports the elderly, the frail and those with dementia within a cosy, family atmosphere.

- **The Blue Youth and Community Centre**, London- The Blue Youth and Community Centre is a community hub supporting people to become empowered, enabled and to achieve their aspirations. The youth club serves those aged 11–15 years old and offers games, activities, arts and crafts.

- **Bridge College, Manchester** - Bridge College is a specialist college in Manchester for students aged 16–25 with disabilities, complex needs and autism. It is on the Openshaw campus of The Manchester College. It is run by the Together Trust charity and has a maximum of 95 students.

- **Bridge Youth Centre**, Leatherhead - The centre offers free access for young people who can take part in activities such as sports, cooking, arts and crafts and music whilst engaging in a topical-based curriculum to develop personal and social skills.

- **Broadwater Lodge Care Home, Godalming** - This home provides dementia, residential and respite care for older people. Facilities on site include a pub, cinema, hair salon and sweet shop. There is also a farmyard for petting animals.

- **Children in Motion** - Children in Motion is a physiotherapy practice specialising in the treatment of children and young people. Skilled neuro-paediatric physiotherapists see children at the centre in Surrey and also visit schools and colleges.

- **The Clockhouse Community Centre, Godalming** - Age UK Surrey and the Clockhouse recently merged. The centre provides a range of activities for all ages in a safe, inclusive and fun environment. A cafe, hairdressing and a weekly foot clinic are all available to patrons.

- **Eastwood Leisure Centre, Sheerwater** - Managed in partnership with Woking Borough Council, the centre offers swimming lessons, group exercise classes, healthy communities sports classes and a gym. There is also a cafe to relax in.

- **Evendons Primary School, Wokingham** - This is a two-form-entry, state-funded school. It is Wokingham's first Science, Technology, Engineering and Mathematics (STEM)-focused primary school and opened its doors in 2014. Practical learning and a caring environment are on the agenda.

- **Gosden House School, Guildford -** Gosden House School is an institution for children with learning and additional needs, aged 4–16. With a focus on learning skills and communication, the school seeks to develop resilient and creative pupils.

- **Hedgewood School, Hayes -** The school provides opportunities and support for children with autism and learning difficulties. Teachers work closely with Speech and Language Therapists and Occupational Therapists to extend the pupils' skills.

- **Holy Trinity School, Gravesend -** An inclusive Christian school with links to three parish churches, this institution seeks to grow enlightened, responsible and confident learners. The curriculum supports pupils to flourish and encourages diversity.

- **KEF Kids, London -** KEF Kids is a charity supporting the lives of children and young adults with physical and learning disabilities and their families. Participants encounter friendships, fun and opportunities while respite is on offer for parents and families.

- **The Meadows School, Sandwell -** The institution is one of Sandwell's four special schools. It caters for children with learning difficulties, complex medical needs and challenging behaviour. Valuing and respecting students and safeguarding are key attributes of the school.

- **Merrywood Education, Sandmartin Campus** - The Sandmartin campus was established in 2021 to support children aged 5–13. It offers a home-like school setting for children who have experienced trauma and require a Social, Emotional and Mental Health (SEMH) provision. It supports those with ADHD, ASD, anxiety, attachment difficulties, self harming, speech and language problems and dyslexia or dyspraxia.

- **Merrywood Education, Tadworth Campus** - The Tadworth campus was set up in 2019 to support children aged 5–13 years of age. It offers a small, home-like school setting for children who have experienced trauma and require a Social, Emotional and Mental Health (SEMH) provision. It supports those with ADHD, ASD, anxiety, attachment difficulties, self harming, speech and language problems and dyslexia or dyspraxia.

- **Merrywood SEND** - Merrywood Education follows a model of nurturing children through education, based on the neuroscience of developmental trauma. Merrywood aims to support pupils educationally, socially, morally and physically.

- **Orpheus Centre, Godstone** - This specialist centre inspires and empowers young disabled people to live fulfilling, independent lives. The college increases pupils' confidence and provides opportunities through the performing arts.

- **Peacehaven Leisure Centre, Brighton/Hove -** This modern, multi-purpose centre has a newly refurbished state-of-the-art gym, sports and activity halls and an aerobics studio. It is just a few minutes' walk from buses to Brighton.

- **Phoenix Upper School, London -** This is a special school for children and young people with autism serving Tower Hamlets with three sites and two satellite provisions. The curriculum is stimulating and aspirational, and the school fosters positive relationships with families and the community.

- **Piper Hill High School, Manchester -** The school is part of the Prosper Learning Trust. It works in partnership with parents and agencies to provide the best education and outcomes for children. State-of-the-art facilities include a hydrotherapy pool, dance and drama studio, gym and Interactive Learning Environment (ILE) room.

- **Portesbery School, Camberley -** The school caters to children aged 3–19 years with Severe Learning Difficulties (SLD). Their vision is of a safe and happy environment where everyone matters, every voice is heard and everyone learns.

- **St Peter's Catholic Primary School, Dagenham -** The values of this school are: perseverance, respect, integrity, compassion and enthusiasm. The institution has a religious focus, and pupil chaplains lead worship through a Wednesday Word programme which spreads the message of the Gospel.

- **Sense** - Sense helps people who are deaf/blind or who have complex disabilities to communicate, experience the world and fulfil their potential. They offer residential care and virtual support, and have a network of centres in communities across the country. Clients are supported with holidays, arts, sports and wellbeing programmes.

- **Southwick Leisure Centre, Brighton/Hove** - This extensive organisation offers nine centres, five gyms, three swimming centres and 340+ fitness classes. They have a sustainable outlook and attempt to meet environmental requirements to help save the planet.

- **Surrey Young Carers** - Surrey Young Carers assist children from year One upwards. They cater for every type of family and understand the responsibilities young carers face. The organisation provides patrons with support and opportunities to meet – and have fun with – young people in similar positions.

- **YMCA East Surrey, Reigate** - YMCA is a vibrant charity that helps vulnerable children and young people to belong, contribute and thrive. Their wide range of projects and activities aim to create happy, healthy and connected communities

REVIEW

The sessions have had an amazing impact, our customers and staff really look forward to them. The sessions create a lot of fun, and laughter and generally improve the sense of well-being within the group, they are truly an amazing opportunity to enable people to try something that is usually inaccessible to them.

CHARLOTTE LAWRENCE
THE CLOCKHOUSE - AGE UK

www.synergydanceoutreach.co.uk

ACTION FOR CARERS

I just wanted to say a huge thank you for Tuesday evening. They had a great time and you were amazing at keeping them engaged and making sure they were having fun, so thank you

Claire Terry
Surrey Young Carers - Support Coordinator

@synergydanceoutreach

SEND Schools

Other schools currently on our books are: The Link School, Carew Academy, Bensham Manor, Cornfield School, Portesbury School, Strathmore School, Abbey School, Freemantles School, Woodfield School, Linden Bridge, Foxgrove School, Bushy Hill, Blossom House School, Pond Meadows School, Clifton Hill School, Send C of E Primary School, St Josephs Specialist Trust and Dysart School.

Our year and beyond in summary

We are proud to support inclusive and creative activities for all children, teens, adults and the elderly. In the last year Synergy Dance Outreach have provided both live and online delivery for primary and secondary SEND schools, covering a wide choice of services including SEND Dance & Movement, SEND Dance Fitness, SEND Musical Theatre, SEND themed workshops and SEND Yoga & Wellbeing. Synergy also delivers seated dance, yoga and Pilates which can be hugely beneficial for motor skills, coordination and general wellbeing: ParaStars Yoga® and ParaStars Dance™ and ParaStars Pilates™. School clubs, classes, clubs and workshops take place before school, at lunch time, after school and during PE Curriculum periods. Synergy also delivers bespoke commissions for schools and Yoga for staff.

Synergy Dance Outreach have supported:

- Special Educational Needs and Disabilities ("SEND")
- Long Term and Life Limiting Health Conditions ("LTHC'S and LLHCs") including physical disabilities (congenital and acquired)
- Mental health issues and neurological conditions, spinal injuries, cerebral palsy, spina bifida, Downs Syndrome
- Autistic spectrum conditions, limited communication, cancer, multiple disabilities, hearing loss, visual impairments, long-Covid, stroke, Limb loss and amputation.
- Classes support a wide range of needs from learning difficulties & autism, ADHD, ASD, global development delay, MLD, ODD, Down's Syndrome, dyspraxia and hearing loss. LTHC includes spinal injuries, limb loss, cerebral palsy, spina bifida, cancer, multiple disabilities, asthma, visually impaired/blind and hard of hearing, deaf community.

Where possible, we provide inclusive, heavily subsidised activities, affordable for all.

Our professionally recorded activities target conditions including physical disabilities (congenital & acquired), wheelchair participants, mental health issues & neurological conditions.

Relevant Links
https://vimeo.com/user45431317/review/834415547/245618e832

Synergy Dance Outreach provide accessible, fun activities where children feel welcome. Peer to peer support, PECs cards and signing are often used in class. Synergy also offer SEND leadership opportunities for work experience and paid work to young people with SEND. (See case studies attached).

Piper Hill High School, Manchester

Synergy recently provided a day of workshops for Piper Hill School in Manchester for a Health and Wellbeing project. The goal was to provide enrichment for students and the project aimed at improving their students' health and wellbeing through the arts. Synergy provided one workshop for independent students and one for structured students. The workshops were dance/drama workshops exploring identifying feelings and emotions and how to express them. Synergy ran an entire day of workshops for different groups and the day was very fulfilling for the students.

We stand out because we are leading the way in inclusive digital fitness and serve diverse groups of CYP. We are passionate about providing children with opportunities & have engaged with many families from low socio-economic groups.

Increased reach

Synergy Dance® Outreach has experienced fast growth this year, but enabling funding to do all we aspire to for our service users has proved challenging. The charity has improved by pivoting to go digital, reaching children and adults who would otherwise not have access to fit for purpose activities and we have joined forces with more partners to reach specialist audiences.

In the last year, Synergy has grown from being a regional charity in Surrey, Sussex, Hampshire & London to extending to national each with new hot spots especially in England. The number of SEND schools we supply has increased by about 50%.

Our high quality and innovative lessons are changing lives:

Synergy Dance® Outreach is offering a connected, omnichanel fitness experience that meets the high expectations of children, parents, schools & leisure providers, helping them to keep dancing long term.

COVERAGE IN THE MEDIA

Strictly Come Dancing

We were chosen by the BBC to appear on Strictly Come Dancing & the Final for our diverse range of inclusive activities & our ability to reach all children who can benefit from exercise. This was for a specific project funded by Children In Need.

Strictly shared our children's SEND classes at Guildford Spectrum:
https://vimeo.com/664702396/cb84ea306f

This TV coverage led to a lot of publicity and raised awareness of our inclusive services throughout the UK. As a charity we were able to reach a national audience of 11 million people and global tv coverage, and we have since had unprecedented demand for our online and onsite classes for children and adults.

View impact here from public comments: https://fb.watch/aok3dBVMAt/
Find out more: https://synergydance.co.uk/synergy-dance-on-strictly-come-dancing/

This meant the world to our students, teachers, parents and carers:

"Thank you to all the wonderful dance teachers at Synergy, our kids truly have lots of love for all of you, and we appreciate what you do." (Hooda).

"Sam gave it his all on the day and was so excited and proud to have been a part of it all. He misses out on so many opportunities, parties, events due to his challenges so to be a part of this has meant so much to him and us." (Justine)

Increased demand for activities and Strictly Come Dancing

Since our TV exposure on Strictly Come Dancing, demand in Surrey for our services has more than quadrupled, and as we strive to meet this new demand for onsite classes, especially for children and young people – we can offer the digital experience to larger numbers with ease and are continuing to work with partners to distribute these to wider audiences. Please refer to the documents at the end of this report for more feedback, case studies and testimonials.

Radio interviews on BBC Radio Surrey:

Synergy has built an ongoing relationship with the BBC which will continue & the Charity CEO, Rachael Hurton, speaks regularly on BBC Radio Surrey, which has further raised the charity's profile & reach.

CEO Commentary on Strictly Come Dancing:

BBC Radio Surrey
https://youtube.com/playlist?list=PLZ2qtqgmBeumH6bgg8qHo8YCbcnhchour&feature=shared

RNIB RADIO
Our CEO – also speaks on RNIB radio regarding our Audio dance and yoga classes for the Visually impaired and blind.

https://audioboom.com/posts/7815247-free-virtual-sessions-for-blind-and-partially-sighted-people

https://audioboom.com/posts/7852745-happy-hour-podcast-06-meditation-accessible-dance-classes-parenthood-with-blind-mom-katie-be

https://audioboom.com/posts/7895518-synergy-dance-bag-a-national-award-for-their-work

Synergy Dance® Outreach has an active presence on social media utilising Facebook, Instagram, LinkedIn, Google Business, Twitter and YouTube.

https://synergydanceoutreach.co.uk/

https://www.facebook.com/SynergyDanceOutreach/

https://www.instagram.com/synergydanceoutreach/

https://twitter.com/SynergyDanceOut

All of our activities are backed by wide-ranging marketing campaigns and there will be opportunities for brand alignment and superb alignment with high-profile activities such as our exposure on Strictly Come Dancing and Children In Need on TV.

Expansion of digital delivery

Our inclusive platform has enabled us to reach new customers on a national level in the UK and beyond.

https://www.youtube.com/watch?v=K5X8-rdbWpE

synergy-dance-online.teachable.com

We aim to inspire more accessible inclusive digital activity in the UK & globally with our new digital platform for inclusive workouts.

View some of our workouts here:

- **SEND Themed Dance for Teenagers**
- **ParaStars Yoga for Seniors**
- **ParaStars Dance for Teenagers**
- **Breakdance and Street for Mainstream Juniors**
- **Yoga and Meditation for Adults**

"My name is Sabine, I am a blind woman of 44. I discovered your project a few months ago and downloaded the dancing course for blind adults. I find this initiative fascinating and I think it would be great if it could be replicated".

You can listen to the impact we have made on one yoga participant here:
https://synergy-dance-online.teachable.com/p/testimonials

Feedback, Case Studies and Testimonials

We have received compelling feedback about what we are delivering, how it is changing lives and people wanting more (see testimonials attached at the end of this report). We are also listening to feedback and what service users say would benefit them the most.

Demand for our services is continually increasing in Surrey and beyond and Nationwide. Reports show 2000+ children are registered disabled & 75,217 people have a physical disability in Surrey, more vulnerable & further isolated due to their conditions & shielding at home during COVID so unable to go out to exercise.

GEORGE'S STORY – see end of this report.

KATHRYN'S STORY

I started working for Synergy Dance® Outreach in June 2020, as an Admin Assistant. I applied for the role because after losing my cousin, and best friend Jade to suicide, who was blind, and often felt excluded, I was amazed by the charities' aims and ambitions to ensure the disability community never had to feel, how my cousin felt.

Throughout my time here, I have been promoted several times and I am now known as the Marketing and Digital Project Manager.

Since working for Synergy Dance® Outreach I have helped, and implemented new procedures and worked alongside Rachael, the charities' Founder to make waves in the world of inclusive fitness and what an incredible journey it has been.

From editing and building an online inclusive fitness platform to speaking with parents and hearing their stories, it has been a rollercoaster of emotions and a journey I am so lucky and privileged to have been a part of and to continue to be a part of.

You see, Synergy Dance® Outreach isn't just a dance company and we certainly aren't just employees. We are a family, all fighting for a positive change and all fighting to be heard. Synergy Dance® Outreach has not only given me a voice and helped me achieve things I never thought I would, but it's given parents and most importantly children a voice and a safe space to express themselves and move forward through their own journeys.

For me, Synergy Dance® Outreach has had a huge impact on my life and gives me great job satisfaction. Because what's better than waking up every day knowing that you've made a child, parent, adult, teen, or senior who once felt excluded feel included and feel like they are part of something bigger than what's been holding them back.

There is no greater joy than knowing YOU have helped someone regain their confidence, movement, self-worth, voice, speech, smile and more.

I can't wait to see what journey Synergy Dance® Outreach takes me on next, and I can't wait to watch and be a part of the future growth and the positive change that Synergy is going to have around the world.

Always remember, what we take for granted such as opening a door, walking to the shop, watching a show on TV, hearing someone laugh or seeing a friend/child smile, others are praying for. So, always be thankful for what you have and be the change you want to see – be more like Synergy Dance® Outreach and the hardworking team that has helped make change possible.

Ren Hawes – Inclusive Dance Teacher
Case Study: Mia
Age: 5yrs

Disabilities: Delay in speech & language, motor skills development, which leads to high anxiety & PDA

Mia has been attending a Saturday Inclusive Dance Class since September 2023.
For most of the first half term, Mia found the transition to a new environment very difficult. She would only stay close to her father & when approached to encourage her to participate, she would become very anxious & say 'no'. As this is a sensory class using many props, I would still give a prop to her father in the hope that she may accept it from him, which she eventually did.

Her father played a huge role in trying to integrate Mia & would join in with our activities. She enjoyed watching the other children but couldn't join in herself.
Myself & my assistants always included her, by saying her name & letting her know that it was OK to watch the activities & that she was welcome to join in anytime.
Towards the end of half term, Mia came forwards (with her father sitting close by) with the rest of the children & was brave enough to participate! This was a massive step for her!

I ask all the children if they'd like to help, e.g. stick the PECs on the mirror. I soon learned that if Mia says "no", she doesn't necessarily mean it & would carry out the task anyway. Also, rephrasing a command, e.g. instead of 'Can you collect the scarves?' changing it to 'Shall we/Would you like to collect the scarves? sometimes has a more positive response. Over the course of many weeks, Mia's speech has improved so much! Initially, she would only respond "yes" or "no".

Last Saturday, we said our goodbyes & without any prompting she told me "Enjoy the rest of your day"!! I immediately fed back to her father & he was astonished! And he told me that she excitedly says "Dance, dance…" during her journey to class. This a complete transformation, for the little girl who wouldn't join in.
It is evident that by gently nurturing SEN children, giving them space to navigate their way in a new environment, showing them that it is OK to take their time, showing that they can trust their new teacher(s) & giving them a lot of praise, they will flourish & enjoy SEN dance & all the benefits that this art form has to offer – it is so much more than just 'dance'.

Sam D Case study
For the Synergy SEND leadership and work experience programme

Sam is 25 and in his third and final year at the Orpheus Centre, a specialist further education college for young disabled people aged 18-25 who are passionate about the Arts.

Sam is incredibly hard working and passionate about dance, he currently attends many classes after college and accesses online courses with professional dance companies. His aspiration for the future is to become a dance tutor and assist with workshops teaching young people to dance.

Last year Sam was accepted onto Unexpected Leaders, a programme run by the performance company Diverse City. The programme is about bringing diversity on stage, behind the stage and leadership in the arts.

In November Sam secured a placement to shadow dance workshops led by professional tutors from Synergy Dance. He was given the opportunity to experience three different workshops for children with and without disabilities aged from 5 to 18 years.

Sam D Case study continued

Synergy Dance Outreach offered Sam the opportunity to observe a tutor, and the relationship with Ren was born. Initially Ren welcomed Sam in to observe classes and understand how Synergy works. Sam grasped every opportunity and Ren allowed him to "co-teach" a session. This was so successful that Ren took on mentoring Sam. With support he started to deliver small parts of the session and, with Ren's guidance, choreographed and taught a dance to one of the classes.

Sam has proved a hit with the students, who see him as a role model as well as just loving his teaching. He has taken all Ren's advice on board and works hard to plan and deliver lessons. He has learned to incorporate warm-ups and cool-downs, to read his class and move at their pace, and to break steps down with key words to help everyone remember the sequence.

Sam's confidence has soared, and he is seriously now looking at pursuing a career as a dance tutor. It is startling to see how far Sam has come in such a short time – the collaboration between Synergy and Orpheus has opened the door to an exciting potential career for Sam.
Nina Holmes - Arts Development Coordinator - Orpheus Centre

Thank you for giving Sam this amazing opportunity to be mentored by Ren; he is absolutely living his dream to teach dance to children with and without disabilities.
Best wishes
Denise Denne

Synergy impact from some SEND parents

Classes have given us the chance to meet other SEN parents. It would be great if siblings could also attend, and a SEN drama class would be fantastic.
Jane - parent

My daughter Audrey attends a SEND session on Saturday mornings. These sessions have been lovely. A chance to meet up with other SEND families – and also Audrey loves to dance in front of the full-length mirrors!

For us, a mix of freestyle, routines and kid-friendly fun and games is perfect because it doesn't get boring and it's something everyone can join in with. In her mainstream class Audrey copes with learning routines, but it's nice for her to have something a bit more relaxed at these sessions.

Audrey enjoys dance a lot. It's nice that in these sessions, everyone is relaxed and it doesn't feel strange or uncomfortable for kids to do their own thing, which is lovely. **Victoria - parent**

Classes have impacted Ruby hugely. She is in mainstream school and really struggles, but she can be herself and has friends at Synergy. It is her happiest two hours in the whole week! We have noticed increased confidence and sense of self, better balance, cooperation and listening skills. Ruby used to do her own thing in class but now she follows what the teacher is doing. She is loving ballet and we hope it continues.
Joanne - parent

★★★★★

Mary Ungoed-Thomas

As a Trustee, it has been a pleasure and a privilege to see Synergy Dance Outreach thrive and grow as an exciting organisation that offers enjoyable and stimulating classes for adults and children of all ages and abilities.

Synergy sessions change lives and refresh mind, body and spirit, bringing fun and flair to participants. This year the company has the impressive statistic of reaching 50 per cent more SEND schools. Testimonials praise the truly inclusive atmosphere and amazing opportunities offered to SEND children. They also highlight participants' growth in confidence, happier relationships, improved sleep and better engagement with school work.

Synergy is also giving people with SEND such as Sam the opportunity for work placements. Sam was mentored by Ren, learned to choreograph moves, and now has a great relationship with his students. He is passionate about dance, and wants to become a tutor. Based on the success of this arrangement, other SEND placements will follow.

The company keeps going from strength to strength, and it is a delight to witness its development and well-deserved success.

Laura's Volunteer Journey

Comments from mum:

By the end of next Saturday she will have completed her 3 months of volunteering with you. It has been an amazing experience; we are really grateful to you for giving her the opportunity to enjoy using her dance to help others.

Thank you for all your support with Laura's volunteering – we think it's fantastic to have this opportunity and I hope it was helpful for your teachers too.

★★★★★

Laura excelled leading warm ups and inspiring the children to keep active. She was highly skilled at teaching dance moves to both children attending a Breakdance and Street class, and children with additional needs. She received a warm welcome into the class.

Laura also coached and supported children including those with special needs (SEN) which ranged from autism, ADHD to Down's Syndrome and Cerebral Palsy. This involved both demonstrating dance moves at the front of the class and assisting with relaxation and props.

Laura has been such a good volunteer that Synergy will continue to offer her opportunities to support classes.

Laura achieved helping the main teacher to run a safe, effective and fulfilling class for both mainstream and SEND participants. She learned leadership and demonstration skills. She also learned warm up and dance skills, technique and how to pass this on to others who are learning. She also inspired the class members and helped to make the Synergy classes a happy and creative place.

Laura is talented as a dancer and has shared her skills and enthusiasm with other children who are on their journey to learn dance. She has been highly praised by both Harry and Ren, who lead the classes. We are very grateful for her contribution and will continue to offer her opportunities to volunteer throughout the company.

Partners and collaborations

Synergy Dance® Outreach is working with a wide range of partners to help us reach everyone who can benefit from inclusive activities.

Our recent partners include Ashgrove Care Home, The Blue Youth and Community Centre - London, Bridge College - Manchester, The Clockhouse Community Centre - Godalming, Age UK, UK Active, Activity Alliance, Eastwood Leisure Centre - Sheerwater, Evendons Primary School - Wokingham, Children In Motion, Gosden House School - Guildford, Hedgewood School - Hayes, Holy Trinity Primary School - Gravesend, KEF Kids - London, Merrywood Education - Sandmartin & Tadworth Campus, Orpheus Centre - Godstone, Peacehaven Leisure Centre - Brighton/Hove, Phoenix Upper School - London, Portesbery School - Camberley, St Peter's Catholic Primary School - Dagenham, Sense, St Joseph's Specialist school - Cranleigh, YMCA East Surrey - Reigate, Summerlands care home and all the new SEND schools mentioned earlier in this report.

Additional partners include Limbpower, British Blind Sport, Surrey Choices, Active Surrey, Active Essex, Active Sussex, Blind Aid, EMD UK, The Brian Charity, FND Hope UK, Yes I Can, WYCANN, Croydon Vision, Surrey Young Carers, Disability Challengers, The Surrey Coalition of Disabled People, The Bobath Centre, GAMMA, Save The Children, Linkable, Children's homes, Disability Cube, Broadwater Lodge Care Home, Claremont Care Home, Signature Moorlands Care Home Surrey, The Matrix Trust, Guildford Spectrum, Action for Carers, Surrey Youth Games, Limb Power, Whizz Kids, Everyone Active, Places for People Leisure, Freedom Leisure, care homes,SEND schools and leisure centres. BBC Radio Surrey, RNIB Radio, Club Hub UK & many more organisations.

As a charity we are keen to partner and collaborate with organisations both in the UK and globally, to reach as many children and young people as possible with our inclusive activities.

Partners value our support too:

"Your continued support during these ongoing and very uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work have provided plenty of opportunities for the VI Community to get physically active and will do as we move into the new year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop our partnership".
David Melville, British Blind Sport.

REVIEW

★★★★★

"Feedback has been really positive - the residents had a lovely session with Vicky and they thought she was wonderful.

They are looking forward to seeing her again. We have a couple of residents who don't normally join activities but I noticed they were in the lounge singing along. We all thought the choice of music was great as well".

MANY THANKS, DEBORAH
SUMMERLANDS CARE HOME

www.synergydanceoutreach.co.uk

Partners and collaborations

This year stands out as expanding our reach in supporting SEND schools, and new national partnerships which have enabled our inclusive activities to reach much wider audiences..

As a charity, we offer a fully inclusive health and wellbeing solution that supports & motivates new and existing people, who are typically inactive, to be more physically active. We are also helping to support a growing number of people with LTHC of all ages and support social prescribing referrals.

We continued to support care homes, education and schools, leisure centres, Outreach centres, charities, trusts and local communities.

We offer the OPPORTUNITY - To target inactive groups in supporting the Global Action Plan on Physical Activity 2018 - 2030.

An estimated 16 million people in the UK has a disabilitiy in 2021/22. This represents 24% of the total population. The prevalence or disability rises with age: around 11% of children were disabled, compared with 23% of working age adults and 45% of adults over State Pension age.

Nearly 1 in 5 have some form of disability.

WELLBEING - Our programmes target well-being and help less active groups to stay fit and healthy.

SOCIAL - Support social inclusion and help diverse communities to belong in fitness.

DIVERSITY – We are reaching diverse audiences with enrichment activities to boost wellbeing and diversity of choice for typically inactive groups.

Worldwide, 1 in 5 adults, and 4 out of 5 adolescents (11-17 years), do not do enough physical activity. (WHO) Insufficient physical activity is associated with 1 in 6 deaths in the UK.

Our digital delivery and online courses give choice to our beneficiaries and partners.

On demand workouts enable often disadvantaged groups to maintain regular routines and fitness, including dance/exercise routines and relaxation techniques. For people with visual impairments, special needs or disabilities this is really important – especially for those with autistic spectrumconditions who depend on structure and routine.

We continue to ensure that people feel part of a community, participating in something together and having something positive to look forward to. We have managed to positively impact the lives of thoseless motivated to exercise and families struggling to find a suitable class.

Over 75% of our service users said they want to exercise but face barriers, with 'lack of motivation' being the single biggest challenge in starting and staying active.

The extended reach from our digital programmes means we can do more to motivate members in between any onsite activity, and to help maintain their exercise habit.

At Synergy we are going through a total reimagination of the exercise journey and how we measure engagement. Beyond simple sign ups, we also look holistically at home workouts to accurately assess member engagement. We take action to enhance this and provide service users with a total wellness solution within the SEND community. We also encourage healthy lifestyles, diversity of choice and engage with partners to find out what they need most for their members.

Many people with SEND, long-term health conditions or who are recovering from illness want to do some sort of exercise but need guidance and motivation, and so our classes are specifically tailored to meet these needs. Enrolment is super easy, and participants can stop/start their workouts and take part in exercise when it is convenient for them without the pressures of cost, travel and time out to attend an exercise programme.

Problems we aim to solve with inclusive activities

In 2017, 30% of children aged 2 to 15 in England were overweight or obese and 65% of adults.

Worldwide, 1 in 5 adults, and 4 out of 5 adolescents (11-17 years), do not do enough physical activity.

Many children and adults are not getting their one hour of activity a day. Our inclusive and colourful activities are getting kids moving as well as adults and seniors.

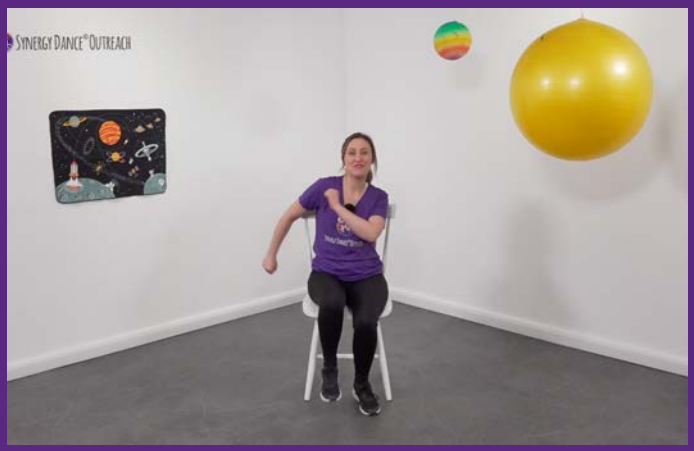
Girls, women, older adults, poorer people and people with disabilities and chronic diseases, marginalised populations and indigenous people have fewer opportunities to be active.

1 in 4 people experience a mental health problem in any given year and in 2017: 1 in 8 -12.8% of children and young people aged 5 to 19 had at least one mental health disorder.

Physical inactivity is in the top 5 non-communicable disease risk factors for mortality in high income countries. Source: WHO Global Action Plan on Physical Activity 2018-2030.

The flexibility of our online workouts and live delivery has enabled siblings and other family members to join in participants' fitness routines. It's important for families to have shared experiences and exercising as a family is even more fun! Participants grow their confidence and report less reliance on the teacher for instructions as they progress through their courses and as weekly classes become part of their routine.

We've created super fun activities, using imagination – such as inviting children to bring their favourite toy or prop to their dance lesson. By using children's props in themed routines, we are more interactive and help children to be a part of the experience and fully engaged.



By being inclusive: we are helping to address the rising problem of inactivity

1 in 3 (34%) men are not active enough for good health.

Almost 1 in 2 (42%) women are not active enough for good health.

1 in 5 (21%) men are classed as physically inactive.

1 in 4 (25%) women are classed as physically inactive.

44% of disabled adults are physically inactive.

Only 34% of men and 24% of women undertake muscle-strengthening activities at least twice a week.

Insufficient physical activity is associated with:

- 1 in 6 deaths in the UK.
- Up-to 40% of many long-term conditions, including preventable conditions such as type 2 diabetes, cardiovascular disease and some cancers.
- Around 30% of later life functional limitation and falls.

Regular physical activity with Synergy Dance® provides a range of physical, mental health & social benefits, many of which are increasing issues for individuals, communities and society, reducing the risk of many long-term conditions.

Our workouts are:

- Building confidence
- Helping to manage existing conditions.
- Ensuring good musculoskeletal health.
- Developing and maintaining physical and mental function and independence.
- Supporting social inclusion.
- Helping to maintain a healthy weight.
- Reducing inequalities for people with long-term conditions.

Positive changes from our delivery

- Doing physical activity is proven to relieve stress, improve mental health and boost the immune system.
- Maintaining regular routines, including exercise routines and relaxation techniques, for those with VI/SEND is very important (especially those with autistic spectrum conditions).
- Participating in these activities will enable people to maintain fitness, flexibility, motor skills, core strength and improve posture which is very important to those with visual impairments who often suffer from poor posture through stooping to see.
- Relaxation, mindfulness and breathing techniques in sessions improve mental health and wellbeing, help build resilience and improve ability to cope with anxiety and feelings of being overwhelmed.
- It will help support parents/carers at home trying to balance working from home with supporting special needs children/young people/adult children with SEND and find appropriate and safe activities for them to do.
- It will enable siblings to join in with those with VI/SEND in their fitness routines. It will help improve mental health and wellbeing and aid better sleep.
- It will enable fun activities using imagination whilst being home bound – our activities are innovative and invite our beneficiaries to use props in some sessions which can be used safely in themed routines.
- It will help participants maintain and improve confidence during this stressful time.
- It will improve general wellbeing and reduce feelings of stress and frustration at being confined to home. Many children and young people with VI and SEND may want to repeatedly do our fun and calming routines really improving fitness and wellbeing.

THANK YOU

In the last year the charity has received much needed support from Sport England, Barchester, EMD UK, Peter Harrison Foundation, Together Fund, Comic Relief, Children In Need, National Lottery Community Fund, Community Foundation for Sussex, Rix Thompson.

The purpose driving us is to make a difference and reach as many people as possible who can benefit from our inclusive dance and yoga delivery. Thank you so much for supporting our much needed work.

Yearly highlights! Our activity and partners.....

LinkAble

LinkAble in Woking supports disabled clients to live their best lives. Their classes for children and adults include sensory activities, day trips and performance opportunities.

Synergy Dance® Outreach has provided the charity with all male Zumba classes for people with learning disabilities. Zumba employs Latin American music for an innovative, energetic workout that suits participants of all abilities. Those taking part increase strength and cardiovascular fitness and have fun!

"***Fridays are going well. Annabel is great with the group" - Linkable.***

FND Hope UK

This charity is the world's only patient-led organisation for people with Functional Neurological Disorder. They provide support, raise awareness and advance research into the disease.

In tune with the charity's goal of empowering individuals, Synergy Dance® Outreach supplies therapeutic online yoga and pilates classes for members. Flexible on demand classes suit clients at times of their choosing. Participants showed improved coordination and agility and benefited from health advantages including better balance and spatial awareness.

"I wanted to send some feedback to you from a lady who attends the Pilates class. This person said hey started the classes at the same time as Physiotherapy. They found that as a result of the combined approach to their rehabilitation, they have been able to regain te ability to manage some personal care activities that were previously very challenging. They couldn't have been more complimentary, The sessions have really become an integral part of this persons week. This is fantastic, and just what we are aiming for - FND Hope UK"

Broadwater Lodge Care Home

Broadwater Lodge is an award-winning care home for older people in Godalming. Most residents have dementia. They benefit from tailored therapies – the management believes that life is for living – and can tend the farm animals in the backyard!

Seated yoga funded by the Together Fund, Sport England and EMD UK has been provided by Outreach teachers to enliven the residents and spice up their routine. Participants in these Synergy classes have demonstrated improved relaxation and cardio and respiratory health, as well as increased flexibility and muscle tone.

Claremont Care Home
This establishment in Guildford offers residential, nursing and end of life care. Many residents have complex needs and staff endeavour to support a range of conditions. Birthdays and special occasions are celebrated in style! Synergy's signature seated dance classes have recently wowed the residents at Claremont, bringing fun and improving participants' agility. People with memory issues have responded positively to the engaging music and songs used in class.

Signature Moorlands care home Surrey
Residents at this care home benefit from highly trained and dedicated staff: bespoke care plans are drawn up to support people's wellbeing. Those at the home have recently benefited from Synergy's signature seated yoga class, which tackles chronic health conditions and encourages flexibility and strength. Classes have been funded by the Together Fund, Sport England and EMD UK. We have also been running our Sing for Joy program in the Dementia suite for the last few years.

Reigate and Redhill YMCA
Both help vulnerable children and adults to belong, contribute and thrive. The organisation fosters happy and healthy local communities. Synergy has been liaising with the YMCA to bring fun and accessible activities to their service users - our On Demand classes have been extremely popular.

Guildford Spectrum
This large leisure centre offers swimming, ice skating, bowling and fitness classes and we have partnered with them for 8 years. Synergy has championed inclusivity and diversity through providing dance and yoga classes here for children with SEND. An exciting annual SEND festival for schools also takes place here where many local SEN children attend. Children are taught by specially trained instructors who ensure that nobody is left behind.

BBC Children In Need/Strictly Come Dancing
Synergy was delighted to feature on these popular BBC programs, which took our reach to a national level. Filming in November and December 2021 spread the news about our mission and values, and the program featured many children and young people enjoying fun and innovative Synergy inclusive classes.

Save the Children
This charity's mission is to keep children safe, healthy and learning. They provide aid in war situations and in the event of natural disasters such as the recent Turkey earthquake. Synergy have provided the organisation with flexible online lessons, available on demand any time anywhere.

British Blind Sport
This organisation campaigns for blind and visually impaired people to have the same opportunities in sport and recreation as those with sight. Synergy caters for this group's needs and has supplied online yoga and Zoom workouts to the organisation ever since the Pandemic. The charity has benefited from Synergy's flexible pre-recorded sessions which can be provided at the user's convenience and have subtitles for other sensory impairments.

Action for Carers
This Surrey-based organization helps carers with free information and provides advice and support groups. Synergy has supplied the charity with on demand dance and yoga sessions, providing catchy and uplifting music and movement for people of all abilities.

Surrey Young Carers
Children from Year 1 upwards who support parents with an illness, disability or mental ill health are served by this organization. Synergy has provided Surrey Young Carers with exciting dance and yoga sessions that stimulate the senses and bring a sense of relaxation. Street dance was a particular hit!

Active Surrey
Active Surrey helps people to be healthier and happier through promoting team sports and training. Synergy has supported their Surrey School Games, providing free activities for local schools. Participants challenge themselves when taking part in exciting, inclusive classes – and make friends.

Bridge Youth and Community Centre
This organisation in Leatherhead engages with the local community and stages the Surrey Youth Games; Synergy has supplied free inclusive dance sessions which are suitable for all levels of ability.

Whizz-Kidz
This organisation is the leading UK charity for young wheelchair users. As well as providing equipment, they also offer special activity and employability programs. For this ongoing partnership, Synergy has provided signature seated yoga and dance sessions which involve a full and fun workout from the waist up.

Everyone Active
This organisation describes itself as the country's number one activity destination. A large chain, it offers swimming, gyms and exercise classes in venues across the nation. Our on demand inclusive workouts have attained national reach through our fruitful collaboration with Everyone Active.

Places for People Leisure
The chain encourages access to physical sport with nationwide facilities and a virtual studio. Our on demand inclusive workouts for the Places Leisure App have become available nationally.

Freedom Leisure
Freedom Leisure operates over 100 leisure, cultural and entertainment venues throughout the UK. Synergy SEND holiday activities have been provided on site, enabling children with disabilities to enjoy keeping fit and make new friends.

Walton on Thames community centres
These council venues aim to promote an active and full life for elderly or disabled residents. The site has hosted our SEND dance group in the school holidays, enabling children to relax and unwind with our fun and enjoyable activities.

Woking Leisure Centre

Woking Leisure Centre aims to improve lives through leisure, providing inclusive and sustainable facilities that the whole community can enjoy. Synergy is proud to have provided SEND dance and movement classes for children and young people on site.

Cube Disability Kids

Founded in January 2021, this is Northamptonshire's first dedicated dance and sport school for SEN children and their siblings. Synergy recently partnered with the organisation to provide Musical Theatre/Holiday workshops and shares its mission to promote and satisfy the needs of the disability community.

Partnership case study: A Royal Event with Whizz Kids!

Whizz Kids invited us to guest instruct seated yoga classes for an event in Surrey, attended by Sophie, Countess of Wessex. We partner with Whizz Kids to offer seated yoga and dance for children and young people.

We ran sessions for a small group in Godstone at their Surrey club session in the July. At the HRH event, we had around 11 young people in both groups we taught.

Both our organisations joined forces in Surrey to celebrate the International Day of Persons with Disabilities in December in the presence of Her Royal Highness Sophie the Countess of Wessex.

Thirty-five young people attended the teaching sessions in Godstone, accompanied by Whizz-Kidz staff, trustees and corporate partners. Sessions included Wheelchair Skills Training, Seated Yoga facilitated by Synergy Dance® Outreach, a drama workshop and an employability workshop.

Synergy's signature yoga classes are designed to relieve stress and tension for those with disabilities. The benefits of the discipline include improved confidence and concentration, better breath control and relaxation due to gentle stretching and meditation. Synergy is proud to offer seated classes on demand so customers can exercise anytime, anywhere.

Her Royal Highness spoke to children in attendance including Charlie Oldfield-Bruton, 11, who suffers from a rare genetic syndrome. He was present to collect a new bespoke wheelchair and said, 'It has power wheels so it will be much easier to get around in than my old wheelchair.' Sophie Dearman, Whizz-Kidz' volunteer officer, spoke about her determination to support other wheelchair users and their families.

One participant commented: 'The Countess was really knowledgeable about disability and the challenges our young people face and was very easy to speak to. I understand she does some yoga in her own time.'

Sarah Pugh, chief executive of Whizz-Kidz, commented that the organisation aims to make a difference for young wheelchair users. Their vision is a society in which every young wheelchair user is mobile, enabled and included. Synergy Dance® Outreach shares these objectives and offers support to those with a wide range of disabilities – with Synergy no one is left behind!

This partnership and collaboration will continue in 2023. Would your organization benefit from Synergy Activities?

Find out more: admin@synergydance.co.uk

Feedback from the day:
It went really well, thank you. The Countess was really knowledgeable about disability and the challenges our young people face and was very easy to speak to. I understand she does some yoga in her own time and joined in with Natalie's session.

Thank you so much for all your patience and cooperation with the organisation and to Natalie for running everything on the day. I know the young people really enjoyed the session!

Holiday Workshops - Guildford and Sussex

Thanks to much needed funding, this year we have expanded our SEND delivery in the school holidays to include Themed SEND dance workshops, Yoga and Wellbeing and Musical Theatre sessions. We have also delivered Yoga and Wellbeing and SEND Dance & Movement specialist after school classes at Guildford Spectrum.

We had an especially good response to our SEND Christmas workshops – which was a treat for all concerned.

The impact for the children who took part has been the continuation of activities outside school time – we were able to provide accessible out of school and holiday activity delivery for children & young people and the parents/carers enjoyed the experience too! We very much plan to continue to expand on this type of delivery.

For SEND families the main reported outcomes were more confidence on the part of the CYP and the value of learning something new and inspiring - both to the children and the parents/carers.

We also continued to offer Specialist SEND dance parties to celebrate special occasions.

I just wanted to say thank you very much indeed for a fantastic party. Joe and his friends had an excellent time! He's now chilling out and watching Beauty and the Beast (again!)
- Steve - SEND Party parent

Parents in Surrey and those on our steering committee have shared that holiday activities for children with SEND are still much needed. Children benefited from the relaxed setting and opportunity to experience something new. Continuation in the holidays also enabled children to maintain regular routines, which is very important for those with additional needs.

The extra workshops helped to relieve stress, improved their mental health on the day and meant the children and young people were engaged in activity. The workshops also helped to support working parents and for those that stayed on, it was a shared experience of seeing their children learn and shine.

The children's mental health and physical activities were both enhanced, in a safe environment, that supported wellbeing. We practiced a new routine several times and then performed the routine at the end of the session. We also provided some SEND workshops in Walton On Thames – to support local children with SEN to come together and dance and these are now being taken into their local SEND school in 2024.

Our activities were accessible, and not affected by finance and were open to all. Since our appearance on Strictly Come Dancing in 2021, we are being asked to support many more service users with a wide range of SEND and LT & LLCs in Surrey, but who have no/very limited budgets due to the challenges of their conditions. As a result of our recent feedback from parents on our steering committee, we went ahead with funded workshops on a Saturday morning.

Annual Day of Dance at Guildford Spectrum

Today was our annual SEND Dance Day at Guildford Spectrum Leisure Complex. We were delighted to share a wonderful and inclusive routine with children from 10 SEND schools in Surrey: Carew Academy, Link Secondary, Bensham Manor school, Cornfield School, Portesbury School, Strathmore School, Abbey School, Freemantles, Woodfield School & Linden Bridge.

Not only did it make a huge difference to the children to celebrate the power of dance - it impacted our teachers too!

Here is what Rebekah had to say:

"Today @synergydanceoutreach put on a special education needs day of dance. What a fantastic day to be a part of. 10 schools arrived, and we all learnt a choreographed dance piece to the song 'shine bright like a diamond.' 100s of children enjoying the day and dancing with smiles on their faces. Home for lunch before heading out to teach Yoga classes in another school. I love what I do".

We would like to pay tribute to our awesome and dedicated team who help us every day to make a difference.

Thank you to all the schools who took part, our wonderful Synergy teachers and special thanks to Abigail, for her choreography and creative talents in helping us to create a memorable, fun and inclusive experience for the children.

For yoga, dance, SEN events reach out to @synergydanceoutreach for more info or email admin@synergydanceoutreach.co.uk.

Surrey Youth Games

Once again, we attended the Surrey Youth Games supporting inclusive dance, and were encouraged to perform in front of parents for a day of dance at Surrey Sports Park

I can honestly say I was smiling all day. As a teacher, it was so wonderful to see all these children being excited and enjoying themselves. You can see how hard they have worked as a team.

The icing on the cake for me was seeing a girl I taught last year for this event. She and her family enjoyed it so much they returned this year to try out some other events and take part in the day. Such a valuable experience for everyone involved.

Abigail Young - Instructor & Team Coordinator

Measuring success and impact

We measure the project impact success on our target groups by conducting effective monitoring and evaluation throughout our projects. How we do this depends on whether delivery is in person or online.

During the last year the number of SEND schools we supply has doubled and we have expanded delivery throughout the UK. Our digital inclusive services have also continued to expand. The charity has also been successful in recruiting more volunteers and provided opportunities for young people with SEND to gain work experience and new paid work opportunities.

We measure success by impact, success stories, surveys, case studies & testimonials. Both onsite & on demand classes in the last year significantly improved both physical, mental health and wellbeing for children. 67% of respondents reported an improved fitness level and 92% want to continue. We conduct monitoring and evaluation throughout service delivery. **See: Synergy-dance- online.teachable.com/p/testimonials**

For classes delivered online via our online platform, there are options to "opt in" for feedback on the platform, making this easy to do. The platform's software also records all enrolments and any enquiries/expressions of interest in any programme. We always work to ensure all participants have as positive and inclusive an experience as possible. We are mindful of data privacy regulations and take all appropriate steps in connection with this and the portal ensures GDPR compliance with an immediate option on enrolment to opt in for email contact only if they wish to. We also endeavour to source feedback on barriers and concerns with participating (from participants and/or parents/carers as appropriate) in activities including:

- Self-confidence and goals for participating.
- Previous and current activity and experience of dance and exercise classes if any. Fitness levels, motor skills and posture, spatial awareness, balance, and coordination. Additional needs and support required whilst participating.
- Hopes of what participating will help achieve and future aspirations. Parents and carers observations of impact and outcomes for participants.
- Parents and carers observations of the impact participation has had on their own feelings and confidence in the participants skills and abilities.
- Next steps – showing whether participants have gone on to try other activities, volunteering and some have even become paid assistants with us or progressed to finding an agent and doing professional performance work.
- We are licensed to use the Outcomes Star tool to map progress, impact and outcomes for individuals and always prepare some case studies for participants who want to participate in feedback in this way.
- We always ask participants what they want to achieve and encourage them to set their own goals and to do their own self-evaluation e.g. diary keeping to capture both quantitative and qualitative insights and we monitor and evaluate continuous improvement in the interests of maximising project viability in consultation with our partners.

- We prepare social accounting reports showing impact, return on investment, and value for money and savings to the public purse in addition to showing numbers enrolled for the programmes. Funders are then able to see for themselves the impact their funding has had on our beneficiaries.
- You can see from our regularly reported impacts in this report that participating in our services has avery positive impact on our service users. Often the impact can be life changing, not just for the participants themselves but their families, and even our teachers. For example, many service users have autistic spectrum conditions and our impact can make a huge difference to parents and siblings as children and young people improve levels of communication, are calmer, some children who have been non-verbal have begun to speak, and others who have needed two-to-one care have begun to only need one-to one-care.
- Families are overwhelmed with gratitude seeing their loved ones not only do things they never thought they could do but to see them thrive. Many who have been incredibly isolated make friends and start to look forward to life having something where they feel they belong and are valued and celebrated for who they are.

The most reported changes we are told about by our beneficiaries are:

- Improved mental wellbeing, reduced anxiety and reduced feelings of stress and frustration, improved confidence and resilience, improved ability to cope with stress and the challenges of their condition.
- Improved physical wellbeing through improved core strength, balance, coordination, flexibility, agility, stamina, posture and physical strength.
- Improved emotional wellbeing and resilience through building new friendships and networks with peers who understand the challenges of their conditions and shared experience leading to supportive peer networks where they can plan activities together in the future enabling more positive outlooks and hope for the future.
- Being empowered through learning new skills and techniques leading to improved confidence to try new things.
- Respite for parents/carers supporting those with disabilities, long term health conditions or injuries.
- Inspiration and enjoyment of life through creative expression and improved independence.
- New Outreach division for the whole of Essex – Franchise Pilot for National expansion.

The future

It is vital that we continue to provide activities to enable our beneficiaries to exercise, relax and keep fit safely at home and for on site. Our online programmes have proved particularly accessible for the audiences we serve.

Our key objective is to continue to create innovative ways for our service users to keep fit and be included. We want to improve the community's mental health, wellbeing, and physical fitness; teach essential skills; and make everyone feel positively empowered.

As a team we have deep knowledge and expert know-how in delivery of inclusive dance and fitness the goal is to ensure we train our instructors to the highest standards to be able to support clients in the most sensitive and appropriate way to meet their individual needs. Also, because much of our inclusive work is delivered through our charity, we have important information on positive impacts and outcomes of delivery for different types of conditions and additional needs of clients. This is also important in the training of instructors so they fully understand this.

When working with people with SEND sometimes something small may actually be a major breakthrough e.g. someone with autism being able to hold eye contact for a few extra seconds.

Attending regular dance, yoga and exercise classes helps people to maintain a sense of routine and purpose and provides feelings of mastery, wellbeing and achievement. This is also mirrored on a National basis. We are expanding throughout the UK and our fast-growing, innovative charity is coming soon to venues near you! Global reach is also coming soon as we expand our services with new partners tba.

We continually look for new ways to enable those with SEND to become more active, and regularly canvass our customers to discover what they want and need the most.

For more information, or to partner with us, or become a sponsor, contact:
admin@synergydance.co.uk

Thank you to everyone who has supported and worked with us to champion inclusion and diversity!

Synergy Dance® & Synergy Dance Outreach Testimonials and Reviews

I've been doing some of the Visually Impaired Synergy Dance Outreach Yoga & Dance classes through British Blind Sport and my 8-year-old has been joining in too - would definitely recommend them as really accessible, fun sessions!

- Kathryn @MadeWithMusic1

I love doing Yoga with Gill. It is so nice to be able to do a club that is welcoming and accessible to me. It always calms me down at the end of a long school day. It has also helped with balance and flexibility and I've noticed this has helped me in everyday activities and also with adaptive rowing I like to do. Gill is really good as explaining what to do verbally and is nice and friendly. She thinks of ways to adapt exercises if I find them a bit difficult or am a bit too wobbly.

- Rowan

My daughter Gracie suffers from ASD and often has meltdowns when or frustrated. Your SEND Yoga classes have added structure to her evenings and given her a sense of calm before bed. I look forward to seeing what other classes you offer soon. I would be keen to see SEND dance for children.

- Sophia Scott

Instead of physically lashing out and becoming verbally aggressive, T has learnt to ask for space (sometimes by holding his sign), walk away and implement relaxation techniques to regulate emotional outbursts. He has also been able to identify and recognise potential triggers and communicate these as a prevention. As teachers we are able to be support this, enabling a smoother running environment in the classroom for T and his classmates

- T's Teacher

I have a Visual Impairment and a friend recommended Synergy to me as they have free online audio classes. The content is amazing and I am really enjoying it too. Thank you for offering this it's very hard for us to find things to do to stay active especially in lock down.

- Claudia Abrea-Oldaker

E has grown in confidence and has seemed to come into her own since beginning sessions and it seems she has made some valuable relationships. Bullying had made her withdrawn and very nervous. Since beginning the group we have seen her become more relaxed and able to tolerate group environments. Engagement in school seems to have improved and we are all able to enjoy moving to music at home!

- E's Mum

★★★★★

The dancing has been great for our children, including B who has autism. In a period of 8 weeks B has had time to express himself and communicate with other children in a creative medium - which has meant that we have seen some interacting with others that would never hapen during verbal exchange! B has been anle to develop a sense of empathy and form an awareness of others on a deeper level than before. We have seen B's confidence grow, friendships form and it has been a supportive space to share difficult experiences too. It was great that no dance experience was needed and the teacher was able to provide ways of moving. If this was unaffordable or new to begin with - props where great!

- B's mum

★★★★★

I spoke to another mum today who said her 14-year-old daughter loved it, although it's quite weird for all of us doing classes on our own in our bedrooms/dining rooms!

- Sarah Black

★★★★★

One family with two children aged 9 and 6 (a younger sibling joined in a lot of the session), emailed the same evening and said: Thanks so much for the yoga session, so relaxing and very much enjoyed. Thanks again.

- Sarah Black

★★★★★

Cristina was absolutely lovely. She came on early and we chatted about the group. From a practical point of view, her video and sound were great. She was very clear in what she was asking us to do, which is just as well because you can't always see! She pitched her language and 'stories' as the right level I.E. space flight as opposed to teddy bears etc and really engaged nicely with the children. Commenting on their moves and the things she could see around them. I think everyone felt very comfortable with her, but equally challenged by the things she asked of us. I certainly had a great time.

- Partner

★★★★★

Working with Synergy Dance® has provided an opportunity for creative expression for our children and young people during this lockdown period and introduced them to different genres of dance that they may not have practiced in school. The staff are professional, fun, friendly and patient. Attributes well suited to working with vulnerable students.

- Croydon Vision

★★★★★

I am a carer and I have been doing the Senior ParaStars Yoga with some of my clients and they are loving it adding some exercise and fun to their days on my daily visits it's nice to see them smiling and moving around.

- Deborah StJohn

Your continued support during these ongoing and uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work has provided plenty of opportunities for the VI community to get physically active and will so as we move into the New Year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop out partnership together.

- David Melville - British Blind Sport

Thank you so much for this opportunity, Imaan had the best time, she's already told all her friends that she's now famous! And thank you to allthe wonderful dedicated dance teachers at Synergy, our kids truly have lots of love for all of you, and we appreciate what you do.

-Hooda

Kathryn, I just wanted to say a great big thank you to you and Synergy Dance for inviting Sam to take part in this amazing opportunity. Despite being a little unsettled during rehearsals, he gave it his all on the day and was so excited and proud to have been part of it all. He misses out on so many opportunities/parties/events due to his challenges so to be part of this has meant so much to him and to us.

- Justine

Thank you so much for allowing Zoe to be a part ofthe most incredible day! A dream come true for sure!

- Sarah

Dear Kathryn, thank you for organising this event and spending time to dance with and make friends with Lucy - she's convinced your coming round for her birthday Pizza and hasn't stopped talking about you. Lucy had a fantastic time and is still sleeping in her Pudsey ears. Thank you again, it will be with her a lifetime.

- Heather

My daughter love's synergy dance! She enjoys weekly lessons with Lizzie and has so much fun! I would definitely recommend Synergy to anyone looking for dance activities for children.

- Kelly

My daughter is really enjoying the class alot on Saturday. The teacher makes it fun and works hard to include everyone in the class with all the varying needs and wants!

- Nicola

My daughter recently started the Acro Hip Hop class and loves it. She says it's her favourite thing of the week. It's a lovely inclusive environment with a kind teacher who handles the kids with confidence and ease.

- Lucy

My daughter and her 2 friends have been attending since Sept last year and they absolutely love the session. Annie the dance teacher is friendly and encouraging, the kids talk about her all the time! Would love to be able to see an end of term routine of some sort as due to restrictions last year we were unable to. Definitely recommend this class x

- Clare

★★★★★

What a brilliant Dance school, that's what I call inclusion! Fantastic attitude towards ALL students..... Fab-U-Lou's!

-Cee Johnson

★★★★★

What an amazing thing to do for these youngsters. Huge admiration to Synergy and good to know our contributions really do make a difference.

- Susan Stocker

★★★★★

We want to have you involved doing some sessions the next academic year because we have heard many positive things about what you do!

- Borja Vidal - Linden Bridge

My son M adores his sessions with Vicky at Dysart. Will forward you a video of him having an independent boogie 2 nights ago. He's never been able to focus long enough to follow a routine on his own!

Larisa Strickland - Parent

After seeing this clip on Sunday my 5 year old (who loves dancing) has decided to cycle 10 miles next week in order to raise money to "help children to learn to dance". Even she can see how amazing these classes are.

-Lisa Matthew's

We just had our first dance session and it was brilliant!!

-Nina Holmes - Gosden House School

Alex Merrifield - Gosport and Fareham Multi Academy Trust

I would just like to say how brilliant Lauren was. She dealt with the whole class of boys so well that they named her “lovely Lauren” and 90% of them asked if they could keep her as the teacher.

Dawn - Party Parent

Just wanted to say thanks to Abi and Rose for a wonderful party yesterday. The kids had a super time!

Deborah - Summerlands Care Home

Feedback has been really positive - the residents had a lovely session with Vicky and they thought she was wonderful. They are looking forward to seeing her again. We have a couple of residents who don't normally join activities but I noticed they were in the lounge singing along. We all thought the choice of music was great as well

Claire Gregory - Parent

My daughter LOVES this class with Sam. It's fun and full of energy. Would highly recommend!

Lisa - Parent

I went to one of the Disney Frozen workshops this Easter and my daughter was really nervous as it was such a large age difference. At first she didn't settle and I was going to leave but Katherine who was doing your photographs made her feel welcome and was encouraging her to join in. When she did she kept looking back at your photographer for reassurance and by the end loved every minute. Thank you to your staff member for putting me at ease. Great event and I will definitely bring her back. Would have loved for the photographer to be more involved in the games and dance as she was really good with the kids.

Alicia - Parent

My daughter and her friend loved the Frozen Winter Wonderland! My daughter has been talking about it since so excitedly, especially the 'snow' bubbles at the end! Both have asked if they can go again. I would have loved it to be a bit longer, but only because they were enjoying it so much! I still think it was great value for money, and the staff were lovely!

Rachel - Parent

Oscar has really enjoyed it and from the first to the last class he has developed loads. Thank you for providing the opportunity.

Charlotte - The Clockhouse

What a midweek treat here in the 10-3 Club at The Clockhouse. We had so much fun this morning thanks to Tilly from Synergy Dance Outreach who will be joining us for the next 8 weeks!

Teacher - Evendons Primary School

Tilly is a hit!!!!!!! Totally the right personality. E's absolute favourite part was what she called 'the relaxation part'. E showed me some of the stretches and said it made her feel very calm so also maybe a longer stretch/ breathing / cool down too. I'm so happy she really enjoyed it and said she can't wait for her next session with Tilly.

Charlotte - The Clockhouse

The sessions have had an amazing impact, our customers and staff really look forward to them. The sessions create a lot of fun, laughter and generally improve the sense of wellbeing within the group, they are truly an amazing opportunity enabling people to try something that is usually inaccessible to them.

Parent

So happy we found the wonderful people at Synergy Dance Ltd - they - along with the lovely teacher Harry and assistant Rose - welcomed I. with open arms into their hiphop class - I. loves the freedom of this style of dance - it's so much better for her than the stuffiness of Ballet lessons. This Dance company have quietly made sure I. is fully integrated and involved in the class. They don't make a fuss, they don't exclude here and it shows in all of the kids who attend the class. They accept her wholeheartedly too because that's the behaviour being modelled by the adults in the room.

Parent of a Student Volunteer

By the end of next Saturday she will have completed her 3 months of volunteering with you. It has been an amazing experience; we are really grateful to you for giving her the opportunity to enjoy using her dance to help others. Thank you for all your support with Laura's volunteering - we think it's fantastic to have this opportunity and I hope it was helpful for your teachers too.

Farran Leach - Active Surrey

I just wanted to say a huge thank you for providing us with Lecia to deliver yesterday's class at our Ladies Celebration Day Event - when I popped my head in to the class it looked like everyone was having a great time and Laura and I hope that Lecia enjoyed delivering her session as much as we enjoyed having her there!

KEF Kids

Synergy Dance delivered a very successful workshop to a group of children with physical and learning disabilities at our charity's summer residential respite scheme in Alton. Highly recommended and we look forward to working together in the future!

Teacher - Evendon School

E really liked your use of all props, different games, the makaton and your focus on regulation and sensory involvement. I can really see the way you do your sessions to meet E's SEN needs is very beneficial for her

Ariella - KEF Kids

I have been meaning to write to you for a while but have only gotten round to it now. I just wanted to thank you & Abigail for such a fantastic session last month. The group really enjoyed themselves and we received such lovely feedback from the volunteers involved. We look forward to being in touch with you when we are in the area again next summer.

St Joseph's Trust

Synergy Dance Outreach visited us for our arts week, leading a wonderful workshop teaching our young people movement on the theme of friendship! Our students had a wonderful time and really got stuck in!

Sarah - Parent

Just wanted to send you a picture of Sophie who had a Halloween party with her friends this weekend and she showed them all how to do 2 dance routines that Ren has taught her. They all played lots of spooky games and had some lovely treats (no tricks!). Happy Halloween to you all.

Steve - Party Parent

Just wanted to say thank you very much indeed for a fantastic party. Joe and his friends had an excellent time! He's now chilling out watching Beauty and the Beast (again!)

Sarah - Bridge College

The yoga sessions with Julie are going amazing, the progress we've seen with the students so far is just incredible!

Nina - Orpheus Centre

Saturday was fantastic, Sam really enjoyed meeting the team and the students. Ren was excellent with Sam and gave him opportunities to help during the session, please thank her for me, we were only meant to be watching, but Sam was keen to help!!

Claire - Surrey Young Carers

My team have said how brilliant you all are and I'm really looking forward to meeting you!

Action for Carers

I just wanted to say a huge thank you for Tuesday evening. They had a great time and you were amazing at keeping them engaged and making sure they were having fun, so thank you

Katie G - Instructor

"I would like to share X's progress. Child O is an 8 year old boy who has severe ADHD as well as being an amputee.

On the first day of class this child really struggled with the breathing and meditation exercises and he needed a lot of fun games throughout the class to keep him motivated. Although it may have not been the most technically challenging class, he left with a smile on his face and told me ‘it was the best class ever.’

That one sentence set me up for a wonderfully positive day and is one of the main reasons I love working with Synergy. To be able to engage with and help vulnerable children find pleasure in movement is an absolute privilege and something I will never take for granted.

Since our first class together child O has improved greatly, every week he gets stronger and stronger at his breathing and meditation and I can really see that these things are starting to help his concentration, which will hopefully help him in other areas of his daily life and continue to build his confidence and well being".

Ren - Instructor

"I want to tell you about L.

L. is the youngest in the class and he was a bit nervous about coming and about joining in. If I ever asked him to do something on his own, he would say no. Eventually he found more confidence, if I paired up with him - so for our circle game for example- we both went into the circle to show some dance moves together.

His parents stay in the class, and in the early days he would constantly look over to them for reassurance.

Fast forward to quite a few weeks - and he has grown in such confidence - I will ask him to do something on his own and he is more than happy to do it and he will request things - such as dance routines. At the moment we are doing musical theatre, theme, Greatest Showman, and it happens to be one of his favourites. L. stands at the front, not only dancing but singing his heart out to the song, which is so lovely to see. And that takes confidence - it's one thing dancing and moving to the front, but it is another thing to sing as well.

He did actually request another song - from the show - FROM NOW ON - and I said yes, I will choreograph a routine for you. For him to be brave enough to ask a teacher is a big step forward too. He started off very nervous, pretty shy, needing reassurance from mum and dad, and now he is joining in without absolutely everything he has to give. He is an absolute trooper and I can see his parents are really proud of him as well.

So it's done him the world of good - and of course he is dancing, moving around, keeping fit. He does do the class really well and it's lovely to see him grow in confidence and also the other children, are really encouraging as well, as he is the youngest in the group.

A Royal Event - with Whizz Kids

It went really well, thank you. The Countess was really knowledgeable about disability and the challenges our young people face and was very easy to speak to. I understand she does some yoga in her own time and joined in with Natalie's session.

Thank you so much for all your patience and cooperation with the organisation and to Natalie for running everything on the day. I know the young people really enjoyed the session!

George's Story

I just wanted to feedback to you, that George has had a pretty tough time of it since the beginning of the pandemic. I've had to work more than usual (I'm a paramedic so no working at home for me!) which meant he was able to attend school during the period of homeschooling, however it was all different for him as they offered places as 'childcare' rather than a typical school day. Then as he returned full time he was kept back a year whilst his friends and regular teacher moved up, so he had more change to contend with.

Covid also hasn't been kind to our family, and we have lost many family members over the last two years. We are a small, but close family, and the absences are greatly noticed.

On top of this George has had two operations at Great Ormond Street - he was really brave!

As George is non-verbal, I've not really been able to talk to him about how he is feeling, or talk him through difficult situations, and last year he really struggled with anxiety. This affected his ability to attend - and then stay in school, and then began to affect him at home too. He didn't really want to go out of a weekend, and wanted to stay home for fear if he went out, he'd be taken to school.

It was so sad to see, as George has always been such a happy, cheerful little boy, known by all for his huge smile and infectious giggle!

I had been searching for a support group or therapy for him - well, actually searching for anything that might help him work through his anxiety! But there is little to nothing out there for children with special needs. I then found you, through watching Strictly Come Dancing.

Since starting his dance classes I, and school have seen a huge change in George. George has only been attending for a couple of months, but has grown hugely in confidence and made huge personal developments in his understanding and language. He is so keen to copy his teacher, firstly watching her perform the dance move, then trying to copy, and has even started to develop some language, copying her as she tells him what the dance move is called, Amazing! George has actually been looking forward to going to school, to show staff and his peers the move he's learned - before Christmas we couldn't even get him through the door! His cheeky little laugh and smile has returned, and I'm so thrilled to see 'the old George' returning. So thank you so much, for such a wonderful, inclusive, fun group!

- Hannah

Find out about our Strictly Come Dancing journey Below!

Watch us on Strictly Come Dancing -
https://vimeo.com/664702396/cb84ea306f

Watch us on Children in Need -
https://youtu.be/_SKI-eRKhy8

Watch our Dancers have their say on the Strictly Come Dancing Final -
https://youtu.be/uE5Dxc0YBCA

Rachael Hurton, talks Strictly Come Dancing on BBC Radio Surrey -
https://synergydanceoutreach.co.uk/2021/12/20/strictly-come-dancing-2021/

KEF Kids, London

KEF Kids is a charity supporting the lives of children and young adults with physical and learning disabilities and their families. Participants encounter friendships, fun and opportunities while respite is on offer for parents and families. This year Synergy Dance Outreach provided enrichment workshops during the school holidays.

KEF Kids provides respite for children and young adults with physical and learning disabilities. We supported activities for a residential respite scheme at Treloar's College in Alton, Hampshire. We worked with children with profound and multiple learning disabilities and had a wonderful time.

Feedback -

'I just wanted to thank you & Abigail for such a fantastic session last month. The group really enjoyed themselves and we received such lovely feedback from the volunteers involved. We look forward to being in touch with you when we are in the area again next summer.'
Ariella - Programme Administrator

'Synergy Dance delivered a very successful workshop to a group of children with physical and learning disabilities at our charity's summer residential respite scheme in Alton. Highly recommended and we look forward to working together in the future!'

★★★★★

LimbPower

Synergy Dance® Outreach worked with LimbPower to deliver a Yoga programme specifically designed for those with limb loss/loss of or limited use of limbs, where adults, children and young people affected by this can come together to relax, have fun and learn a skill.

This was a 12-week inclusive programme and the sessions where held at the QEP Centre in Guildford - an accessible venue with great local links.

LimbPower support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social and mental well-being.

One of our parents, Rachel Manton said:

O has really enjoyed it and from the first to the last class he has developed loads! Thank you providing the opportunity.

SPORT ENGLAND

Sport England - Funded Dance and Yoga Classes in Sussex

As a result of the generous funding received by Sport England, we where able to fulfil repeated requests to run inclusive SEND Dance & Yoga classes in Sussex for children and teenagers at weekends.

After several days of research and liaising with customers and conducting questionnaires we decided that the two chosen venues should be Southwick Leisure Centre and Peacehaven Leisure Centre. The two centres offer free parking, accessibility and great local transport links. The centres where also within easy reach of all of the customers that have reached out to us since our filming with Strictly Come Dancing in 2021.

We ran four sessions, two dance classes at Southwick Leisure Centre one for children, which sold out within 2-days of going live and one for teenagers. At Peacehaven we ran two Yoga sessions one for children and one for teenagers.

About the classes:

Dance

This class is specially designed for children with Special Educational Needs and Disabilities (SEND). Our inspiring teacher will help your child to keep fit and learn dance moves in a fun, dance and fitness class with props. Options to learn cheerleading/street dance/dance fitness and other styles too. The pace is flexible and parents/carers are warmly invited to attend. The class includes dance, resistance, stretching, toning, strength and cardio work, increasing energy levels, muscle tone and strength, endurance, flexibility and motor skills.

Benefits include improved fitness and stamina, decreased stress, improved balance, spatial awareness and coordination, improved posture, new friendships and networks, the chance to exercise as a family, improved confidence, well-being, increased independence and quality of life.

Sport England - Funded Dance and Yoga Classes in Sussex Continued

Yoga

Are you looking for a class to help your child relax and de-stress? This uplifting yoga class is specially designed for children with Special Educational Needs and Disabilities (SEND). Our inspiring teacher will help your child to relax and unwind in our fun introduction to Yoga and Mindfulness. An excellent way to relieve stress, recharge and learn new skills. Synergy yoga classes are fun and children will build core stability, resistance and toning, improving posture and well-being.

The pace is flexible and parents/carers are warmly invited to attend. The class includes stretching, toning, strength building, relaxation and improves, endurance, flexibility and motor skills.

Benefits include improved fitness and stamina, decreased stress, improved balance, spatial awareness and coordination, improved posture, new friendships and networks, the chance to exercise as a family, improved confidence, well-being, increased independence and quality of life.

Class Schedule:

We ran our classes on Saturday mornings, which appeared to be the preferred timings for parents due to school, traffic and local transport links. The classes ran on Saturday's during term time and where supplemented with inclusive Family Yoga and Musical Theatre workshops during the school holidays - which, where also a huge hit! Especially the family yoga session.

Making connections and linking with local charities in the area:
Due to being primarily based in Guildford, and only having run mainstream sessions in Sussex in the past we reached out to local Sussex based charities to help us spread the word about our new classes and ensure we reached everyone who could potentially benefit from what we where offering.

Sport England - Funded Dance and Yoga Classes in Sussex Continued

We contacted all of the charities below, and had such a wonderful and warm response.

- Amaze Sussex
- T21 Friends
- Holding Space
- East Sussex ImPACT/EHCP Experiences
- Triple P
- ISEND Sibs
- Amaze Futures
- mASCot
- Brighton & Hove Inclusion Support Services
- Cherish
- Dads Groups (dads who care for children with SEND)
- Heart Venture
- Brighton Hove and West Sussex Deaf Children Society

Some of our responses:

We would love to have some flyers to share with families. We are happy to accept digital copies that can be shared within our hubs.

Many thanks,
Tanya Macdonald - Family Hubs

Thank you for your email. This is fantastic news ! There is always room for more accessible events and classes in the area it is of course something we can support you with spreading the word about. Please send us a flyer or more information we can share with our members.

Justine (chair) & Committee - Brighton Hove and West Sussex Deaf Children Society

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Thanks so much for your email and I'm thrilled to read about your inclusive dance and yoga classes, particularly as you'll be running them at such an affordable price.

Marie Baker - Amaze Sussex

Thanks so much for sending this all through. This sounds like a great opportunity for residents of East Sussex. Our main Amaze page has shared on social media today and we have scheduled a post for the Compass Card social media tomorrow.

Good luck with the classes, Zoe Brinkworth - Amaze Sussex Compass Card

What the parents say:

These sessions have been lovely. A chance to meet up with other SEND families and also A loves to dance in front of the full length mirrors! For us, a mix of freestyle, routines and kid-friendly fun/games is perfect because it doesn't get boring and it's something everyone can join in with. In her mainstream class she's copes with learning routines, but it's nice for her to have something a bit more relaxed at these sessions.

Victoria - parent

We loved the yoga workshop. My kids had so much fun. There were yoga poses, movement dance and lots of imagining magical words and tools. My kids have been talking happily about the workshop and are really happy to have the stones they painted as a memento. My husband and I also enjoyed doing partner yoga together!

Rhian - parent

More SEND Dance & Musical Theatre, and yoga classes for children and teens are launching soon, for after school weekly delivery, for another Sussex project.

SYNERGY DANCE OUTREACH

England & Wales - Charity number 1180506

Accounts

Synergy Dance® Outreach

Synergy Dance® Outreach – Trustees report and annual financial statements for the year 1st May 2021 to 30th April 2022

Registered Charity No: 1180506
Address: 2 Forster Road, Guildford, Surrey
Tel: 01483 954135
Email: admin@synergydanceoutreach.co.uk

Synergy Dance Outreach: CIC
Registered number: 1180506

Trustees' Report for the period to 30th April 2022

Trustees present their annual report and the financial statements for the year ended 30th April 2022.

The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2015 or later. This year's charity accounts are prepared by Carter Collins & Myer Ltd.

Trustees' Report for the period to 30th April 2022

Trustees
Nicola Whittaker
Mary Ungoed-Thomas
Rachelle Franklin

Registered Office
2 Forster Road,
Guildford
Surrey
GU2

Steering group
Judy Thompson and Geoff Blake.
A chance for those directly affected by SEND – either personally, or via their children, to influence our services, be part of the design and to help us to connect with local communities.

Independent Examiners and accountants
Carter Collins & Myer Ltd
Chichester House
2 Chichester St Rochdale,
Lancashire
OL16 2AX

Catheryn Day: Accountant
Robert Newman Chichester House (Independent Examiner)

Bankers
Santander
Bridle Road, Liverpool, Merseyside, L30 4FB

Brand Ambassador:
Will Perry – Paralympic swimmer.

Abbreviations in this report:

CYP: Children Young People
SEND: Special Educational Needs & Disabilities
LTHC: Long Tern Health Conditions
SEN: Special Educational Needs
ASD: Autistic Spectrum Disorder
MLD: Mild Learning Disability
ODD: Oppositional defiant disorder

The Charity

DIVERSITY. INCLUSION. BELONGING

Synergy Dance® Outreach was set up to improve the mental, physical health & wellbeing of children & young people (CYP), adults and seniors, marginalised by Special Educational Needs & disabilities (SEND) and long term/life-limiting health conditions (LT&LLHCs) by delivering inclusive, accessible, dance, yoga, singing & fitness activities that remove the usual barriers preventing participation.

We address the fact that disabled people are twice as likely to be inactive as non-disabled people, so ensure fun, accessible opportunities, both in-person & online, that encourage regular activity that will improve long-term physical, emotional, mental health and wellbeing. We ensure neither finance, fitness, ability/disability nor family circumstance are barriers to access. Participants tell us that our classes improve their mood and build confidence and resilience, better enabling them to meet the challenges of their conditions.

Our beneficiaries include people with special educational needs (SEND), those who are visually impaired, seniors, those with long term health conditions (LTHC) and other disadvantaged people, children and young people.

As a charity, we enable service users to get active, have fun, reduce stress and combat loneliness. Our classes help maintain fitness, core strength, flexibility and motor skills, improve posture and also help relieve stress, boost the immune system and aid restful sleep.

Time for change

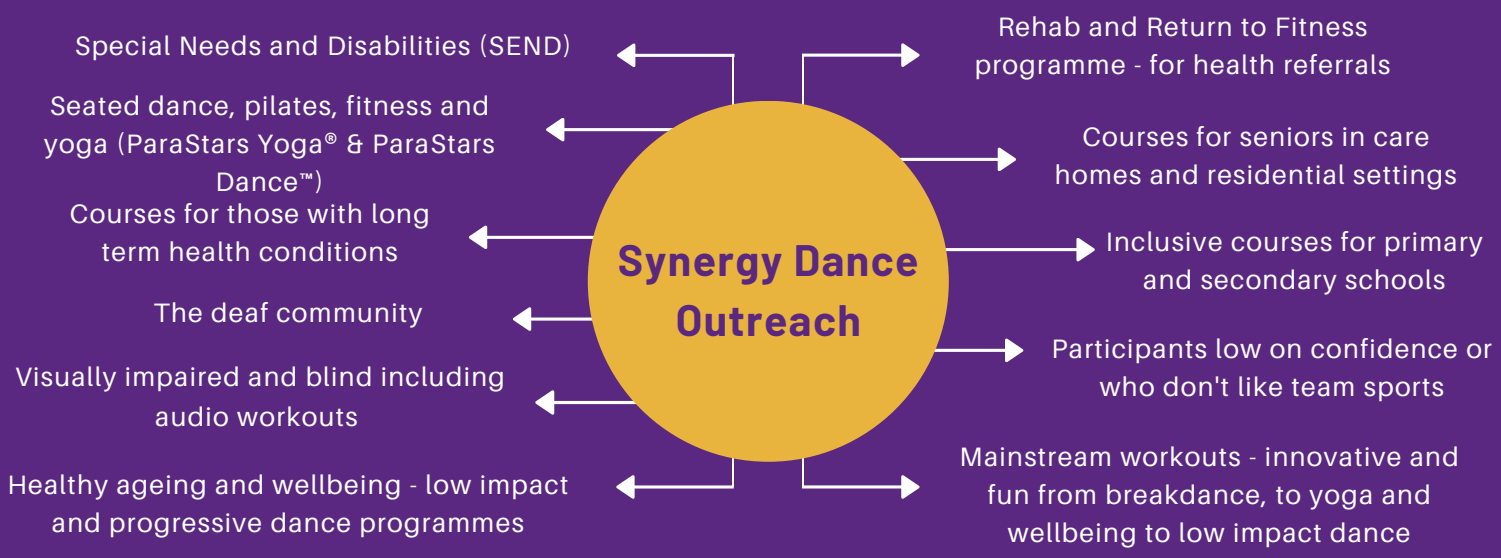
Our goal is to help you reach yours...

- Inclusive dance, fitness & wellness activities for children, teenagers, adults & seniors.
- We are fighting for inclusive opportunities and activities for all ages.

We provide activities for:

- The disability community
- Those with special educational needs (SEN)
- Seniors - Healthy ageing and low impact programs
- Those with long term health conditions (LTHCs)
- Visually impaired/Blind
- Deaf community & hard of hearing
- School children, teens & young people

We partner with leisure chains, charities, councils, trusts and schools to deliver activities. For community projects, we provide classes free for families with disabled children as their income is estimated to be around 23.5% below the UK average. We are passionate about providing children with opportunities & have engaged with many families from low socio-economic groups. Our core values are inclusion, innovation, value for money, quality of delivery and excellent service.



Synergy Active Online™

See: https://synergy-dance-online.teachable.com/courses

We supply live classes onsite & have recorded some 700+ digital pre-recorded dance, yoga, pilates, fitness & meditation courses for all ages. We also provide school clubs, themed workshops, holiday programs, seated courses and SEND programs for schools, leisure centres, charities, trusts and care homes.

See: https://vimeo.com/776286671/39a50570f2

In the last 2 years we have won 6 Awards and are unique in providing an on demand inclusive platform of activities for children who are mainstream, SEN, Visually Impaired & Blind, Deaf/hard of hearing, disabled, or with a long-term health condition.

Our professionally recorded activities target conditions including physical disabilities (congenital & acquired), wheelchair participants, mental health issues & neurological conditions.

CYP with disabilities are more likely to be obese and risk rises with age: Activity Alliance, 2018.

The impact of our work has really touched our team – see stories at the end of this report.

Benefits include stress relief, improved mental health, reduced anxiety, improved fitness/posture, flexibility, motor skills, core-strength, agility, balance, spatial awareness, help relieve and manage chronic pain and improve stamina. We build confidence, provide new networks and friendships.

We are unique in providing activities that overcome all the barriers to exercise and meet recommendations to combat inactivity and poor mental health.

Eg Sport England 2020: only 23% of disabled people were able to complete 30 minutes of activity 5 x a week due to accessibility issues. We stand out because we serve diverse groups of CYP.

See: https://synergy-dance-online.teachable.com/courses
See: https://vimeo.com/671204573/d87a8516ae
Promo Video: https://vimeo.com/792618301/31edd6d22

The COVID crisis forced people to improve both their digital skills and access and we provided all the support needed to do this, we had to adapt, forget “what was working before” & think on our feet. Online services have become normalized with a massive increase in people consuming on demand digital services. This new format has enabled us to help people improve their health & wellbeing.

Synergy Active online platforms were designed to use technology that will enable easy onboarding of children and adults to train, keep fit & learn new skills.

We are sharing our workouts nationally via Everyone Active.

We are unique in providing a diverse range of inclusive activities for CYP, reaching 20,000 in person & up to 200,000+ online, with a wide range of 700+ pre-recorded classes for CYP with SEND & LTHCs, Visually Impaired/Blind, the Deaf Community, wheelchair participants, mental health conditions & for those with additional needs.

SEN includes those with learning difficulties & autism, ADHD, ASD, global development delay, MLD, ODD, downs syndrome, dyspraxia and hearing loss. LTHC includes spinal injuries, cerebral palsy, spina bifida, cancer, multiple disabilities, asthma, long-covid and amputation.

A recent survey found that 78% of people with a disability, including visually impaired, said they wouldn't have exercised without Synergy's online program. 94% said they were happier & less anxious after classes. Online, on-demand and livestream at-home activities continue to be in demand with 80% of customers using them post-pandemic. Also 67% of respondents reported improved fitness levels.

Welcome from Rachael Hurton (CEO)

Welcome to Synergy Dance® Outreach. We are here to fight for change. I always wanted to provide the same opportunities for all - and to provide fit for purpose, innovative and fun activities, not something out of date or "token" in its effects.

On a personal level, I had an ambition to address the fact that disabled people are twice as likely to be inactive as non-disabled people with 53% saying this is due to "no activities suitable for me".

We set up Synergy Outreach to Make a Difference, having discovered a lack of inclusive, fun dance and yoga activities which appealed to all. I could see the huge potential dance and fitness has to enrich lives and fitness levels. I wanted everyone to have this opportunity, potentially on a global basis. To reach out to the SEND community, we created inclusive, fun dance, fitness and yoga activities which appealed to all and were accessible, fun and fit for purpose. As a parent, I wanted to break down stereotypes as not everyone is suited to team sports and I wanted to appeal to boys too.

Since starting out we have discovered ever-growing demand for onsite and on demand classes for SEND children with autism, visually impaired/blind, a disability, deaf and LTHC. The only thing holding us back is funding to set up more classes in more areas – and we currently have waiting lists for Essex, Glasgow, Trafford, Kent and London.

I now have a deeper understanding of the challenges faced by people in finding exercise they want and are motivated to do and that is inclusive & accessible. It's all about being the right price, fun & easy to access with levels and activities for everyone. My ultimate goal is to make a difference within the activity sector. As a charity we aim to inspire more accessible inclusive activity for all.

We turn obstacles to keeping fit, into opportunities. Our workouts reach everyone, and we help people to feel good about exercise.

So many families are wanting the same opportunities and choice for their son or daughter with SEN. I get excited every time we get a new enrolment or sign up! We have seen a spike in enquiries for Synergy Dance® Outreach classes throughout the UK in the last year, especially since our exposure on Strictly.

Our unique innovative classes are meeting unmet need and get people active.

In the last 2 years we also pivoted to become digital, harnessing new technology and automation and have recorded some 700 pre-recorded classes.

If you would like to help us to run future projects, become a sponsor or volunteer - please contact us on manager@synergydanceoutreach.co.uk

Thank you again - for helping us to make a difference.

Rachael

Rachael Hurton

Breaking down barriers

We have expanded into Ed-Tech/Health-Tech & the Tech-for-good sector. We aim to inspire more accessible inclusive digital activity in the UK & globally & to make a difference to as many children and adults as possible.

This year we've explored new areas like social prescribing with the NHS to help people with LTHC's or mental health conditions.

We have carved a niche in the market for children's activities to be fully inclusive and we are planning a new ethical franchise model already started in Essex. This will create new employment & inclusive opportunities.

We will also expand our team of talent who provide our ground-breaking pre-recordings: **see** https://vimeo.com/776286671/39a50570f2

Soon, we are going to be piloting a national online training program for ParaStars Yoga® and ParaStars Dance® - new innovations for seated dance. We also have plans to set up a national training program for Synergy teachers from 2023-2024.

We have explored how digital offerings will evolve beyond the pandemic & what strategies we can deploy to provide the perfect mix between live & digital offerings to meet the increasingly sophisticated needs of modern children.

The pandemic has prompted us to prioritize mental health & activities for children, with 50% focusing more on their wellbeing in 2022. Far from being stop-gaps to tide the industry over during the COVID pandemic, livestream & on-demand activities have become vital additions to leisure provider's & school's long-term digital offerings, with 80% of customers planning to continue using them post-pandemic. The digital fitness boom & growth of home working mean today's CYP need a connected fitness experience that offers convenience & enables them to maintain a more active lifestyle. This especially resonates with the disability community.

The cost-of-living crisis

On occasion in the last year, we have sadly been forced to close much needed SEND classes, which local families rely on, due to inadequate funding to sustain.

Also, many more families with disabled members live in poverty with parents unable to work full time or at all. Many are struggling more with poor mental health worsened by feelings of isolation, as they have not been able to access usual services and many, especially those with learning disabilities/autism struggle to express and deal with their emotions.

Our goal is to offer even more heavily subsidised services to ensure financial accessibility, especially now so many are affected by the cost-of-living crisis and our own costs e.g. staff costs and room hire are increasing, as we now often have to pay travel to make it viable for our teachers.

Part of our ongoing strategy is to increase our fundraising efforts to enable more delivery in more areas of Surrey, Sussex, Hampshire, London and Essex which is subsidised or free, and very accessible to the families who need it most. Our activities are fun and inspiring, and our success stories and testimonials often bring a tear to the eye!

We also have high demand in the Manchester and Birmingham area and are planning more Outreach services in these locations to meet need.

Structure, governance and management

Synergy Dance Outreach – Charity registration number 1180506

The charity number, principal addresses and details of professional advisers are set out in the administrative information at the front of the report and accounts.

Synergy Dance® Outreach is a registered Charitable Incorporated Organisation (CIO) governed by a Board of 3 Trustees. The charity was founded in May 2017 to meet local need and create positive change, by removing barriers to enable people experiencing disadvantage and marginalisation to improve their physical and mental health and wellbeing through accessible, inclusive and innovative dance, fitness, yoga, singing and related activities. Beneficiaries include those with special educational needs and disabilities (SEND), older people, and other disadvantaged children and young people. Inclusivity is of the utmost importance to us and we aim to ensure neither finance, fitness, ability, disability nor family circumstance are barriers to participation.

The Governing document, and Constitution document is a CIO Foundation Constitution.

The powers available to the Trustees are set out in the Governing document and Constitution – which clearly state the objectives of the charity and rules about Trustees. The Board is at the present time, 3 trustees, with teaching, special needs and editorial backgrounds. Recruitment and appointment of new Trustees remains a collective decision via the Management committee of Trustees.

The Charity is managed by a Board of Trustees which delegates day to day operations to the admin and management team. The Board of Trustees reserves to itself powers of appointment of the CEO, Project Managers, admin staff and Managers as a group collective. It also retains responsibility for financial control and reporting, and the Trustees' report and financial statements.

Governance

Synergy is governed by a dedicated passionate board of 3 trustees with a broad skills spectrum and includes Trustees who have children with SEND and family members with disabilities who have been involved since its inception. The board have guided the organisation from a small community non-profit group that started to meet local need, to become a CIO registered with the charity commission, that has built great relationships with many local organisations including Surrey Council, Surrey Choices, Active Surrey, Community foundation for Surrey, Sight for Surrey, Surrey Special Schools Sports Association to now be partnering with national organisations such as EMD UK and British Blind Sport.

The charity is led by founder and CEO Rachael Hurton and supported by a team with a broad skills range and a high level of determination and dedication. The charity's skilled team are all highly passionate and dedicated to the charity's purpose to make a difference and enrich lives through inclusive activity.

The CEO has a Masters Degree from Kings College/RADA in Text & Performance and a Degree in Philosophy with Literature from Sussex University. She also holds a Studio Professional Diploma in Fitness and Postgraduate Diploma in Publishing & Printing form the London College of Printing. Prior to Synergy she has managed The Alpine Cub Photo Library with George Band – (1953 Everest Expedition), worked in book publishing for Usborne books Kingfisher, Dorling Kindersley and Which? and within the entertainment industry as an actress for the BBC (The Life of Dickens/Peter Ackroyd) and other film projects including Bond/Skyfall.

She is very ambitious and has led the Charity to be nominated and win many awards – see below. She is a great advocate of continuous learning and development leading the Synergy team to grow and empower the charity to meet the ever-increasing demand for services.

We are committed to maintaining high standards in governance and accountability, especially safeguarding and equal opportunities, and we carefully monitor and evaluate the impact of our work. All staff and volunteers are trained in safeguarding and DBS checked to an enhanced level. The Board connects regularly during the year (with attendance on some occasions from outside members or experts). The Board retains control of all statutory matters including the Charity Commission and oversees risk management with help from Consultancies and partners. During the pandemic, meetings have been virtual via Zooms.

Objectives and activities

The principal activity of the Outreach charity is to promote physical and mental health and wellbeing through lifelong participation in dance, fitness, yoga and related wellbeing activities for all, where neither finance, fitness, ability, disability or family circumstance are barriers to participation, as highlighted in our summary. We aim to remove barriers by providing accessible and innovative dance and related activities for children and young people, adults, seniors, people experiencing disadvantage and those affected by SEND (Special Educational Needs and Disabilities).

We are a Surrey based registered CIO charity, governed by 3 trustees providing specialist dance, yoga, pilates, singing and fitness to SEND participants. Our classes work with smaller groups and SEND trained teachers, essential for more specialist classes and also provide digital delivery for our service users. We are all inclusive and deliver a growing range of programs for special educational needs and the disability community – from children and teens to adults and seniors.

Removing barriers to exercise for disadvantaged groups
We aim to remove barriers by providing accessible and innovative dance, yoga and movement activities for:

- Children
- Young people
- Adults
- Seniors
- The disadvantaged
- Those affected by Special Educational Needs and Disabilities (SEND).
- Those with long term health conditions
- The disability community, including visually impaired, blind and the deaf community/hard of hearing

We encourage inactive people to become active; bring people together to regularly participate in fun activities; and improve people's wellbeing.

We aim to combat:

- Obesity
- Mental health problems
- Isolation

Outreach classes provide structure to participants' weekly routines and offer something they can look forward to. Our activities meet local needs and help to reduce health inequalities.

Our mission and values

We support the disability and SEN community to thrive and help people to be their best selves. With Synergy no one is left behind!

It is Outreach's policy to pursue the highest possible standards in governance and accountability – and especially in Safeguarding and Equal Opportunities.

We carefully monitor and evaluate the impact of our work and use our local networks to discreetly join up disadvantaged children, young people and families with community and voluntary sector support. We link with appropriate agencies, focus groups and partners, where this can further aid participants who have multiple complex health issues.

Co-production with service users

In order to achieve our aims, we actively listen to the communities we serve to ensure we deliver what they want and need. We regularly consult with, and involve users in connection with the design, themes, content and delivery of services. We often cross-over genres (such as dance/yoga/Pilates) in one class, and we combine themes – for example Zombies and Cheerleading, Breakdance & Street, Ballet and Musical Theatre; to make classes more appealing. The fun and games constitute 'exercise in disguise'!

Our charitable objectives

Synergy Dance® Outreach stands out for our diverse range of inclusive on-site and digital activities and for our ability to reach out to all children and adults who can benefit from exercise.

We support the following goals:

- To aid the advancement of education including work with pre-schools, schools, PTAs, out-of-school clubs, colleges, universities, libraries and sports clubs. We collaborate with Active Surrey and are their chosen School Engagement partners for Dance in Surrey.
- To aid the advancement of health and the saving of lives; all our activities promote healthy living through physical activity and the improvement of mental wellbeing.
- To support disadvantaged people, we work with children's care homes, adult care homes, drop-in centres and residential care facilities for older people. These venues provide fun, accessible and inclusive exercise, wellness, singing, art, memory recall and more.
- To work directly with other charities that support people with SEND.
- To support the advancement of citizenship and community development activities, including the creation of volunteering opportunities. We coach and train volunteers and connect and collaborate with other charities (see above). Internships and apprenticeships are available for graduates. We also actively encourage peer to peer support to help new children feel welcome.
- To aid the advancement of the arts and culture we provide activities which encourage high standards in dance, yoga, fitness, art and choreography and delivery of high-quality performances in contribution to concerts and theatre the year round – dancing for fun and fitness.

Our impact

We ensure that Synergy Dance® Outreach follows the aims below and is committed to the following objectives:

- Increase access to education, qualifications and skills/ increase employability: Some programmes will enhance children's literacy, numeracy and ICT skills by facilitating participant involvement in on-going programme logistics and improvement work.
- Improve people's health and wellbeing (physical, mental and emotional): this is our number one priority and the principal goal of the Outreach charity. Our activities are in line with Health Surrey's Health and Wellbeing Strategy.
- Increase access to education, boost qualifications and skills and increase employability: some of our programmes enhance children's literacy, numeracy and ICT skills by facilitating involvement in ongoing programmes.
- Improve and increase access to sport, exercise and leisure activities. We engage with the arts, culture and heritage: we extend opportunities to perform and share in responsibility for facilitating public participation in dance. One of our projects – Fun In the School Holidays (FISH) – runs in collaboration with Guildford Council and takes place outside of term time. More than 120 attendances will be recorded by the end of the project.

- Improve community cohesion and reduce isolation: our projects provide access to recreational opportunities that might otherwise be closed to communities – they supply scope for learning, personal development and friendship-making and support the public by building confidence and group work skills. Many of our projects focus on families in poverty: this group now stands at 10% of our beneficiaries, an increase of 2.2% compared with 2015 according to Surrey County Council.

In summary...

No material changes in policy have occurred since the last report. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's revised general guidance on public benefit when reviewing the Charity's aims and objectives and in planning the future activities. The Trustees consider the current activities as detailed in this report to deliver public benefit.

Demand for Synergy Dance® Outreach services

Demand for our services is continually increasing Surrey, Sussex, Hampshire, London and Essex-wide and now nationally. Reports show 2,000+ children are registered disabled and 75,217 people have a physical disability in Surrey alone. Multiple barriers prevent disabled people from being active; some even fear losing benefits if seen as being 'active' (Activity Alliance, 2018).

Service users continue to need varied activities to continue at home in order to keep active, reduce stress and anxiety – especially the most vulnerable and those with SEND. We are working hard to expand vital virtual delivery of dance, yoga and fitness programmes to meet local and national need.

We put those with long-term health conditions and SEND at the centre of our approach, enabling participants to maintain flexibility, muscle strength and wellbeing whilst seated at home. This reduces stress, aids relaxation and helps to boost the immune system. We offer special seated classes for participants in wheelchairs, those with a LTHC and seniors.

Everyone Active partnership

Everyone Active partner with us to offer our all-inclusive online platform classes to their members. These classes went out free to over 200 Everyone Active leisure sites nationally during the pandemic – potentially reaching audiences of up to 200,000 during lockdown (funded by Sport England/National Lottery).

Providing choice

Our hybrid service offer includes both online and in-person delivery: moving forward we are providing more choice and accessibility than was available pre-Covid. We have come a long way in just 12 months but with the disability sector accounting for 14 million people there is demand for us to do so much more!

Health statistics

Current statistics in the UK indicate that there are over 11 million people with a limiting long-term illness, impairment or disability, with prevalence rising with age. Around 6% of children are disabled, compared to 16% of working age adults and 45% of adults over state pension age.

A substantially higher proportion of individuals who occupy families with disabled members live in poverty, compared to households where no one is disabled: 19% of individuals in families with at least one disabled member live in relative poverty, compared to 15% of individuals in families with no disabled member.

Obesity and inactivity were on the rise even before the coronavirus crisis. In 2017, 30% of children aged 2–15 in England were overweight or obese and 65% of adults were in that category. Many children and adults are not getting their recommended one hour of activity a day.

Our inclusive and colourful activities are getting kids moving as well as adults.

Outreach and mental health

We support the one in four people who experience a mental health problem. In 2017, one in eight children and young people aged 5–19 had at least one mental health disorder.

The pandemic has caused an even greater challenge for those already living with mental health problems. Anxiety, self-harming and depression are on the rise, and many will be feeling even more anxious after unprecedented challenges in the last 2 years.

In 2021–22 Child and Adolescent Mental Health Services (CAMHS) referrals for teenagers were at an all-time high and schools were struggling to cope with the number of affected children. Today, mental health issues amongst young people are at an all-time high as we come out of the pandemic.

Mental health charities now fear the pandemic has caused a long-term mental health crisis given the prevalence of job losses, fear, anxiety and bereavements. In addition, some Covid-19 survivors struggle with debilitating long-term effects ('Long Covid').

Our current goals

We at Synergy aim to encourage diverse activities for the disability and SEND community; to work together with other charities and organisations; and to provide fit-for-purpose and inspiring activities for our beneficiaries.

We have an excellent track record: demand for our services is continually increasing and we monitor and evaluate all our work.

Our key objective is to address the social problems of poor mental health, social isolation and obesity. We promote the recommended one hour of activity per day and allow our service users to keep fit at home in innovative ways both during Covid-19 and beyond.

Our beneficiaries

Outreach is unique because it is fully inclusive, with classes for everyone including:

- Mainstream children
- SEND children
- Visually Impaired and Blind
- Deaf community and those with hearing loss
- Long-term Health Conditions
- Learning difficulties
- Those who are low in confidence or don't like team sports
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Mild Learning Disability (MLD)
- Oppositional Defiant Disorder (ODD)
- Down's Syndrome
- Dyspraxia
- Dyslexia
- Global Developmental Delay
- Asthma
- Cerebral Palsy
- Multiple long term health conditions such as Dementia, Cancer or Arthritis and more

Reserves

Due to the pandemic we had to stop all in-person delivery causing an immediate cessation of income from these services. This affected our reserves as we had invoices to pay and sudden complete loss of revenue streams for reserves. In 2020 we promptly took action to build our depleted reserves and took out a Bounce Back loan for £9,000, strictly for reserves to meet our commitment to restricted funds and adequate reserves to keep the charity robust. The charity is fully sustainable as we have this buffer. We have been challenged by the lack of onsite revenue to support unrestricted reserves during Covid. Trustees are already planning many more fundraising activities.

We have taken appropriate steps to help ensure reserves if necessary and the charity had already begun to work on changing to online delivery before the end of April to ensure sustainability. Our fundraising activities will also continue to expand but have been limited during the last financial year due to limited resources.

Multi award winning charity

Achievements and performance

- 2022 Digital Business of the Year - Club Hub UK Awards
- 2023, 22 & 21 Corporate Livewire Innovation and Excellence Specialist Dance School of the Year
- Sport & Recreation Alliance National Diversity & Inclusion Award 2021
- Leader of the Year 2021 Club Hub UK Awards 2021
- Best Non-Profit Dance Outreach Programmes Provider 2022 - UK
- Awarding body: Acquisition International magazine
- Award program: 2022 Global Excellence Awards
- Award title: Best Non-Profit Dance Outreach Programmes Provider 2022 – UK

As seen on TV...

Featured on Strictly Come Dancing for inclusive dance activities for children in 2021.

See: https://www.youtube.com/watch?v=TXTg6n4SD-k

Exposure to 11 million viewers led to unprecedented demand for our SEND activities in the UK.
View impact here: https://fb.watch/aok3dBVMAt/
Find out more: https://synergydance.co.uk/synergy-dance-on-strictly-come-dancing/
The Finals: https://lnkd.in/eQx7Wnjg

Synergy works with the BBC/BBC Radio Surrey & provides commentary on Strictly Come Dancing/inclusive dance.

https://www.youtube.com/watch?v=ViTIcDa5lQ4
https://www.linkedin.com/posts/rachael-hurton-5592062b_synergy-dance-online-activity-7011269952494051328--7Yo?utm_source=share&utm_medium=member_desktop

Founder and CEO Rachael Hurton was also named and featured as “Entrepreneur of the Month” - Platinum Business magazine - May 2020. This was for our fast reaction to the Covid Crisis.

https://www.platinumpublishing.co.uk/platinum-business-magazine/2020/05/natwest-accelerator-entrepreneur-of-the-month-andndash-may-2020/

We stand out for delivering a hybrid model of online and in-person activities for CYP throughout the UK. We partner with Everyone Active for national distribution of our inclusive digital workouts. We have 57 partners and supply a growing number of SEND schools.

The impact of Covid-19

At Synergy Dance® Outreach as lockdowns hit, we adapted, evolved and innovated our style of delivery to target those groups who needed it most. We were already supplying the SEND community with classes. Our goal was to promote good physical and mental health and wellbeing through accessible and innovative activities online for our core groups. So, we employed progressive, pre-recorded classes which can be played and repeated at any time, at the user's convenience.

As a charity we faced many challenges due to the Covid-19 crisis. The biggest was losing our ability to deliver the extensive in-person group delivery sessions we were supplying across Surrey before the pandemic. Meanwhile we encountered increasing demand and continued growth.

All income from in-person delivery had to stop in March 2020 due to Covid-19-related restrictions. This affected our staff and our much-needed services which supported our service users. We worked incredibly hard during the pandemic to meet this challenge by producing accessible online programmes which continue to support our clients (both new and current) and provide new work for our delivery staff.

During the pandemic, we delivered online classes to ensure we continued to best meet our beneficiaries' needs. We are raising funds to grow this vital online delivery to meet ever-increasing demand – and to build up our service for the deaf community/those with hearing loss. Our diverse range of new online courses helped to keep our teachers engaged and in work – and will continue to do so.

Our online classes specifically target isolation and improve physical and mental health and wellbeing. During the Covid-19 crisis we provided courses for children, teens, adults and seniors – who may choose from dance, yoga, fitness, Pilates and meditation courses to keep fit, stay social and active and we have developed this delivery during the last year.

The Covid-19 crisis prevented us from running all our usual activities including classes in sports centres. We are now back to running all our activities for SEND schools, Outreach centres, care homes and day centres for older people.

The benefits of continuing our services online include ensuring that people feel part of a community and have something positive to look forward to.

Continuing these services will also make a huge difference to Outreach as a charity by enabling us to build our own resilience, and to continue providing work for our instructors.

The social toll of Covid

Our service users are people who are already marginalised and vulnerable due to having special educational needs, disabilities, long-term health conditions, age and infirmity. It has been widely reported that these groups have suffered even more due to the Covid-19 crisis and many of our CYP had long periods off school.

Most people with additional needs and health challenges cannot easily exercise by walking, running or cycling and our On Demand courses offer them so much choice to explore ways of keeping fit. Many people have lost work and more people are struggling financially with the cost-of-living crisis, which adds to feelings of stress, anxiety and poor mental health. Many parents who are in employment are struggling trying to care for children at home whilst working.

Our provision is specially designed and aimed at helping these people to improve both their physical and mental health and wellbeing in an accessible way.

It is vital that we provide activities to enable the disability community to continue to exercise, relax and keep fit safely at home. We are very thankful for grants that supported our objectives and projects in the last year, as listed in our financial report.

Through an online portal, not only are we helping those disadvantaged people in communities to improve their mental and physical health and wellbeing, but we are also helping community cohesion. Our group and live sessions build a sense of togetherness to help reduce feelings of isolation, the most topical challenge for us.

Our on demand delivery is proving popular with under-represented groups due to its broad accessibility. By delivering our courses online we are already reaching five times the normal number of participants. Areas of growth this year are sensory workouts for the blind and visually impaired, and subtitled workouts for those with hearing loss.

Beyond the Covid-19 challenges

Demand continues for new, varied activities to continue at home to keep active, and reduce stress and anxiety. In particular we are able to reach the most vulnerable and isolated participants, who cannot easily attend on site activities.

Sport England's weekly tracker showed that people with long-term health conditions, those with disabilities and older people (55+) were more likely to worry about leaving home to exercise or be active. This demonstrates the change in people's motivation and behaviour and the onset of widening inequalities during and beyond Covid-19.

Many people are still struggling with their mental health and anxiety post pandemic. They feel vulnerable and afraid, and carers are also struggling to support this group; day care and special schools are often unavailable, and people may have to juggle teaching siblings and working from home. By taking our programmes online, we have increased our reach to as many of our target audiences as possible: they can now take part, on demand at home.

Onsite classes for the SEND community

As a charity we have found there is also a great demand to produce many more tailored classes to specifically meet the different needs of different service users e.g. different age groups and different conditions and different needs – hence our diverse range of courses for a wide range of ages which is ever expanding.

How we work: the community accessing our services

The people using our services are mainly from the disability and SEN community and those with long-term health conditions. We are here to help with:

- Mental health issues
- Anxiety
- Depression
- Feeling isolated
- Special Educational Needs
- Autistic Spectrum Disorder
- Visual Impairments
- Long Term Health Conditions
- Children, young people, adults and seniors
- Parents and carers

What we provide

Our Synergy Dance® Outreach classes reach people who currently experience numerous barriers to participation.

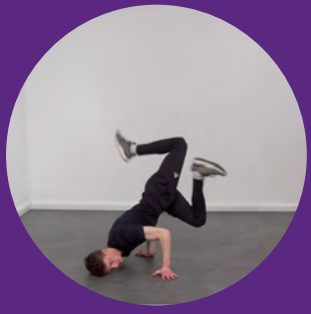
Working to adapt and expand vital delivery, we have designed ParaStars Yoga® and ParaStars Dance™ – new Synergy programs to meet the particular needs of our audience. Classes – including seated ones – may be delivered virtually, enabling participants to maintain flexibility, muscle strength and wellbeing at home.

Sessions:

- Reduce stress
- Aid relaxation
- Help to boost the immune system

Our key objectives are to:

- Support participants to be as active as possible
- Address isolation
- Tackle obesity
- Ensure good mental wellbeing.



Classes for seniors

We work with many older people in the community and in residential care homes. They appreciate our singing, and seated dance and yoga classes which help them keep fit, maintain balance and stay mentally alert. We subsidize these classes where possible, so we can continue to provide our much-loved services at low cost.

Where we work

Oxfordshire, West Lindsey, East Anglia and national digital reach, Leatherhead, Dorking, Guildford, Haslemere, Woking, Weybridge, Stoughton, Walton, Chertsey, Ash, Sunbury, Godstone, Horley, Reigate, Redhill and Maidstone, London, Farncombe, Hindhead, Liverpool and Trafford.

Founded in Guildford as a small not-for-profit enterprise in 2017, we have grown at a rapid rate and now think big. In Surrey alone, we have been active in Leatherhead, Dorking, Guildford, Haslemere, Woking, Weybridge, Stoughton, Walton, Chertsey, Ash, Reigate, Redhill and Horley – supporting the disability community and SEN children to enjoy exercise and overcome marginalisation.

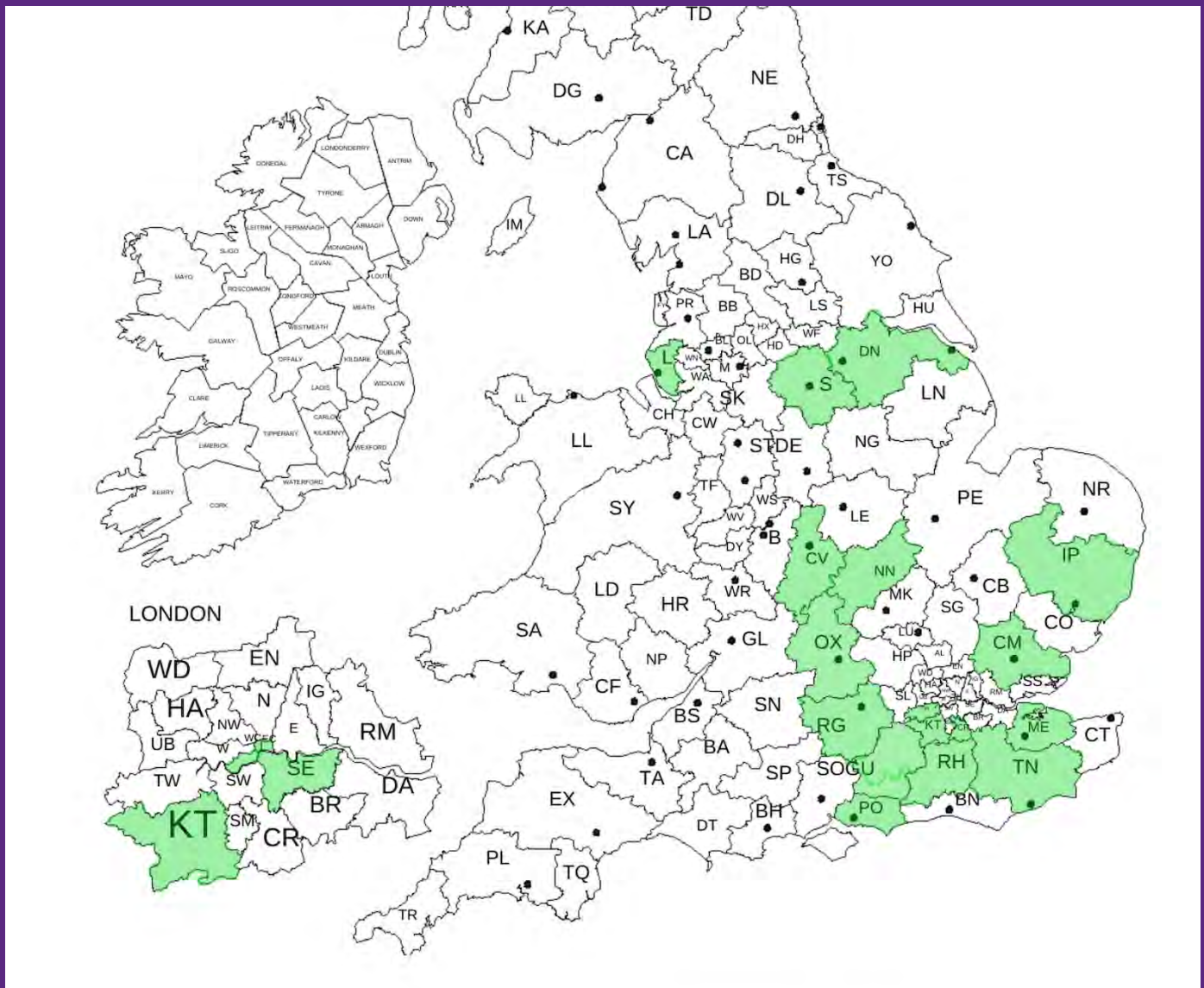
Also in Surrey, we work with The Hive, the Matrix Trust, Challengers, the Surrey Coalition of Disabled People and Sight for Surrey – all organisations which put their service users first and relish our refreshing dance and movement classes.

Seniors enjoy our upbeat sessions which encourage relaxation and memory recall. Local care homes we have been active at include Broadwater Lodge, Claremont, Queen Elizabeth Park, Farncombe Day Centre and Signature at Moorlands Lodge.

Further afield, we have partnered with like-minded organisations to bring our unique programmes to new groups of service users. We worked jointly with FND Hope for those with neurological disorders in Oxfordshire, while Cube Disability Kids which supports children with learning disabilities in Northamptonshire welcomed our classes.

In London, Save the Children have supported us and spread the word among their beneficiaries. Meanwhile Blind Aid, also based in the capital, have liaised with our talented instructors to provide themed classes for clients with impaired sight. In West Yorkshire, we have supported WY CANN's mission to help children with additional needs. And we have worked hand in hand with the Brain Charity to help ameliorate the over 600 conditions affecting the brain, spine and nervous system.

We attained national reach and felt we had truly arrived when we joined forces with Everyone Active. This well-known, large exercise chain has supplied our on demand classes country-wide, and through their platforms we have been able to reach hundreds of thousands of people, including providing succour during the pandemic. Meanwhile our fruitful collaboration with Whizz-Kidz, who supply wheelchairs and mobility equipment, has seen Synergy Dance® Outreach represented at their activities and events. And British Blind Sport have taken up our special classes for those with visual impairment across the country. We are delighted with our current partners and look forward to the next challenge in 2023! Many more partners are TBA.



SEND Schools

The Link School, Carew Academy, Bensham Manor, Cornfield School, Portesbury School, Strathmore School, Abbey School, Freemantles School, Woodfield School, Linden Bridge, Foxgrove School, Bushy Hill, Blossom House School, Pond Meadows School, Gosden House School, Clifton Hill School, Send C of E Primary School and Dysart School.

Our year and beyond

We are proud to support inclusive and creative activities for all children, teens, adults and the elderly. For our new digital programs, we are unique in providing a diverse range of inclusive activities for CYP, adults and seniors, with a wide range of 700+ pre-recorded classes for CYP with SEND & LTHCs, Visually Impaired/Blind, the Deaf Community, wheelchair participants, mental health conditions and NHS referrals. These are being shared nationally by Everyone Active and many other charities are sharing these workouts with their members – see section on partners below.

Our teachers reach children and teens experiencing disadvantage and marginalisation, including SEND in their local areas in Surrey, Sussex, Hampshire, London, Essex and beyond.

Where possible, we provide inclusive, heavily subsidized activities, affordable for all. Our inclusive activities will expand globally with new partners TBA.

We also plan to franchise and have launched our first licensee in Essex. We have partnered with other leisure chains, charities, councils, trusts and schools to deliver activities.

Our professionally recorded activities target conditions including physical disabilities (congenital & acquired), wheelchair participants, mental health issues & neurological conditions.

Eg: https://vimeo.com/776286671/39a50570f2

We are unique in providing activities that overcome all the barriers to exercise and meet recommendations to combat inactivity and poor mental health.

"Wow! What a success!! Phoebe loved it and can't wait for next week. I am thrilled because I think it's the perfect thing for her."

We stand out because we are leading the way in inclusive digital fitness and serve diverse groups of CYP.

See: https://synergy-dance-online.teachable.com/courses
See: https://vimeo.com/792618301/31edd6d225

We are passionate about providing children with opportunities & have engaged with many families from low socio-economic groups.

Increased reach

Synergy Dance® Outreach has experienced fast growth this year, but enabling funding to do all we aspire to for our service users has proved challenging. The charity has improved by pivoting to go digital, reaching children and adults who would otherwise not have access to fit for purpose activities and we have joined forces with more partners to reach specialist audiences.

In the last year, Synergy has grown from being a regional charity in Surrey, Sussex, Hampshire & London to extending to a national reach of 11 Million via TV exposure on Strictly Come Dancing and audiences in the next year of up to 200,000 for our digital delivery shared via Everyone Active. We have also branched out into Essex. The number of SEND schools we supply has increased by 50%. SEND communities especially favour the flexibility of practising dance & yoga activities at home when transport & resources can be a barrier to taking part.

Our new digital platform of online pre-recorded dance, fitness, pilates and yoga lessons, enabled Synergy Dance® Outreach to grow delivery of our online programmes, enabling many more people of all ages, abilities and social groups, to access inclusive activities, that are proven to improve their mental and physical health and wellbeing.

Our high quality and innovative lessons are changing lives: “The platform is full of amazing content to help keep the nation active with a focus on Yoga and Dance for individuals with SEN, Visual Impairments, Long Term Health Conditions, other disabilities”: Shelley Meyern, Head of Operations, EMD UK.

Synergy Outreach is offering a connected, omnichannel fitness experience that meets the high expectations of children, parents, schools & leisure providers, helping them to keep dancing long term.

https://synergy-dance-online.teachable.com/courses

COVERAGE IN THE MEDIA

Strictly Come Dancing

We were chosen by the BBC to appear on Strictly Come Dancing & the Final for our diverse range of inclusive activities & our ability to reach all children who can benefit from exercise. This was for a specific project funded by Children In Need.

Strictly shared our children's SEND classes at Guildford Spectrum:
https://vimeo.com/664702396/cb84ea306f

This TV coverage led to a lot of publicity and raised awareness of our inclusive services throughout the UK. As a charity we were able to reach a national audience of 11 million people and global tv coverage, and we have since had unprecedented demand for our online and onsite classes for children and adults.

View impact here from public comments: https://fb.watch/aok3dBVMAt/
Find out more: https://synergydance.co.uk/synergy-dance-on-strictly-come-dancing/
The Finals: https://youtu.be/j3CxRRFBfjo

Synergy Dance® Outreach on Strictly: https://youtu.be/j3CxRRFBfjo

This meant the world to our students, teachers, parents and carers:

"Thank you to all the wonderful dance teachers at Synergy, our kids truly have lots of love for all of you, and we appreciate what you do." (Hooda).

"Sam gave it his all on the day and was so excited and proud to have been a part of it all. He misses out on so many opportunities, parties, events due to his challenges so to be a part of this has meant so much to him and us." (Justine)

Increased demand for activities and Strictly Come Dancing

Since our TV exposure on Strictly Come Dancing, demand in Surrey for our services has more than quadrupled, and as we strive to meet this new demand for onsite classes, especially for children and young people – we can offer the digital experience to larger numbers with ease and are continuing to work with partners to distribute these to wider audiences. Please refer to the documents at the end of this report for more feedback, case studies and testimonials.

Radio interviews on BBC Radio Surrey:

Synergy has built an ongoing relationship with the BBC which will continue & the Charity CEO, Rachael Hurton, speaks regularly on BBC Radio Surrey, which has further raised the charity's profile & reach.

CEO Commentary on Strictly Come Dancing:

BBC Radio Surrey
Week One: https://youtu.be/j3CxRRFBfjo
Week Two: https://youtu.be/jqH2cA-mdKU
Week Three: https://youtu.be/pNfQ1qxaGNo
Week Four: https://youtu.be/OoPDP9mZG8c
Week Five: https://youtu.be/4OjSbPlqUfo
The Finals: https://youtu.be/j3CxRRFBfjo
The benefits of dance: https://youtu.be/Hk58KcMefrM
https://youtu.be/BsEXfBTknWk
https://youtu.be/o13FPUZFa-M

RNIB RADIO
Our CEO – also speaks on RNIB radio regarding our Audio dance and yoga classes for the Visually impaired and blind.

https://audioboom.com/posts/7815247-free-virtual-sessions-for-blind-and-partially-sighted-people

https://audioboom.com/posts/7852745-happy-hour-podcast-06-meditation-accessible-dance-classes-parenthood-with-blind-mom-katie-be

https://audioboom.com/posts/7895518-synergy-dance-bag-a-national-award-for-their-work

Synergy Dance® Outreach has an active presence on social media utilising Facebook, Instagram, LinkedIn, Google Business, Twitter and YouTube.

https://synergydanceoutreach.co.uk/

https://www.facebook.com/SynergyDanceOutreach/

https://www.instagram.com/synergydanceoutreach/

https://twitter.com/SynergyDanceOut

All of our activities are backed by wide-ranging marketing campaigns and there will be opportunities for brand alignment and superb alignment with high-profile activities such as our exposure on Strictly Come Dancing and Children In Need on TV.

Expansion of digital delivery

Our inclusive platform has enabled us to reach new customers on a national level in the UK and beyond.

https://www.youtube.com/watch?v=K5X8-rdbWpE

synergy-dance-online.teachable.com

We aim to inspire more accessible inclusive digital activity in the UK & globally with our new digital platform for inclusive workouts.

"My name is Sabine, I am a blind woman of 44. I discovered your project a few months ago and downloaded the dancing course for blind adults. I find this initiative fascinating and I think it would be great if it could be replicated".

You can listen to the impact we have made on one yoga participant here:
https://synergy-dance-online.teachable.com/p/testimonials

Feedback, Case Studies and Testimonials

We have received compelling feedback about what we are delivering, how it is changing lives and people wanting more (see testimonials attached at the end of this report). We are also listening to feedback and what service users say would benefit them the most.

Demand for our services is continually increasing in Surrey and beyond and Nationwide. Reports show 2000+ children are registered disabled & 75,217 people have a physical disability in Surrey, more vulnerable & further isolated due to their conditions & shielding at home during COVID so unable to go out to exercise.

GEORGE'S STORY – see end of this report.

KATHRYN'S STORY

I started working for Synergy Dance® Outreach in June 2020, as an Admin Assistant. I applied for the role because after losing my cousin, and best friend Jade to suicide, who was blind, and often felt excluded, I was amazed by the charities' aims and ambitions to ensure the disability community never had to feel, how my cousin felt.

Throughout my time here, I have been promoted several times and I am now known as the Marketing and Digital Project Manager.

Since working for Synergy Dance® Outreach I have helped, and implemented new procedures and worked alongside Rachael, the charities' Founder to make waves in the world of inclusive fitness and what an incredible journey it has been.

From editing and building an online inclusive fitness platform to speaking with parents and hearing their stories, it has been a rollercoaster of emotions and a journey I am so lucky and privileged to have been a part of and to continue to be a part of.

You see, Synergy Dance® Outreach isn't just a dance company and we certainly aren't just employees. We are a family, all fighting for a positive change and all fighting to be heard. Synergy Dance® Outreach has not only given me a voice and helped me achieve things I never thought I would, but it's given parents and most importantly children a voice and a safe space to express themselves and move forward through their own journeys.

For me, Synergy Dance® Outreach has had a huge impact on my life and gives me great job satisfaction. Because what's better than waking up every day knowing that you've made a child, parent, adult, teen, or senior who once felt excluded feel included and feel like they are part of something bigger than what's been holding them back.

There is no greater joy than knowing YOU have helped someone regain their confidence, movement, self-worth, voice, speech, smile and more.

I can't wait to see what journey Synergy Dance® Outreach takes me on next, and I can't wait to watch and be a part of the future growth and the positive change that Synergy is going to have around the world.

Always remember, what we take for granted such as opening a door, walking to the shop, watching a show on TV, hearing someone laugh or seeing a friend/child smile, others are praying for. So, always be thankful for what you have and be the change you want to see – be more like Synergy Dance® Outreach and the hardworking team that has helped make change possible.

Mary Ungoed Thomas - volunteer

As a freelance editor and writer working on the website of Synergy Dance® Outreach it has been my pleasure to provide blogs and crowdfunding text to the organisation. Synergy does amazing work with its beneficiaries, and I have been glad to spread the word through carefully targeted text and communications across different channels. I hope I can continue to support Synergy with my skills in 2023!

Laura – volunteer

Just a little note to say that Laura did the class today and thoroughly enjoyed it. Many of the children remembered her from Strictly!

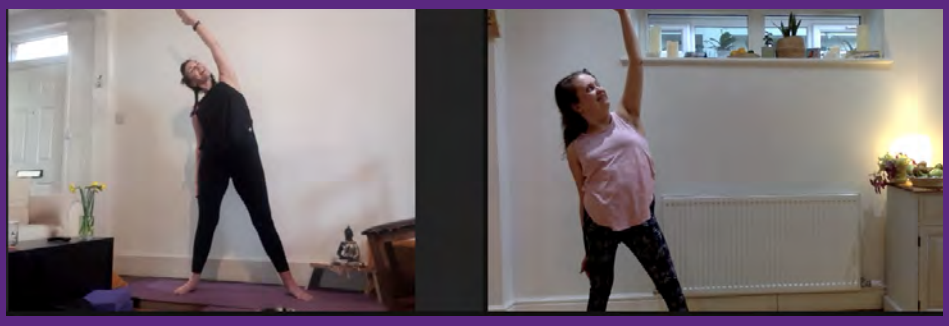
Thank you to Ren, Katie and the children for making her feel so welcome as a volunteer and she really looks forward to helping at more of these classes once she's done some with Harry. All the best, Helen.

Rowan's story

Before Synergy yoga, R. had no current activity and experience of dance, yoga and exercise classes – and this was in danger of stopping during Covid-19 restrictions. She is registered blind and lives in Surrey. R especially likes yoga. With frequent visits to hospital, it provides both her mother Beth, and R, some respite from the stresses of struggling with a long-term illness and isolation. By pivoting online, when all activities had stopped, R was able to keep going with zooms and online courses:

"I love doing yoga with Gill. It is so nice to be able to do a club that is welcoming and accessible to me. It always calms me down at the end of a long school day. It has also helped with balance and flexibility and I've noticed this has helped me in everyday activities and also with the adaptive rowing I like to do. Gill is really good at explaining what to do verbally and is really nice and friendly. She thinks of ways to adapt exercises if I find them a bit difficult or am a bit too wobbly." (Rowan)

R had a tough time during the pandemic – she was only able to attend school for two weeks and spent the rest of the time isolating – she likes to do a lot of activities but they all stopped. She also caught Long Covid – all from a brief encounter with a neighbour. Yoga online kept her going and she found she relied less and less on the teacher.



Partners and collaborations

Synergy Dance® Outreach is working with a wide range of partners to help us to reach everyone who can benefit from inclusive activities.

Our recent partners include Para Dance UK, British Blind Sport, Surrey Choices, Active Surrey, Active Essex, Active Sussex, Blind Aid, EMD UK, The Brian Charity, FND Hope UK, Yes I Can, WYCANN, Croydon Vision, Surrey Young Carers, Disability Challengers, The Surrey Coalition of Disabled People, The Bobath Centre, GAMMA, Save The Children, Linkable, Children's homes, Disability Cube, Broadwater Lodge Care Home, Claremont Care Home, Signature Moorlands Care Home Surrey, The Matrix Trust, Guildford Spectrum, Action for Carers, Surrey Youth Games, Limb Power, Whizz Kids, Everyone Active, Places for People Leisure, Freedom Leisure, care homes, SEND schools and leisure centres. BBC Radio Surrey, RNIB Radio, Club Hub UK & many more organisations. Our partnership with Limbpower will be discussed in the next annual report.

As a charity we are keen to partner and collaborate with organisations both in the UK and globally, to reach as many children and young people as possible with our inclusive activities.

Partners value our support too:

"Your continued support during these ongoing and very uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work have provided plenty of opportunities for the VI Community to get physically active and will do as we move into the new year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop our partnership". David Melville, British Blind Sport.

Partners and collaborations

This year we have reached out to more partners and charities, and national partnerships have enabled our inclusive activities to reach much wider audiences. Our online pre-recorded classes enabled us to offer a unique opportunity to distribute high quality inclusive workouts to large audiences, where everyone is included, for participants with disabilities, Visual Impairments, Special Educational Needs & Long Term Health Conditions and those with hearing loss. (See sections on FND Hope, Save the Children, British Blind Sport below). Our work for Children In Need also continued with both online and on site delivery. Featured on Strictly Come Dancing for inclusive dance and our work with children and young people - we are making waves.

As a charity, we offer a fully inclusive health & wellbeing solution that supports & motivates new and existing people, who are typically inactive, to be more physically active. We are also helping to support a growing number of people with LTHC of all ages and support social prescribing referrals. We continued to support care homes, education and schools, leisure centres, Outreach centres, charities, trusts and local communities.

We offer the **OPPORTUNITY** - To target inactive groups in supporting the Global Action Plan on Physical Activity 2018 - 2030.

In the UK alone, there are 14.1 million disabled people, 8% are children, 19% are working age adults, and 45% are of pension age. (Scope charity)

Nearly 1 in 5 have some form of disability.

WELLBEING - Our programmes target well-being and help less active groups to stay fit and healthy.

SOCIAL - Support social inclusion and help diverse communities to belong in fitness.

DIVERSITY – We are reaching diverse audiences with enrichment activities to boost wellbeing and diversity of choice for typically inactive groups.

Worldwide, 1 in 5 adults, and 4 out of 5 adolescents (11-17 years), do not do enough physical activity. (WHO) Insufficient physical activity is associated with 1 in 6 deaths in the UK.

Our digital delivery and online courses enabled our beneficiaries to keep going with exercise – this has made a difference because taking part in physical activity is proven to relieve stress, improve mental health and boost the immune system. We have also provided bespoke regular live Zooms to British Blind Sport, FND Hope UK, Save the Children, GAMMA, SEND schools and via our Dance Party Live classes via Facebook.

By attending structured lessons online, our service users are able to maintain regular routines and fitness, including dance/exercise routines and relaxation techniques. For people with visual impairments, special needs or disabilities this is really important – especially for those with autistic spectrum conditions who depend on structure and routine.

We ensured people felt part of a community, participating in something together and having something positive to look forward to. It has also made a huge difference to Synergy as a charity by enabling us to build our own resilience, improve our equipment and delivery and to produce better quality programmes.

Over 75% of our service users said they want to exercise but face barriers, with 'lack of motivation' being the single biggest challenge in starting and staying active.

We have managed to positively impact the lives of those less motivated to exercise.

The extended reach from our digital offerings means we can do more to motivate members in between any on-site activity, and to help maintain their exercise habit.

At Synergy we are going through a total reimagination of the exercise journey and how we measure engagement. Beyond simple sign ups, we also look holistically at home workouts to accurately assess member engagement. We take action to enhance this and provide service users with a total wellness solution within the SEND community.

We know that many people with SEND, long-term health conditions or who are recovering from illness want to do some sort of exercise but need guidance and motivation, and so our classes are specifically tailored to meet these needs. Enrolment is super easy, and participants can stop/start their workouts and take part in exercise when it is convenient for them without the pressures of cost, travel and time out to attend an exercise programme.

Synergy Dance

In 2017, 30% of children aged 2 to 15 in England were overweight or obese and 65% of adults.

Many children and adults are not getting their one hour of activity a day. Our inclusive and colourful activities are getting kids moving as well as adults and seniors.

1 in 4 people experience a mental health problem in any given year and in 2017: 1 in 8 -12.8% of children and young people aged 5 to 19 had at least one mental health disorder.

Worldwide, 1 in 5 adults, and 4 out of 5 adolescents (11-17 years), do not do enough physical activity.

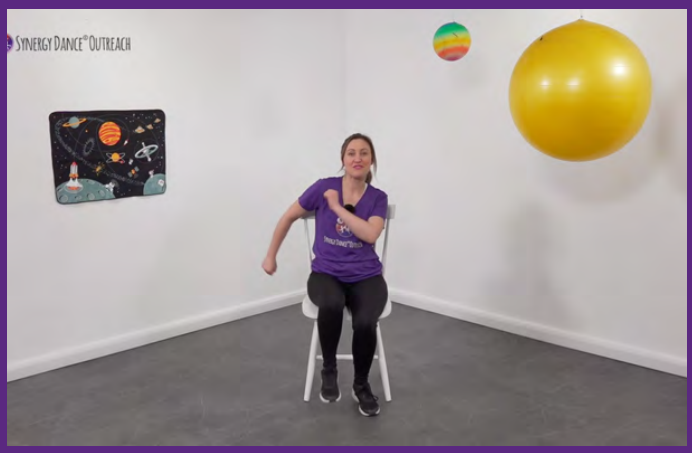
Girls, women, older adults, poorer people and people with disabilities and chronic diseases, marginalised populations and indigenous people have fewer opportunities to be active.

Physical inactivity is in the top 5 non-communicable disease risk factors for mortality in high income countries. Source: WHO Global Action Plan on Physical Activity 2018-2030.

The flexibility of our online workouts has also enabled siblings and other family members to join in participants' fitness routines. It's important for families to have shared experiences and exercising as a family is even more fun!

Participants grow their confidence and report less reliance on the teacher for instructions as they progress through their courses.

We've created super fun activities, using imagination – such as inviting children to bring their favourite toy or prop to their dance lesson. By using children's props in themed routines, we are more interactive and help kids to be a part of the experience.



By being inclusive: we are helping to address the rising problem of inactivity

1 in 3 (34%) men are not active enough for good health.

Almost 1 in 2 (42%) women are not active enough for good health.

1 in 5 (21%) men are classed as physically inactive.

1 in 4 (25%) women are classed as physically inactive.

44% of disabled adults are physically inactive.

Only 34% of men and 24% of women undertake muscle-strengthening activities at least twice a week.

Insufficient physical activity is associated with:

- 1 in 6 deaths in the UK.
- Up-to 40% of many long-term conditions, including preventable conditions such as type 2 diabetes, cardiovascular disease and some cancers.
- Around 30% of later life functional limitation and falls.

Regular physical activity with Synergy Dance® provides a range of physical, mental health & social benefits, many of which are increasing issues for individuals, communities and society, reducing the risk of many long-term conditions.

Our workouts are:

- Helping to manage existing conditions.
- Ensuring good musculoskeletal health.
- Developing and maintaining physical and mental function and independence.
- Supporting social inclusion.
- Helping to maintain a healthy weight.
- Reducing inequalities for people with long-term conditions.

Seniors

We also work with a lot of older people in the community and residential care homes. They love our singing and seated dance and yoga classes which can help them keep fit, maintain balance. The people accessing our services are mainly people from the disability community and those with long term health conditions who are struggling with mental health, anxiety, depression and feeling isolated including, those with special educational needs, autistic spectrum conditions, visual impairments, long term health conditions (LTHCs) and parents and carers of these children, young people and adults and also older people.

Our new seated programmes, ParaStars Yoga® and ParaStars Dance™ for seniors support long term health conditions, and seniors at home or in residential care settings.

For our in-person delivery, our singing and dance classes can help them keep fit, maintain balance to help prevent falls and really helps memory and to alleviate depression, "bringing joy" to what is often a mundane existence. Many of the care homes we serve had budgets cuts this year and cannot afford regular classes and so we raise funds to help subsidise classes so we can continue to provide these much-loved services to elderly people who often feel cut off, with rather infrequent visits. Our Sing for Joy and Dance for Joy programmes are helping to provide enrichment in care homes, day centres and Outreach centres.

There is also the need for musical enrichment and company for older people, especially those with Alzheimer's and Dementia. We encourage inactive people to become active, bring marginalised people together to regularly participate in fun activity improving fitness and wellbeing and helping to combat isolation.

They especially liked the ParaStars Yoga® for Seniors workouts because it is low impact and works on posture and stiff limbs, which are often a problem after a fall. Outreach classes provide structure in participant's weekly routines, the opportunity to socialise with peers, encourage greater independence and something to look forward to, also providing activities meeting local need and helping to reduce health inequalities. We have expanded Sing for Joy and also introduced ParaStars Yoga® and ParaStars Dance® into care homes online via one of our partnerships.

We have helped participants to build, maintain and improve confidence – the workouts have improved general wellbeing and reduced feelings of stress and frustration at being confined to home – participants were able to do classes daily and repeat if they wished several times a day. Many children and young people with VI and SEND had the option to repeatedly take part in our fun and calming routines really improving fitness and wellbeing.

Positive changes from our delivery

- Doing physical activity is proven to relieve stress, improve mental health and boost the immune system.
- Maintaining regular routines, including exercise routines and relaxation techniques, for those with VI/SEND is very important (especially those with autistic spectrum conditions).
- Participating in these activities will enable people to maintain fitness, flexibility, motor skills, core strength and improve posture which is very important to those with visual impairments who often suffer from poor posture through stooping to see.
- Relaxation, mindfulness and breathing techniques in sessions improve mental health and wellbeing, help build resilience and improve ability to cope with anxiety and feelings of being overwhelmed.
- It will help support parents/carers at home trying to balance working from home with supporting special needs children/young people/adult children with SEND and find appropriate and safe activities for them to do.
- It will enable siblings to join in with those with VI/SEND in their fitness routines.
- It will help improve mental health and wellbeing and aid better sleep.
- It will enable fun activities and using imagination whilst being home bound – our activities are innovative and invite our beneficiaries to use props in some sessions which can be used safely in themed routines.
- It will help participants maintain and improve confidence during this stressful time.
- It will improve general wellbeing and reduce feelings of stress and frustration at being confined to home – participants can do classes daily if they wish or several times a day. Many children and young people with VI and SEND may want to repeatedly do our fun and calming routines really improving fitness and wellbeing.

THANK YOU

In the last year the charity has received much needed support from Sport England, The Together Fund, EMD UK, Children In Need, Active Surrey, The Community Foundation for Surrey, Awards for All, Charles Hayward Foundation, Sylken, True Colours, Guildford Borough Council, The National Lottery and Postcode Community Trust. The purpose driving us is to make a difference and reach as many people as possible who can benefit from our inclusive delivery.

Yearly highlights! Our activity and partners.....

LinkAble

LinkAble in Woking supports disabled clients to live their best lives. Their classes for children and adults include sensory activities, day trips and performance opportunities.

Synergy Dance® Outreach has provided the charity with all male Zumba classes for people with learning disabilities. Zumba employs Latin American music for an innovative, energetic workout that suits participants of all abilities. Those taking part increase strength and cardiovascular fitness and have fun!

FND Hope UK

This charity is the world's only patient-led organisation for people with Functional Neurological Disorder. They provide support, raise awareness and advance research into the disease.

In tune with the charity's goal of empowering individuals, Synergy Dance® Outreach supplies therapeutic online yoga and pilates classes for members. Flexible on demand classes suit clients at times of their choosing. Participants showed improved coordination and agility and benefited from health advantages including better balance and spatial awareness.

Broadwater Lodge Care Home

Broadwater Lodge is an award-winning care home for older people in Godalming. Most residents have dementia. They benefit from tailored therapies – the management believes that life is for living – and can tend the farm animals in the backyard!

Seated yoga funded by the Together Fund, Sport England and EMD UK has been provided by Outreach teachers to enliven the residents and spice up their routine. Participants in these Synergy classes have demonstrated improved relaxation and cardio and respiratory health, as well as increased flexibility and muscle tone.

Claremont Care Home

This establishment in Guildford offers residential, nursing and end of life care. Many residents have complex needs and staff endeavour to support a range of conditions. Birthdays and special occasions are celebrated in style! Synergy's signature seated dance classes have recently wowed the residents at Claremont, bringing fun and improving participants' agility. People with memory issues have responded positively to the engaging music and songs used in class.

Signature Moorlands care home Surrey

Residents at this care home benefit from highly trained and dedicated staff: bespoke care plans are drawn up to support people's wellbeing. Those at the home have recently benefited from Synergy's signature seated yoga class, which tackles chronic health conditions and encourages flexibility and strength. Classes have been funded by the Together Fund, Sport England and EMD UK. We have also been running our Sing for Joy program in the Dementia suite for the last few years.

The Matrix Trust

The Matrix Trust is a Christian trust in Guildford which exists to catalyze change for young people and help them make the most of their lives. Participants have experienced Synergy's dynamic Street Dance lessons, exploring movement through funky music and cutting edge moves, and most importantly having fun. We are here to get youngsters moving!

Reigate and Redhill YMCA

Both help vulnerable children and adults to belong, contribute and thrive. The organisation fosters happy and healthy local communities. Synergy has been liaising with the YMCA to bring fun and accessible activities to their service users - our On Demand classes have been extremely popular.

Guildford Spectrum

This large leisure centre offers swimming, ice skating, bowling and fitness classes and we have partnered with them for 8 years. Synergy has championed inclusivity and diversity through providing dance and yoga classes here for children with SEND. An exciting annual SEND festival for schools also takes place here where many local SEN children attend. Children are taught by specially trained instructors who ensure that nobody is left behind.

BBC Children In Need/Strictly Come Dancing

Synergy was delighted to feature on these popular BBC programs, which took our reach to a national level. Filming in November and December 2021 spread the news about our mission and values, and the program featured many children and young people enjoying fun and innovative Synergy inclusive classes.

Save the Children

This charity's mission is to keep children safe, healthy and learning. They provide aid in war situations and in the event of natural disasters such as the recent Turkey earthquake. Synergy have provided the organization with flexible online lessons, available on demand any time anywhere.

British Blind Sport

This organization campaigns for blind and visually impaired people to have the same opportunities in sport and recreation as those with sight. Synergy caters for this group's needs and has supplied online yoga and Zoom workouts to the organization ever since the Pandemic. The charity has benefited from Synergy's flexible pre-recorded sessions which can be provided at the user's convenience and have subtitles for other sensory impairments.

Action for Carers

This Surrey-based organization helps carers with free information and provides advice and support groups. Synergy has supplied the charity with on demand dance and yoga sessions, providing catchy and uplifting music and movement for people of all abilities.

Surrey Young Carers

Children from Year 1 upwards who support parents with an illness, disability or mental ill health are served by this organization. Synergy has provided Surrey Young Carers with exciting dance and yoga sessions that stimulate the senses and bring a sense of relaxation. Street dance was a particular hit!

Active Surrey

Active Surrey helps people to be healthier and happier through promoting team sports and training. Synergy has supported their Surrey School Games, providing free activities for local schools. Participants challenge themselves when taking part in exciting, inclusive classes – and make friends.

Bridge Youth and Community Centre

This organization in Leatherhead engages with the local community and stages the Surrey Youth Games; Synergy has supplied free inclusive dance sessions which are suitable for all levels of ability.

Whizz-Kidz

This organization is the leading UK charity for young wheelchair users. As well as providing equipment, they also offer special activity and employability programs. For this ongoing partnership, Synergy has provided signature seated yoga and dance sessions which involve a full and fun workout from the waist up. We also supported an inclusive morning activities with a Senior Royal visitor - see our case study below.

Croydon Vision

This charity promotes the message that there is life after sight loss. They transform lives and make healthcare accessible. Synergy has been supplying Zoom classes and on-site activities that support those with visual impairment.

The Brain Charity

The Brain Charity supports people with neurological conditions (those affecting the brain, spinal cord or nervous system) and also assists family, friends and carers. For this organisation, Synergy has provided fun and relaxation with online Zoom classes.

The Bobath Centre

Cerebral palsy and similar conditions are the special remit of this charity. The organisation tailors activities to service user need and sets goals in conjunction with individuals and families. Our specially targeted online sessions which promote enjoyment and quality of life have been welcomed by the Bobath Centre.

Everyone Active

This organisation describes itself as the country's number one activity destination. A large chain, it offers swimming, gyms and exercise classes in venues across the nation. Our on demand inclusive workouts have attained national reach through our fruitful collaboration with Everyone Active.

Places for People Leisure

The chain encourages access to physical sport with nationwide facilities and a virtual studio. Our on demand inclusive workouts for the Places Leisure App have become available nationally.

Freedom Leisure

Freedom Leisure operates over 100 leisure, cultural and entertainment venues throughout the UK. Synergy SEND holiday activities have been provided on site, enabling children with disabilities to enjoy keeping fit and make new friends.

Walton on Thames community centres

These council venues aim to promote an active and full life for elderly or disabled residents. The site has hosted our SEND dance group in the school holidays, enabling children to relax and unwind with our fun and enjoyable activities.

Woking Leisure Centre

Woking Leisure Centre aims to improve lives through leisure, providing inclusive and sustainable facilities that the whole community can enjoy. Synergy is proud to have provided SEND dance and movement classes for children and young people on site.

Cube Disability Kids

Founded in January 2021, this is Northamptonshire's first dedicated dance and sport school for SEN children and their siblings. Synergy recently partnered with the organisation to provide Musical Theatre/Holiday workshops and shares its mission to promote and satisfy the needs of the disability community.

Partnership case study: A Royal Event with Whizz Kids!

Whizz Kids invited us to guest instruct seated yoga classes for an event in Surrey, attended by Sophie, Countess of Wessex. We partner with Whizz Kids to offer seated yoga and dance for children and young people.

We ran sessions for a small group in Godstone at their Surrey club session in the July. At the HRH event, we had around 11 young people in both groups we taught.

Both our organisations joined forces in Surrey to celebrate the International Day of Persons with Disabilities in December in the presence of Her Royal Highness Sophie the Countess of Wessex.

Thirty-five young people attended the teaching sessions in Godstone, accompanied by Whizz-Kidz staff, trustees and corporate partners. Sessions included Wheelchair Skills Training, Seated Yoga facilitated by Synergy Dance® Outreach, a drama workshop and an employability workshop.

Synergy's signature yoga classes are designed to relieve stress and tension for those with disabilities. The benefits of the discipline include improved confidence and concentration, better breath control and relaxation due to gentle stretching and meditation. Synergy is proud to offer seated classes on demand so customers can exercise anytime, anywhere.

Her Royal Highness spoke to children in attendance including Charlie Oldfield-Bruton, 11, who suffers from a rare genetic syndrome. He was present to collect a new bespoke wheelchair and said, 'It has power wheels so it will be much easier to get around in than my old wheelchair.' Sophie Dearman, Whizz-Kidz' volunteer officer, spoke about her determination to support other wheelchair users and their families.

One participant commented: 'The Countess was really knowledgeable about disability and the challenges our young people face and was very easy to speak to. I understand she does some yoga in her own time.'

Sarah Pugh, chief executive of Whizz-Kidz, commented that the organisation aims to make a difference for young wheelchair users. Their vision is a society in which every young wheelchair user is mobile, enabled and included. Synergy Dance® Outreach shares these objectives and offers support to those with a wide range of disabilities – with Synergy no one is left behind!

This partnership and collaboration will continue in 2023. Would your organization benefit from Synergy Activities?

Find out more: admin@synergydance.co.uk

Feedback from the day:
It went really well, thank you. The Countess was really knowledgeable about disability and the challenges our young people face and was very easy to speak to. I understand she does some yoga in her own time and joined in with Natalie's session.

Thank you so much for all your patience and cooperation with the organisation and to Natalie for running everything on the day. I know the young people really enjoyed the session!

Summer workshops at Guildford Spectrum

Over the summer we provided SEND workshops for children and young people in Guildford at Guildford Spectrum. We delivered both Musical Theatre workshops and SEND Dance and Movement workshops.

Participants from different backgrounds and abilities attended and built positive relationships, working together using imagination and creative skills. The theme for the Musical Theatre workshops was &Juliet the Musical and we invited Emily Chapman, Cube Kids Director, to guest teach for us with an industry pro. The Musical Theatre workshop was the first of its kind and we had a wide range of ages attending.

These Dance programmes were attended by CYP with SEND including autism, downs syndrome, and learning difficulties. Children and young people benefitted from building new friendships, trust within the group and networks with other families. Many had never tried Musical Theatre before, and they learned the steps very quickly!

The impact for the children who took part has been the continuation of activities outside school time – we were able to provide accessible out of school and holiday activity delivery for children & young people and the parents/carers enjoyed the experience too! We very much plan to expand on this type of delivery.

For SEND families the main reported outcomes were more confidence on the part of the CYP and the value of learning something new and inspiring - both to the children and the parents/carers.

Parents in Surrey and those on our steering committee have shared that holiday activities for children with SEND are still few and far between. Children benefited from the relaxed setting and opportunity to experience something new. Continuation in the holidays also enabled children to maintain regular routines, which is very important for those with additional needs.

The extra workshops helped to relieve stress, improved their mental health on the day and meant the children and young people were engaged in activity. The workshops also helped to support working parents and for those that stayed on, it was a shared experience of seeing their children learn and shine.

One particular “take home” finding was that Musical Theatre routines were very popular, and children liked to try activities that emulated adult creative dances.

The children's mental health and physical activities were both enhanced, in a safe environment, that supported well-being. We practiced a new routine several times and then performed the routine at the end of the session. We also provided some SEND workshops in Walton On Thames – to support local children with SEN to come together and dance.

Our activities were accessible, and not affected by finance and were open to all. Since our appearance on Strictly Come Dancing in 2021, we are being asked to support many more service users with a wide range of SEND and LT&LLCs in Surrey, but who have no/very limited budgets due to the challenges of their conditions. As a result of our recent feedback from parents on our steering committee, we are planning to do all day SEND workshops on Saturdays to support families in Surrey.

Annual Day of Dance at Guildford Spectrum

Today was our annual SEND Dance Day at Guildford Spectrum Leisure Complex. We were delighted to share a wonderful and inclusive routine with children from 10 SEND schools in Surrey: Carew Academy, Link Secondary, Bensham Manor school, Cornfield School, Portesbury School, Strathmore School, Abbey School, Freemantles, Woodfield School & Linden Bridge.

Not only did it make a huge difference to the children to celebrate the power of dance - it impacted our teachers too!

Here is what Rebekah had to say:

"Today @synergydanceoutreach put on a special education needs day of dance. What a fantastic day to be a part of. 10 schools arrived, and we all learnt a choreographed dance piece to the song 'shine bright like a diamond.' 100s of children enjoying the day and dancing with smiles on their faces. Home for lunch before heading out to teach Yoga classes in another school. I love what I do".

We would like to pay tribute to our awesome and dedicated team who help us every day to make a difference.

Thank you to all the schools who took part, our wonderful Synergy teachers and special thanks to Abigail, for her choreography and creative talents in helping us to create a memorable, fun and inclusive experience for the children.

For yoga, dance, SEN events reach out to @synergydanceoutreach for more info or email admin@synergydanceoutreach.co.uk.

Surrey Youth Games

At the Surrey Youth Games Synergy Dance® Outreach trained up 15 children, who were taught inclusive dance and encouraged to perform in front of parents for a day of dance at Surrey Sports Park.

Surrey Youth Games

In July we teamed up with Active Surrey for the Surrey School Games in Weybridge. We had over 800 children attend the Summer Festival and shared the benefits of dance and keeping active.

Measuring success and impact

We measure the project impact success on our target groups by conducting effective monitoring and evaluation throughout our projects. How we do this depends on whether delivery is in person or online.

We measure success by impact, success stories, surveys, case studies & testimonials. Both onsite & on demand classes in the last year significantly improved both physical, mental health and wellbeing for children. 67% of respondents reported an improved fitness level and 92% want to continue. We conduct monitoring and evaluation throughout service delivery. See: Synergy-dance-online.teachable.com/p/testimonials

For classes delivered online via our bespoke platform, there are options to “opt in” for feedback on the platform, making this easy to do. Participants are asked on registration what they would like to achieve in the classes, any anxieties they have in relation to the class and any needs of personal support. The platform’s software also records all enrolments and any enquiries/expressions of interest in any programme. We always work to ensure all participants have as positive and inclusive an experience as possible. We are mindful of data privacy regulations and take all appropriate steps in connection with this and the portal ensures GDPR compliance with an immediate option on enrolment to opt in for email contact only if they wish to.

We also endeavour to source feedback on barriers and concerns with participating (from participants and/or parents/carers as appropriate) in activities including:

- Self-confidence and goals for participating.
- Previous and current activity and experience of dance and exercise classes if any.
- Fitness levels, motor skills and posture, spatial awareness, balance, and coordination.
- Additional needs and support required whilst participating.
- Hopes of what participating will help achieve and future aspirations.
- Parents and carers observations of impact and outcomes for participants.
- Parents and carers observations of the impact participation has had on their own feelings and confidence in the participants skills and abilities.
- Next steps – showing whether participants have gone on to try other activities, volunteering and some have even become paid assistants with us or progressed to finding an agent and doing professional performance work.
- We are licensed to use the Outcomes Star tool to map progress, impact and outcomes for individuals and always prepare some case studies for participants who want to participate in feedback in this way.
- We always ask participants what they want to achieve and encourage them to set their own goals and to do their own self-evaluation e.g. diary keeping to capture both quantitative and qualitative insights and we monitor and evaluate continuous improvement in the interests of maximising project viability in consultation with our partners.

- We prepare social accounting reports showing impact, return on investment, and value for money and savings to the public purse in addition to showing numbers enrolled for the programmes. Funders are then able to see for themselves the impact their funding has had on our beneficiaries.
- You can see from our regularly reported impacts in this report/below/above that participating in our services has a very positive impact on our service users. Often the impact can be life changing, not just for the participants themselves but their families, and even our teachers. For example, many service users have autistic spectrum conditions and our impact can make a huge difference to parents and siblings as children and young people improve levels of communication, are calmer, some children who have been non-verbal have begun to speak, and others who have needed two-to-one care have begun to only need one-to one-care. Families are overwhelmed with gratitude seeing their loved ones not only do things they never thought they could do but to see them thrive. Many who have been incredibly isolated make friends and start to look forward to life having something where they feel they belong and are valued and celebrated for who they are.

The most reported changes we are told about by our beneficiaries are:

- Improved mental well-being, reduced anxiety and reduced feelings of stress and frustration, improved confidence and resilience, improved ability to cope with stress and the challenges of their condition.
- Improve physical well-being through improved core strength, balance, coordination, flexibility, agility, stamina, posture and physical strength.
- Improve emotional wellbeing and resilience through building new friendships and networks with peers who understand the challenges of their conditions and shared experience leading to supportive peer networks where they can plan activities together in the future enabling more positive outlooks and hope for the future.
- Being empowered through learning new skills and techniques leading to improved confidence to try new things.
- Respite for parents/carers supporting those with disabilities, long term health conditions or injuries.
- Inspiration and enjoyment of life through creative expression and improved independence.
- New Outreach division for the whole of Essex – Franchise Pilot for National expansion.

The future

It is vital that we continue to provide activities to enable our beneficiaries to exercise, relax and keep fit safely at home and for on site. Our online programmes have proved particularly accessible for the audiences we serve.

Our key objective is to continue to create innovative ways for our service users to keep fit and be included. We want to improve the community's mental health, wellbeing and physical fitness; teach essential skills; and make everyone feel positively empowered.

Attending regular dance, yoga and exercise classes helps people to maintain a sense of routine and purpose and provides feelings of mastery, wellbeing and achievement. This is also mirrored on a National basis. We are expanding throughout the UK and our fast-growing, innovative charity is coming soon to venues near you! Global reach is also coming soon as we expand our services with new partners tba.

We continually look for new ways to enable those with SEND to become more active, and regularly canvass our customers to discover what they want and need the most.

For more information, or to partner with us, or become a sponsor, contact:
admin@synergydance.co.uk

Thank you to everyone who has supported and worked with us to champion inclusion and diversity!

Synergy Dance® & Synergy Dance Outreach Testimonials and Reviews

I've been doing some of the Visually Impaired Synergy Dance Outreach Yoga & Dance classes through British Blind Sport and my 8-year-old has been joining in too - would definitely recommend them as really accessible, fun sessions!

- Kathryn @MadeWithMusic1

I love doing Yoga with Gill. It is so nice to be able to do a club that is welcoming and accessible to me. It always calms me down at the end of a long school day. It has also helped with balance and flexibility and I've noticed this has helped me in everyday activities and also with adaptive rowing I like to do. Gill is really good as explaining what to do verbally and is nice and friendly. She thinks of ways to adapt exercises if I find them a bit difficult or am a bit too wobbly.

- Rowan

My daughter Gracie suffers from ASD and often has meltdowns when or frustrated. Your SEND Yoga classes have added structure to her evenings and given her a sense of calm before bed. I look forward to seeing what other classes you offer soon. I would be keen to see SEND dance for children.

- Sophia Scott

Instead of physically lashing out and becoming verbally aggressive, T has learnt to ask for space (sometimes by holding his sign), walk away and implement relaxation techniques to regulate emotional outbursts. He has also been able to identify and recognise potential triggers and communicate these as a prevention. As teachers we are able to be support this, enabling a smoother running environment in the classroom for T and his classmates

- T's Teacher

I have a Visual Impairment and a friend recommended Synergy to me as they have free online audio classes. The content is amazing and I am really enjoying it too. Thank you for offering this it's very hard for us to find things to do to stay active especially in lock down.

- Claudia Abrea-Oldaker

E has grown in confidence and has seemed to come into her own since beginning sessions and it seems she has made some valuable relationships. Bullying had made her withdrawn and very nervous. Since beginning the group we have seen her become more relaxed and able to tolerate group environments. Engagement in school seems to have improved and we are all able to enjoy moving to music at home!

- E's Mum

★★★★★

The dancing has been great for our children, including B who has autism. In a period of 8 weeks B has had time to express himself and communicate with other children in a creative medium - which has meant that we have seen some interacting with others that would never hapen during verbal exchange! B has been anle to develop a sense of empathy and form an awareness of others on a deeper level than before. We have seen B's confidence grow, friendships form and it has been a supportive space to share difficult experiences too. It was great that no dance experience was needed and the teacher was able to provide ways of moving. If this was unfordable or new to begin with - props where great!

- B's mum

★★★★★

Il spoke to another mum today who said her 14-year-old daughter loved it, although it's quite weird for all of us doing classes on our own in our bedrooms/dining rooms!

- Sarah Black

★★★★★

One family with two children aged 9 and 6 (a younger sibling joined in a lot of the session), emailed the same evening and said: Thanks so much for the yoga session, so relaxing and very much enjoyed. Thanks again.

- Sarah Black

★★★★★

Cristina was absolutely lovely. She came on early and we chatted about the group. From a practical point of view, her video and sound were great. She was very clear in what she was asking us to do, which is just as well because you can't always see! She pitched her language and 'stories' as the right level I.E. space flight as opposed to teddy bears etc and really engaged nicely with the children. Commenting on their moves and the things she could see around them. I think everyone felt very comfortable with her, but equally challenged by the things she asked of us. I certainly had a great time.

- Partner

★★★★★

Working with Synergy Dance® has provided an opportunity for creative expression for our children and young people during this lockdown period and introduced them to different genres of dance that they may not have practiced in school. The staff are professional, fun, friendly and patient. Attributes well suited to working with vulnerable students.

- Croydon Vision

★★★★★

I am a carer and I have been doing the Senior ParaStars Yoga with some of my clients and they are loving it adding some exercise and fun to their days on my daily visits it's nice to see them smiling and moving around.

- Deborah StJohn

★★★★★

Your continued support during these ongoing and uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work has provided plenty of opportunities for the VI community to get physically active and will so as we move into the New Year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop out partnership together.

- David Melville - British Blind Sport

★★★★★

Thank you so much for this opportunity, Imaan had the best time, she's already told all her friends that she's now famous! And thank you to allthe wonderful dedicated dance teachers at Synergy, our kids truly have lots of love for all of you, and we appreciate what you do.

-Hooda

★★★★★

Kathryn, I just wanted to say a great big thank you to you and Synergy Dance for inviting Sam to take part in this amazing opportunity. Despite being a little unsettled during rehearsals, he gave it his all on the day and was so excited and proud to have been part of it all. He misses out on so many opportunities/parties/events due to his challenges so to be part of this has meant so much to him and to us.

- Justine

★★★★★

Thank you so much for allowing Zoe to be a part ofthe most incredible day! A dream come true for sure!

- Sarah

★★★★★

Dear Kathryn, thank you for organising this event and spending time to dance with and make friends with Lucy - she's convinced your coming round for her birthday Pizza and hasn't stopped talking about you. Lucy had a fantastic time and is still sleeping in her Pudsey ears. Thank you again, it will be with her a lifetime.

- Heather

★★★★★

My daughter love's synergy dance! She enjoys weekly lessons with Lizzie and has so much fun! I would definitely recommend Synergy to anyone looking for dance activities for children.

- Kelly

★★★★★

My daughter is really enjoying the class alot on Saturday. The teacher makes it fun and works hard to include everyone in the class with all the varying needs and wants!

- Nicola

★★★★★

My daughter recently started the Acro Hip Hop class and loves it. She says it's her favourite thing of the week. It's a lovely inclusive environment with a kind teacher who handles the kids with confidence and ease.

- Lucy

★★★★★

My daughter and her 2 friends have been attending since Sept last year and they absolutely love the session. Annie the dance teacher is friendly and encouraging, the kids talk about her all the time! Would love to be able to see an end of term routine of some sort as due to restrictions last year we were unable to. Definitely recommend this class x

- Clare

★★★★★

What a brilliant Dance school, that's what I call inclusion! Fantastic attitude towards ALL students..... Fab-U-Lou's!

-Cee Johnson

★★★★★

What an amazing thing to do for these youngsters. Huge admiration to Synergy and good to know our contributions really do make a difference.

- Susan Stocker

★★★★★

We want to have you involved doing some sessions the next academic year because we have heard many positive things about what you do!

- Borja Vidal - Linden Bridge

My son M adores his sessions with Vicky at Dysart. Will forward you a video of him having an independent boogie 2 nights ago. He's never been able to focus long enough to follow a routine on his own!

Larisa Strickland - Parent

After seeing this clip on Sunday my 5 year old (who loves dancing) has decided to cycle 10 miles next week in order to raise money to "help children to learn to dance". Even she can see how amazing these classes are.

-Lisa Matthew's

We just had our first dance session and it was brilliant!!

-Nina Holmes - Gosden House School

A Royal Event - with Whizz Kids

It went really well, thank you. The Countess was really knowledgeable about disability and the challenges our young people face and was very easy to speak to. I understand she does some yoga in her own time and joined in with Natalie's session.

Thank you so much for all your patience and cooperation with the organisation and to Natalie for running everything on the day. I know the young people really enjoyed the session!

I just wanted to feedback to you, that George has had a pretty tough time of it since the beginning of the pandemic. I've had to work more than usual (I'm a paramedic so no working at home for me!) which meant he was able to attend school during the period of homeschooling, however it was all different for him as they offered places as 'childcare' rather than a typical school day. Then as he returned full time he was kept back a year whilst his friends and regular teacher moved up, so he had more change to contend with.

Covid also hasn't been kind to our family, and we have lost many family members over the last two years. We are a small, but close family, and the absences are greatly noticed.

On top of this George has had two operations at Great Ormond Street - he was really brave!

As George is non-verbal, I've not really been able to talk to him about how he is feeling, or talk him through difficult situations, and last year he really struggled with anxiety. This affected his ability to attend - and then stay in school, and then began to affect him at home too. He didn't really want to go out of a weekend, and wanted to stay home for fear if he went out, he'd be taken to school.

It was so sad to see, as George has always been such a happy, cheerful little boy, known by all for his huge smile and infectious giggle!

I had been searching for a support group or therapy for him - well, actually searching for anything that might help him work through his anxiety! But there is little to nothing out there for children with special needs. I then found you, through watching Strictly Come Dancing.

Since starting his dance classes I, and school have seen a huge change in George. George has only been attending for a couple of months, but has grown hugely in confidence and made huge personal developments in his understanding and language. He is so keen to copy his teacher, firstly watching her perform the dance move, then trying to copy, and has even started to develop some language, copying her as she tells him what the dance move is called, Amazing! George has actually been looking forward to going to school, to show staff and his peers the move he's learned - before Christmas we couldn't even get him through the door! His cheeky little laugh and smile has returned, and I'm so thrilled to see 'the old George' returning. So thank you so much, for such a wonderful, inclusive, fun group!

- Hannah

Find out about our Strictly Come Dancing journey Below!

Watch us on Strictly Come Dancing -
https://vimeo.com/664702396/cb84ea306f

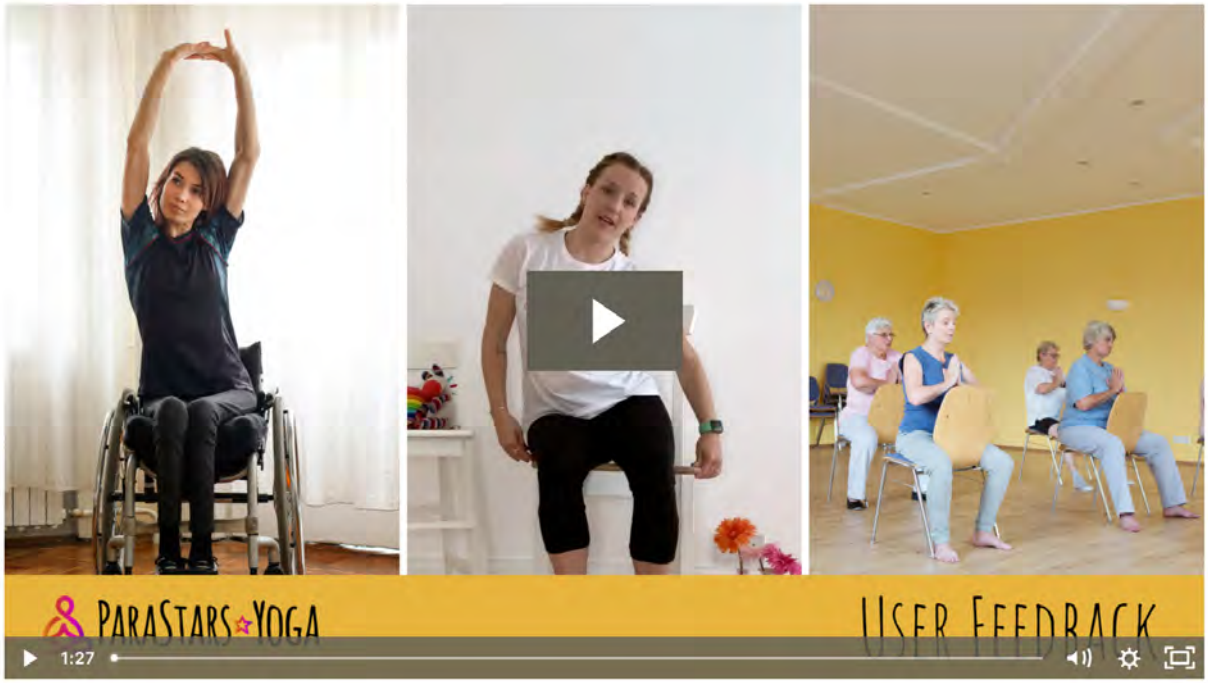
Watch us on Children in Need -
https://youtu.be/_SKI-eRKhy8

Watch our Dancers have their say on the Strictly Come Dancing Final -
https://youtu.be/uE5Dxc0YBCA

Rachael Hurton, talks Strictly Come Dancing on BBC Radio Surrey -
https://synergydanceoutreach.co.uk/2021/12/20/strictly-come-dancing-2021/

Audio Customer Testimonial

Click play to listen to one of our platform users, give her feedback on our ParaStars Yoga® class, that is taught by our wonderful instructor Cristina!



Written Testimonials

Our inclusive platform is amazing, but don't just take our word for it! Here are some testimonials written by platform users and partners.

(This is an artistic representation of our many testimonials)

Emily - Challengers

Thank you so much for sharing these online resources with us as well. The courses sound amazing. I have forwarded these onto our communications and marketing team who will be able to share them

Sabine - Belgium

"My name is Sabine, I am a blind woman of 44. I discovered your project a few months ago and downloaded the dancing course for blind adults. I find this initiative fascinating and I think it would be great if it could be replicated".

David - British Blind Sport

Your continued support during these ongoing and very uncertain times has positively changed so many visually impaired people's lives. Your partnership and continued hard work has provided plenty of opportunities for the VI Community to get physically active and will do as we move into the new year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop our partnership together into 2021

Sophia - SEN Yoga

My daughter Gracie suffers from ASD and often has meltdowns when bored or frustrated. Your SEN Yoga classes have added structure to her evenings and given her a sense of calm before bed. I look forward to seeing what other classes you offer soon. I would be keen to see SEN Dance for Children

Deborah - Senior ParaStars Yoga

I am a Carer and I have been doing the Senior ParaStars Yoga with some of my clients and they are loving it! It's added exercise and fun to their days on my daily visits and it's nice to see them smiling and moving around

Claudia - Audio Classes

I have a visual impairment and a friend recommended Synergy to me as they have free online audio classes. The content is amazing and I am really enjoying it too. Thank you for offering this. It's very hard for us to find things to do to stay active, especially in lock down

Kathryn - Audio Classes

I've been doing some of the visually impaired Synergy Dance Outreach Yoga and Dance classes through British Blind Sport and my 8-year-old has been joining in too. Would definitely recommend them as really accessible and fun sessions!

Shelley - EMD UK

The platform is full of amazing content to help keep the nation active with a focus on Yoga and Dance for individuals with SEN, visual impairments, long term Health Conditions, other disabilities and also the elderly

Emma - Bobath Centre

I have been passed on your email as I am the Fundraising Manager and oversea the Marketing and Communications. This sounds absolutely brilliant and we'd love to share this with our service users!

FND Hope

I wanted to send some feedback to you from a lady who attends the Pilates class. This person said they started the classes at the same time as physiotherapy. They found that as a result of the combined approach to their rehabilitation, they have been able to regain the ability to manage some personal care activities that were previously very challenging. They couldn't have been more complimentary. The sessions have really become an integral part of this person's week. Thank you Natalie, this is fantastic, and just what we are aiming for.

To take part in Natalie's workouts, visit our Rehab and Return to Fitness Programme's.

FND Hope

"I would like to express my sincere gratitude for the online yoga classes. Yogi (Teacher) Jess is a warm, thoughtful and empowering individual who always considers the varying abilities and energy reserves of attendees. I had to stop yoga 18 months ago due to FND and then being diagnosed with Hypermobility Spectrum Disorder (HSD) too after practising for 20 years. I have missed not only the physical practice but the holistic and spiritual quietness yoga brings. Thank you and namaste 🙏"

Audio Customer Testimonial

Click play to listen to one of our platform users, give her feedback on our Mainstream classes - 'they've been a lifeline'

May 2021 – April 2022
Children & Young People

Synergy online classes reached c. 27,000 children and young people with SEND to help improve physical and mental health and wellbeing with PR support and shares from partners including Sport England Platform, British Blind Sport & Children in Need.

We enabled 174 visually impaired and blind children and young people to enjoy dance and yoga classes, learning new skills and making new friends.

Our onsite delivery services reached and supported 2,700 children and young people with disabilities via special school and leisure centre classes and our annual SEND festival and partner events.

During this year 17 SEND Schools benefitted from Synergy dance, fitness and yoga classes providing enrichment, improving wellbeing and raising aspirations.

A real highlight for us, and especially the children and young people we support, was our visit from Tess and Claudia and appearances on BBC Strictly Come Dancing in November 2021.

Our collaboration with partners enabled 1,954 children and young people in SEND schools to enjoy dance and yoga classes they would not have been able to access without our support.

We secured several new partners including Surrey Young Carers, Save the Children and Children in Need, Cube Disability Kids and Whizz Kids.

Our Children in Need Yoga & Meditation video was used by 1.1k children & young people.

May 2021 – April 2022

Partner & platform stats showed 4,500 people with a disability or wheelchair bound, 2,500 with SEND and/or Autism, & 458 Cerebral Palsy regularly engaged with our services.

We delivered 15 regional and 4 National Outreach Projects, partnered with 3 National Leisure Chains and acquired a new Global Partner!

We enabled 121 Adults with learning disabilities & visual impairments to improve their mental & physical health & wellbeing through attending in-person Synergy dance and yoga.

We supported the wellbeing of 257 older people in care homes and daycare via our Synergy dance, yoga and singing classes.

We benefitted from a 27% increase in volunteers for both onsite activities and behind the scenes support

We had 168 new sign ups from FND Hope UK for online workouts for members who are adults with Functional Neurological Disorders

Advocates of inclusion & agents of change!

Online, on-demand and livestream at-home activities continue to be in demand with 80% of customers using them post-pandemic.

We won several awards including Diversity and Inclusion Award SRA, Specialist Dance School of the Year and Leader of the year.

94% reported being happier & less anxious after our classes & 67% respondents felt fitter.

Most frequently reported positive impact of Synergy Classes

Synergy Dance Outreach

Charity registration number: 1180506

Trustees' Annual Report

The trustees present their report and financial statements for the year ended 30 April 2022

The report and financial statements also meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019)

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period.

In preparing the financial statements, the trustees are required to:

select suitable accounting policies and then apply them consistently;

observe the methods and principles in the Charities SORP;

make judgements and estimates that are reasonable and prudent;

state wether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements

prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in business

The trustees are responsible for keeping adequate records that are sufficient to show and explain the companys transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent examiners

Each person who was a trustee at the time this report was approved confirms that:

so far as he is aware, there is no relevant information of which the charity's independent examiner

he has taken all the steps he ought to have taken as a director in order to make himself aware of any relevant information and to establish that the charitys independent examiner is aware of that information.

Independent Examiners' Report
to the members of Synergy Dance Outreach

I report on the unaudited accounts of Synergy Dance Outreach for the year ended 30 April 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cashflow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Respective responsibilities of trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

I am qualified to undertake the examination, being a qualified member of the Association of International Accountants

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedure laid down in the general Directions given by the Charity
- Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention

Basis of Independent Examiner's Report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement Report

No matters have come to my attention in the 2022 Financial Statements, which gives me

(1) reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 386 of the Companies Act 2006, and to prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice – Accounting and Reporting by Charities

  Have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Carter Collins and Myer Accountants
13 February 2023

Synergy Dance Outreach

Statement of Financial Activities for the Year Ended 30 April 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Incoming resources					
Donations and legacies	3	368		368	204
Income from charitable activities	4	28,443	35,681	64,123	105,300
Other income			0	0	2
Total incoming resources		28,811	35,681	64,492	105,506
Resources expended					
Raising Funds	6	1,667	9,810	11,477	4,968
Charitable Activities	7	28,089	64,482	92,571	77,788
Other	8	334		334	1,189
Total resources expended		30,090	74,292	104,382	83,945
Net movement in funds		(1,279)	(38,611)	(39,890)	21,561
Transfers between funds	15	(17,474)	17,474		
Total funds brought forward	15	(6,250)	26,825	20,575	(986)
Total funds carried forward	15	(25,003)	5,688	(19,315)	20,575

The statement of financial activities includes all gains and losses in the year.

All incoming resources and resources expended derive from continuing activities.

Synergy Dance Outreach

Balance Sheet as at 30 April 2022

		Unrestricted £	Restricted £	2022 £	2021 £
Fixed Assets					
Tangible assets		0	0	0	76
		0	0	0	76
Current Assets					
Debtors	11	5146	9990	15,136	529
Cash at bank and in hand		5910	0	5,910	41,941
		11,056	9,990	21,046	42,470
Creditors	12				
Amounts falling due in one year		(12,826)	0	(12,826)	(12,971)
Net Current Assets		(1,770)	9,990	8,220	29,499
Amounts falling due after more than one year		(27,535)	0	(27,535)	(9,000)
Net Assets		(29,305)	9,990	(19,315)	20,575
Funds of the Charity					
Unrestricted funds	13	(25,003)		(25,003)	(6,250)
Restricted funds	13		5,690	5,690	26,825
Total Funds		(25,003)	5,690	(19,313)	20,575

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for

The members have not required the charitable company to obtain an audit of its financial statements for the

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

Approved by the Board and signed on their behalf by:

Nicola Whittaker
Trustee
Approved by the board on 13 February 2023

Synergy Dance Outreach

Notes to the Financial Statements

Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - Charities SORP (FRS 102)), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevent accounting policy note(s).

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestriced funds of the charity which the trustees have deciced at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be soley used for particular areas of the Charity's work or for specific projects being undertaken by the Charity.

Incoming resources

Incoming is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Resources expended

Expenditure is recognised on an accrual basis when a liability is incurred. Expenditure includes any VAT which cannot be fully recovered and is included as part of the expenditure to which it relates.

Operating leases

Rentals payable under operating leases, where substantially all the risks and rewards of ownership remains with the lessor, are charged to the Statement of Financial Activities in the year in which they fall due.

Tangible fixed assets

Fixed assets are stated at cost less accumulated depreciation. Individual items costing less than £500 are not capitalised.

Tangible fixed assets are depreciated on a straight line basis over their estimated useful lives as follows:

Fixtures and fittings	25%
Computer equipment	25%
Café equipment	25%

Stock

Stock, which relates to items bought for resale in the Charity’s café, is valued at the lower of cost and net realisable value.

Pensions

The charity operates a stakeholder pension scheme for its staff. The assets of the scheme are held separately from those of the charity in an independently administered fund. Details of the charity's contribution are given in Note 9 to these accounts.

Donations and Legacies	**Unrestricted**	**Restricted**	**2022**	**2021**
	£	**£**	**£**	**£**
Donations	0	368	368	204
Income				2
	0	368	368	206

Incoming from Charitable Activities	**Unrestricted**	**Restricted**	**2022**	**2021**
	£	**£**	**£**	**£**
Grants	0	33,023	33,023	99,053
Other Charitable Activities	28,442	2,658	31,100	6,247
	28,442	35,681	64,123	105,300

Investment Income	**Unrestricted**	**Restricted**	**2022**	**2021**
	£	**£**	**£**	**£**
Interest Income	0	0	0	2
	0	0	0	2

Expenditure on raising funds	**Unrestricted**	**Restricted**	**2022**	**2021**
	£	**£**	**£**	**£**
Advertising and Marketing	1,667	9,810	11,477	4,968
	1,667	9,810	11,477	4,968

	£	**£**	**£**	**£**
Administration	864	4,539	5,404	24,406
Consulting	0	0	0	8,166
Depreciation Expense	76	0	76	75
Direct Expenses	0	0	0	238
Equipment and Props	2,963	14,241	17,204	459
General Expenses	1,336	676	2,012	2,088
Instructor Fee	10,182	10,680	20,861	15,185
Insurance	299	0	299	288
Postage, Freight and Courier	46	3	50	4
Printing and Stationery	26	0	26	0
Project Management	5,563	18,387	23,951	23,979
Rent	380	4,131	4,511	707
Subscriptions	1,566	1,952	3,518	1,398
Telephone and Internet	323	0	323	68
Wages	3,991	9,695	13,686	728
	27,615	64,304	91,919	77,789

Other expenditure	Unrestricted	Restricted	2022	2021
	£	£	£	£
Accountancy fees	474	178	652	965
Bank fees	334	0	334	224
	807	178	986	1,189

Net Incoming / (outgoing resources	Unrestricted	Restricted	2022	2021
	£	£	£	£
This is stated after charging:				
Depreciation of owned fixed assets	76	0	76	75
Independent examiners fee			0	0
Other accountancy fees	473.6	178.2	652	965
	549	178	727	1,040

Trustees renumeration and expenses

No employee received emoluments of more than £60,000 per annum.

Tangible Fixed Assets

	Equipment	Total
	£	£
COST		
At 1 May 2021	226	226
Additions		0
Disposals		0
At 30 April 2022	226	226
DEPRECIATION		
At 1 May 2021	150	150
Charges	76	76
Disposals		0
At 30 April 2022	226	226
NBV		
At 30 April 2021	76	76
At 30 April 2022	0	0

Debtors	Unrestricted	Restricted	2022	2021
	£	£	£	£
Trade Debtors	4,892	9,990	14,882	281
Prepayments	254	0	254	248
	5,146	9,990	15,136	529

Creditors: amounts falling due	Unrestricted	Restricted	2022	2021
	£	£	£	£
Trade Creditors	6,975	0	6,975	7,679
Accruals	900	0	900	900
Payroll Cost Creditor	4,951	0	4,951	0
Deferred Income	0	0	0	4,392
	12,826	0	12,826	12,971

Creditors: amounts falling due	Unrestricted	Restricted	2022	2021
	£	£	£	£
Trustee Loan	20,035	0	20,035	4,392
Loan	7,500	0	7,500	9,000
	27,535	0	27,535	13,392

Taxation

The charity is exempt from tax on income and gains falling within S505 of the income & Corporation Taxes Act 1988 (ICTA 1998) or S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity

Fund Movement	At 01.05.2021	Incoming resources	Outgoing resources	Transfers	At 30.04.2022
Restricted Funds					
Active Surrey	0	(18)	0	18	0
Active Surrey PS/TE TE/VI	0	0	(455)	455	0
AS PS Yoga	1,140		(1,779)	639	0
AS Send Yoga	0	123	(263)	140	0
AS Woking 2020	0	1,039	(903)	(136)	0
Awards for All	143			(143)	0
CFS COV2	6,014		(6,802)	788	0
CFS FISH	0		(334)	334	0
CFS HS2	3,180		(6,681)	3,501	0
CFS Intergen	3,633		(2,262)	0	1,371
CFS SEND	0		(510)	510	0
CFSJ	0	4,950	(633)	0	4,317
Charles Hayward	1,613		(1,620)	7	(0)

CICF	0	2,021	(3,823)	1,802	0
CIN Year 3	6,720	1,513	(11,468)	3,235	0
CIN Year 4	0	9,990	(12,558)	2,568	0
Community Foundation VI	328			(328)	0
EMD SE ACP	987	0	(839)	(148)	0
EMD UK	6			(6)	0
GBC	52			(52)	0
Mole Valley / Dorking Sen	2,016		(3,170)	1,154	0
Postcode Community	993		(1,826)	833	0
Southern	0	3,000	(3,361)	361	0
Sussex	0	4,612	(4,809)	197	0
Sylken	0	450	(590)	140	0
TIF3	0	3,000	(3,100)	100	0
True Colours	0	5,000	(6,505)	1,505	0
	26,825	**35,681**	**(74,292)**	**17,474**	**5,690**
Unrestricted Funds					
General Funds	(6,250)	28,811	(30,089)	(17,474)	(25,003)
Designated Funds					0
	(6,250)	**28,811**	**(30,089)**	**(17,474)**	**(25,003)**
Total Funds	**20,575**	**64,492**	**(104,381)**	**(0)**	**(19,313)**

SYNERGY DANCE OUTREACH

England & Wales - Charity number 1180506

Accounts

Synergy Dance® Outreach – Trustees report and annual financial statements for the year 1st May 2020 to 30th April 2021

Registered Charity No: 1180506
Address: 2 Forster Road, Guildford, Surrey
Tel: 07713254260
Email: admin@synergydanceoutreach.co.uk

Synergy Dance® Outreach: CIC
Registered number: 1180506

Trustees' Report for the period to 30th April 2021

The Trustees present their annual report and the financial statements for the year ended 31st April 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2015 or later. This year's charity accounts are prepared by Carter Collins & Myer Ltd.

Legal and Administrative Details

Trustees

Nicola Whittaker
Mary Ungoed-Thomas
Rachelle Franklin

Registered Office

2 Forster Road,
Guildford
Surrey
GU2

Independent Examiners and Accountants

Carter Collins & Myer Ltd
Chichester House
2 Chichester St Rochdale,
Lancashire
OL16 2AX
Catheryn Day: Accountant
Robert Newman Chichester House (Independent Examiner)

Bankers

Santander
Bridle Road, Liverpool, Merseyside, L30 4FB

Brand Ambassador

Will Perry – Paralympic Swimmer

Instagram - https://www.instagram.com/will_perryy/?hl=en-gb
Twitter - https://mobile.twitter.com/will_perryy

Structure, Governance and Management

Synergy Dance® Outreach – Charity Registration Number 1180506

The charity number, principal addresses and details of professional advisers are set out in the administrative information at the front of the report and accounts.

Synergy Dance® Outreach is a registered Charitable Incorporated Organisation (CIO) governed by a Board of 3 Trustees. The charity was founded in May 2017 to meet local need and create positive change, by removing barriers to enable people experiencing disadvantage and marginalisation to improve their physical and mental health and wellbeing through accessible, inclusive and innovative dance, fitness, yoga, singing and related activities.

Beneficiaries include those with special educational needs and disabilities ("SEND"), older people, and other disadvantaged children and young people. Inclusivity is of the utmost importance to us and we aim to ensure neither finance, fitness, ability, disability nor family circumstance are barriers to participation.

The Governing document, and Constitution document is a CIO Foundation Constitution.

The powers available to the Trustees are set out in the Governing document and Constitution – which clearly state the objectives of the charity and rules about Trustees. The Board is at the present time, 3 trustees, with teaching, special needs and editorial backgrounds. Recruitment and appointment of new Trustees remains a collective decision via the Management Committee of Trustees.

The Charity is managed by a Board of Trustees which delegates day to day operations to the admin and management team. The Board of Trustees reserves to itself powers of appointment of the CEO, project managers, admin staff and managers as a group collective. It also retains responsibility for financial control and reporting, and the Trustees' report and financial statements.

Governance

Synergy Dance® Outreach is governed by a dedicated passionate board of 3 trustees with a broad skills spectrum and includes Trustees who have children with SEND and family members with disabilities who have been involved since its inception. The board have guided the organisation from a small community non-profit group started to meet local need, to become a CIO registered with the charity commission, that has built great relationships with many local organisations including Surrey Council, Surrey Choices, Active Surrey, Community Foundation for Surrey, Sight for Surrey, Surrey Special Schools Sports Association to now be partnering with national organisations such as EMDUK and British Blind Sport.

The charity is led by founder and CEO Rachael Hurton and supported by a team with a broad skills range and a high level of dedication. The charity's team are all highly skilled and dedicated to the charity's purpose to make a difference and enrich lives through inclusive activity.

The CEO has a Masters Degree from Kings College/RADA in Text & Performance and a Degree in Philosophy with Literature from Sussex University. She also holds a Studio Professional Diploma in Fitness and Postgraduate Diploma in Publishing & Printing from the London College of Printing.

Prior to Synergy she has managed The Alpine Cub Photo Library with George Band – (1953 Everest Expedition), worked in book publishing for Usborne Books Kingfisher, Dorling Kindersley and Which? and within the entertainment industry as an actress for the BBC (The Life of Dickens/Peter Ackroyd) and other film projects including Bond/Skyfall.

She is very ambitious and has led the charity to be nominated and win many awards. She is a great advocate of continuous learning and development leading the Synergy team to grow and empower the charity to meet the ever-increasing demand for services.

We are committed to maintaining high standards in governance and accountability, especially safeguarding and equal opportunities, and we carefully monitor and evaluate the impact of our work. All staff and volunteers are trained in safeguarding and DBS checked to an enhanced level.

The Board connects regularly during the year (with attendance on some occasions from outside members or experts). The Board retains control of all statutory matters including the Charity Commission and oversees risk management with help from Consultancies and Partners. During the pandemic, meetings have been virtual via Zooms.

Objectives & Activities

The principal activity of the Outreach charity is to promote physical and mental health and wellbeing through lifelong participation in dance, fitness, yoga and related wellbeing activities for all. Where neither finance, fitness, ability, disability or family circumstance are barriers to participation. We aim to remove barriers by providing accessible and innovative dance and related activities for children and young people, older people, people experiencing disadvantage and those affected by SEND (Special Educational Needs and Disabilities).

We are a Surrey based registered CIO charity, governed by 3 trustees providing specialist dance, yoga and fitness to SEND participants. Our classes work with smaller groups and SEND trained teachers, essential for more specialist classes and also provide digital delivery for our service users. We are all inclusive and deliver a growing range of programs for special educational needs and the disability community – from children to adults and seniors.

Removing Barriers to Exercise for Disadvantaged Groups

We aim to remove barriers by providing accessible and innovative dance and related activities for children and young people, older people, those people experiencing disadvantage and those affected by SEND (Special Educational Needs and Disabilities).

We encourage inactive people to become active, bring people together to regularly participate in fun activity, improving their wellbeing and aim to help combat obesity, mental health problems and isolation – all growing concerns during the pandemic. Outreach classes provide structure in participant's weekly routines and something they can look forward to, providing activities which meet local need and help to reduce health inequalities.

It is Outreach's policy to pursue the highest possible standards, in governance and accountability, especially safeguarding and equal opportunities. We carefully monitor and evaluate the impact of our work and use our local networks to discretely join up disadvantaged children, young people and their families, with community and voluntary sector support and appropriate agencies, where this can aid them further with multiple complex issues.

In order to achieve our aims, we actively listen to the communities we serve to ensure we deliver what they want and need, and regularly consult with, and involve users, in connection with the design, themes, content and delivery of services. We often cross-over genres (such as dance/yoga/pilates in one class) theming classes to be more appealing – "exercise in disguise".

Synergy Dance® Outreach stands out for our diverse range of inclusive onsite and digital activities & our ability to reach out to all children and adults who can benefit from exercise.

Our activities are designed to meet our local charitable objectives including:

- To aid the advancement of education including work with pre-schools, schools, PTAs, out-of-school clubs, colleges, universities, libraries and sports clubs. We collaborate with Active Surrey and are their chosen School Engagement partners for Dance in Surrey.

- To aid the advancement of health or the saving of lives - all our activities promote healthy living through physical activity and improvement of mental wellbeing.

- Supporting disadvantaged people working with children's care homes, adult care homes, drop-in centres and residential care facilities for older people providing fun, accessible and inclusive exercise, wellness, singing, art, memory recall and more. We also work directly with other charities that support people with SEND including Para Dance UK, British Blind Sport, Surrey Choices, Active Surrey, Active Essex, Active Sussex, Blind Aid, The Brain Charity, FND Hope UK, Yes I Can, WYCANN, Croydon Vision, Surrey Young Carers, Disability Challengers, The Surrey Coalition of Disabled People, The Bobath Centre, GAMMA, Save the Children, Linkable, Children's homes, Disability Cube, care homes, SEND schools and leisure centres.

- To deliver activities which encourage high standards in dance, yoga, fitness, art and choreography and delivery of high-quality performances in contribution to concerts and theatre the year round – dancing for fun and fitness.

- To support the advancement of citizenship or community development activities, including the creation of volunteering opportunities, and coaching and training volunteers, connecting and collaborating with charities. Internships and apprenticeships are also available for graduates.

- To aid the advancement of the arts and culture we provide activities which encourage high standards in dance, yoga, fitness, art and choreography and delivery of high-quality performances in contribution to concerts and theatre.

Our Impact on Beneficiaries:

We ensure that Synergy Dance® Outreach follows the aims below and is committed to the following objectives:

- Increase access to education, qualifications and skills to increase employability: Some programmes will enhance children's literacy, numeracy and ICT skills by facilitating participant involvement in ongoing programme logistics and improvement work.

- Improve Health and Wellbeing (physical/mental/emotional): This is the number one priority and the principal activity of the Outreach charity and it is in line with Health Surrey's Health and Wellbeing Strategy.

- Improve/increase access to sport exercise and leisure activities and the arts/culture/heritage: Extending opportunities to perform and share in responsibility for facilitating public participation in dance. One of our projects (Fun In the School Holidays) FISH, in collaboration with Guildford Council, runs in the school holidays – More than 120 attendances will be recorded by the end of the project.

- Improve community cohesion and reduce isolation: Our projects will provide access to recreational opportunities that might otherwise be closed to communities – providing a scope for learning, personal development and friendship-making that will be supporting the public by building confidence and group work skills. Focus on many projects will be for families in poverty – now standing at 10%, an increase of 2.2% against 2015 assessments according to Surrey County Council.

In Summary...

No material changes in policy have occurred since the last report. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's revised general guidance on public benefit when reviewing the charity's aims and objectives and in planning the future activities. The Trustees consider the current activities as detailed in this report to deliver public benefit.

Demand for Synergy Dance® Outreach Services

Demand for our services is continually increasing Surrey wide and now Nationally. Reports show 2000+ children are registered disabled & 75,217 people have a physical disability in Surrey alone. Disabled people are twice as likely to be inactive as non-disabled people. Multiple barriers prevent disabled people from being active, some even fear losing benefits if seen as being "active" (Activity Alliance, 2018).

Service users continually tell us they are desperate for new varied activities to continue at home to keep active and reduce stress & anxiety. Especially for the most vulnerable and isolated with SEND who cannot attend usual special schools or provisions. We are working hard to expand virtual delivery of disability dance, yoga and fitness programmes to meet local need and National need of those with long term health conditions and SEND enabling participants to maintain flexibility, muscle strength & wellbeing whilst seated at home reducing stress, aiding relaxation & helping boost the immune system.

We have found with information from partners that 78% of people with a disability, including visually impaired, said they wouldn't have exercised during lockdown without Synergy's online programme and 94% said they were happier and less anxious after classes.

Also, 67% of respondents reported improved fitness levels and 92% want to continue the programmes post COVID.

Everyone Active partnered with us to offer our all-inclusive online classes supporting people with disabilities and special needs, going out free to over 200 Everyone Active leisure sites Nationally - potentially reaching audiences of up to 200,000 during lockdown. (Funded by Sport England/National Lottery).

We envisage our offer to include both online and in-person delivery moving forward providing more choice and accessibility than pre-COVID. We have come a long way in just 12 months but with the disability sector accounting for 14 million people there is demand for us to do so much more!

SEND and Long Term Health Conditions

SEND and LTHCs Current statistics in the UK indicate that there are **over 11 million people with a limiting long term illness, impairment or disability** with prevalence of disability rising with age.

Around **6% of children are disabled**, compared to **16% of working age adults and 45% of adults over State Pension age**.

A substantially higher proportion of individuals who live in families with disabled members live in poverty, compared to individuals who live in families where no one is disabled.

19% of individuals in families with at least one disabled member live in relative income poverty, on a before housing costs basis, **compared to 15% of individuals in families with no disabled member**.

21% of children in families with at least one disabled member are in poverty, a significantly higher proportion than the **16% of children in families with no disabled member**.

Reports show 2000+ children are registered disabled & 75,217 people have a physical disability in Surrey alone.

Also, obesity and inactivity were on the rise even before the Coronavirus Crisis. **In 2017, 30% of children aged 2 to 15 in England were overweight or obese and 65% of adults**. Many children and adults are not getting their one hour of activity a day. Our inclusive and colourful activities are getting kids moving as well as adults.

One in four people experience a mental health problem in any given year and in 2017: 1 in 8 - 12.8% of children and young people aged 5 to 19 had at least one mental health disorder. The pandemic has caused an even greater challenge for those already living with mental health problems. Anxiety, self-harming and depression are on the rise and many will be feeling even more anxious during the COVID-19 crisis.

In 2021-22 CAMHS referrals for teenagers are at an all-time high and schools are struggling to cope with the number of referrals, as mental health amongst young people is at an all time low as we come out of the Pandemic.

Mental health charities fear the pandemic will have caused a long-term mental health crisis with job losses, fear, anxiety, bereavements and people who have survived COVID-19 often struggling with debilitating long term effects.

Our Beneficiaries:

Outreach is unique because it is fully inclusive, with classes for everyone including mainstream children, SEN, Visually Impaired & Blind, the Disability Community, children with Long Term Health Conditions & those low on confidence or who don't like team sports. Our SEND courses help children with learning difficulties & Autism, ADHD, ASD, Global Development Delay, MLD, ODD, Down Syndrome, Dyspraxia, Asthma, Hearing Loss, Cerebral Palsy & more.

We aim to address the fact that disabled people are twice as likely to be inactive as non-disabled people with 53% saying this is due to "no activities suitable for me" and 46% saying "fear of not being welcome or no suitable environment".

For our community projects, we work hard raising funds to provide classes free for families with disabled children as these families' income averages 23.5% below the UK average income. We are passionate about providing children with these opportunities & ensuring that finance is not a barrier & have engaged with many families from low socio-economic groups.

Our Year and Beyond in Summary:

At Synergy Dance® Outreach no one is left behind. At Synergy we were determined lockdown would not stop us making a difference. We are proud to support inclusive and creative activities for all children, teens, adults and seniors. We aim to ensure that neither finance, fitness, ability, disability nor family circumstance are barriers to participation. We aim to meet local and National need and create positive change, removing barriers to enable people experiencing disadvantage or marginalisation to improve physical and mental health and wellbeing through accessible, inclusive and fun dance, fitness, yoga, singing and related activities.

Our beneficiaries include people with special educational needs, those who are visually impaired, seniors, those with Long Term Health Conditions (LTHC) and other disadvantaged people, children and young people.

As a charity we have pivoted to become digital harnessing new technology and automation and have recorded over 550 classes in the last two years. There was a lack of fun provision for children and young people with SEND. We have high demand for onsite classes for special needs such as children with autism, visually impaired and blind, the disability community and other long term health conditions such as cerebral palsy or cancer.

Our teachers reach children and teens experiencing disadvantage and marginalisation, including SEND in their local areas in Surrey, Sussex and beyond, to meet unmet need and get people active which is our ultimate goal – to get the children moving and to celebrate the power of dance!

Please click here for a short film... https://youtu.be/F1QsWemB5E4

COVID-19 & The Pandemic

Synergy Dance® Outreach is a charity that aims to create positive change, removing barriers to enable people experiencing disadvantage/marginalisation to improve physical and mental health and wellbeing through accessible, inclusive and innovative dance, fitness, yoga, singing and related activities. We at Synergy aim to encourage diverse activities for the disability and SEN community, to work together with other charities and organisations, and to provide fit for purpose and inspiring activities.

Our beneficiaries include seniors, those with "SEND" and other disadvantaged people, children and young people. We have an excellent track record and demand for our services is continually increasing as we monitor and evaluate all our work. Our classes help beneficiaries maintain fitness, core strength, flexibility, motor skills, improved posture and help relieve stress, improve mental health and wellbeing, boost the immune system and aid restful sleep.

The key objective is to address the social problems of wellbeing, good mental health, social isolation, and obesity by encouraging everyone to participate in at least one hour of activity per day and to allow innovative ways for our service users to keep fit at home both during COVID-19 and beyond.

Reserves

Due to the pandemic we had to stop all in-person delivery causing an immediate cessation of income from these services. This affected our reserves as we had invoices to pay and sudden complete loss of revenue streams for reserves. In 2020 we promptly took action to build our depleted reserves and took out a Bounce Back loan for £9,000, strictly for reserves to meet our commitment to restricted funds and adequate reserves to keep the charity robust. The charity is fully sustainable as we have this buffer. We have been challenged by the lack of onsite revenue to support unrestricted reserves during Covid. Trustees are already planning many more fundraising activities as restrictions finally ease as of February 2022. Next year, we also have sponsorships in the pipeline so this will not arise again.

We have taken appropriate steps to help ensure reserves if necessary and the charity had already begun to work on changing to online delivery before the end of April to ensure sustainability. Our fundraising activities will also continue to expand but have been limited during the last financial year due to lockdown and were virtual only.

COVID-19

At Synergy Dance® Outreach we adapted, evolved and innovated our style of delivery to target those groups who needed it most and we were already supplying the special needs and disability community (including those who are blind/visually impaired). The goal was to promote physical and mental health and wellbeing through accessible and innovative activities online, with progressive, pre-recorded classes which can be played and repeated at any time.

With a small pilot we created pre-recorded lessons which are new, fun, and tailored to each target group listed below. This expanded to regional delivery with support from Active Surrey, Children in Need and the Community Foundation for Surrey – enabling us to target specific groups. We have now recorded 550 pre-recorded courses containing 10 lessons each for all ages targeting:

- Special needs including autism and cerebral palsy
- Visually impaired and blind
- The disability community
- Long term health conditions
- Seniors
- Adults with learning disabilities
- Rehabilitation (long COVID, hospital stays and long periods of inactivity)

How the Coronavirus Pandemic has Impacted our Charity:

As a charity we have faced many challenges due to the COVID-19 crisis, with the biggest challenge being losing our ability to deliver the extensive in-person group delivery sessions we were delivering across Surrey before the pandemic, with increasing demand and continued growth. This meant all income from this delivery had to stop in March 2020 due to COVID-19 related restrictions stopping income to the charity, work for our delivery staff and much needed services to support our service users. We have worked incredibly hard to meet this challenge by producing accessible online programmes during the last 12 months to continue supporting our clients and providing work for our delivery staff during very challenging conditions.

During the pandemic, we have been delivering online classes to ensure we continue to best meet beneficiary needs via a new online platform. We are raising funds to continue and grow this vital delivery online to meet ever increasing demand, especially as so many more people have been struggling even more than usual during the pandemic. We have designed online classes specifically to target isolation and improve physical & mental health and wellbeing during the crisis. We provided courses for children, teens, adults and seniors – who may choose from dance, yoga, pilates, fitness and meditation courses to keep fit, social and active.

The COVID-19 crisis has prevented us from running all our usual activities including work in sports centres and even as we have re-opened – many service users were nervous about returning to in-person activities. We are only just re-igniting our activities for SEN schools and day centres for older people.

Our participants reported looking forward to our online activities as part of their weekly routine and are requesting continuation and part two's which we are going to introduce. The benefits of being able to continue the services online include ensuring people feel part of a community participating in something together and having something positive to look forward to. It will also make a huge difference to Synergy as a charity by enabling us to build our own resilience, to continue providing work for our instructors who rely on us to provide work and to help give them hope and resilience to make it through the COVID-19 crisis.

Our service users are people who are already marginalised and vulnerable due to having special educational needs, disabilities, long term health conditions, age and infirmity. It has been well reported that these groups have been suffering even more due to and during the crisis. Most people without additional needs and health challenges have been able to get out to exercise walking, running, cycling etc. to keep fit during the pandemic, but those with SEND, LTHCs, older people or those who are sight-impaired cannot do this as easily as their able-bodied peers or at all due to being more vulnerable and shielding and/or not being able to access usual help and support groups and services available pre-pandemic.

Those living alone or single parents with SEND children have been limited in their ability to see friends or other family members and had little or no respite and many more are struggling with feelings of loneliness and social isolation.

Many people have lost work or jobs and more people are struggling financially which is adding to stress, anxiety and poor mental health. Many parents who can still work are struggling trying to care for children at home whilst working. Our work is designed and aimed at helping these people improve both physical and mental health and wellbeing in an accessible way which is heavily subsidised or free at the point of access to ensure it is financially accessible to all.

It is vital that we provide activities to enable them to continue to exercise, relax and keep fit safely at home and we are thankful for grants that supported this in the last year.

Through an online portal, not only are we helping those disadvantaged people in communities in Surrey to improve their mental health and physical health and wellbeing but helping community cohesion with group and live sessions and building a sense of togetherness to help reduce feelings of isolation – which has been the recent challenge. Hence our campaign slogan – #Together We Can.

Our online delivery is proving popular with underrepresented groups due to better accessibility. By delivering our courses online we are already reaching five times the normal number of participants.

Onsite Classes for the SEND Community

As a charity, we have found there is also a great demand to produce many more tailored classes to specifically meet the different needs of our service users e.g. varying age groups and multiple conditions and needs – hence our diverse range of courses for a wide range of ages.

COVID & Our Teachers

Our diverse range of new online courses helped to keep our teachers engaged and in work, many of whom were in danger of losing their livelihoods as they are self-employed/freelance. They were also keen to be a force for good helping people to exercise when the high restrictions were in place and many people needed to isolate. They have been incredible in the last year with their online recordings, and we thank them wholeheartedly.

Addressing COVID-19 Challenges

Sport England's weekly tracker showed people with LTHCs, disabilities and older people (55+) were more likely to worry about leaving home to exercise/be active, showing the change in motivation having overall impact on their behaviour and widening inequalities during COVID-19. Many are struggling with mental health and anxiety, feeling vulnerable and afraid and carers are also struggling to support them with day care and special schools currently unavailable and having to juggle teaching siblings at home and working from home too. By taking our programmes online with live Zooms and courses, we were reaching as many of our target audiences as possible as they could all take part on demand at home.

It is vital that we continue to provide these activities to enable them to continue to exercise, relax and keep fit safely at home. They have proved particularly accessible for the audiences we serve.

We want to meet our goal to improve the community's mental health, overall wellbeing and physical fitness and make them feel positively empowered. Attending regular exercise classes also helps people maintain a sense of routine and purpose and provides feelings of positivity and achievement. This is also mirrored on a National basis.

The Community Accessing our Services

The people accessing our services are mainly people from the disability community and those with long term health conditions who are struggling with mental health and feeling isolated including, those with special educational needs, visual impairments, long term health conditions (LTHCs) and parents and carers of these children/teenagers.

The pandemic has caused an even greater challenge for those already living with mental health problems. Anxiety, self-harming and depression are on the rise and many will be feeling even more anxious since the pandemic.

Our classes are reaching people who currently experience numerous barriers to mainstream participation especially due to special educational needs and disabilities (SEND) and long-term health conditions (LTHCs). Most people can just go out to exercise to keep fit at the moment, but those who are sight-impaired or have SEND or LTHCs cannot do this, especially if shielding.

Working to adapt and expand virtual delivery we designed ParaStars Yoga and ParaStars Dance, a new Synergy disability programme to meet the needs of the disability community, & those with long term health conditions to be delivered virtually, enabling participants to maintain flexibility, muscle strength & wellbeing at home, reducing stress, aiding relaxation & helping to boost the immune system.

Our key objective is to support those in need to be as active as they can for their individual conditions and address isolation, obesity, and good mental health with accessible daily activity. Service user feedback highlights how difficult this is for them, e.g. parents and carers for those with disabilities/autism/LTHCs (now at home 24/7 with no respite), have expressed desperation for our services to continue enabling regular exercise routines.

Those with visual impairments often feel more isolated than their fully sighted peers and during the pandemic have reported feeling even more vulnerable and isolated. Many of the children and young people with visual impairments have other disabilities and additional needs. Some would be in a special school all week and whilst there are lots of resources for those taking time off from mainstream schools there are very few resources available and suitable for those with SEND whose parents will have no respite and be struggling to balance care with work and other siblings.

During this challenging time, we want to continue vital support to our beneficiaries to maintain good physical and mental health and are acutely aware of the additional problems faced by those with disabilities and have had numerous calls from anxious parents.

We receive great feedback and continually look for new ways to enable those with SEND to become more active in ways which really improve their physical and mental health and wellbeing. We also work with a lot of older people in the community and residential care homes. They love our singing and dance classes which can help them keep fit maintain balance.

Achievements and Performance

Increased Reach

Synergy Dance® Outreach has experienced fast growth this year – 2020-2021 has been a period of growth & expansion. The charity has improved by pivoting to go digital, reaching children and adults who would otherwise not have access to fit for purpose activities.

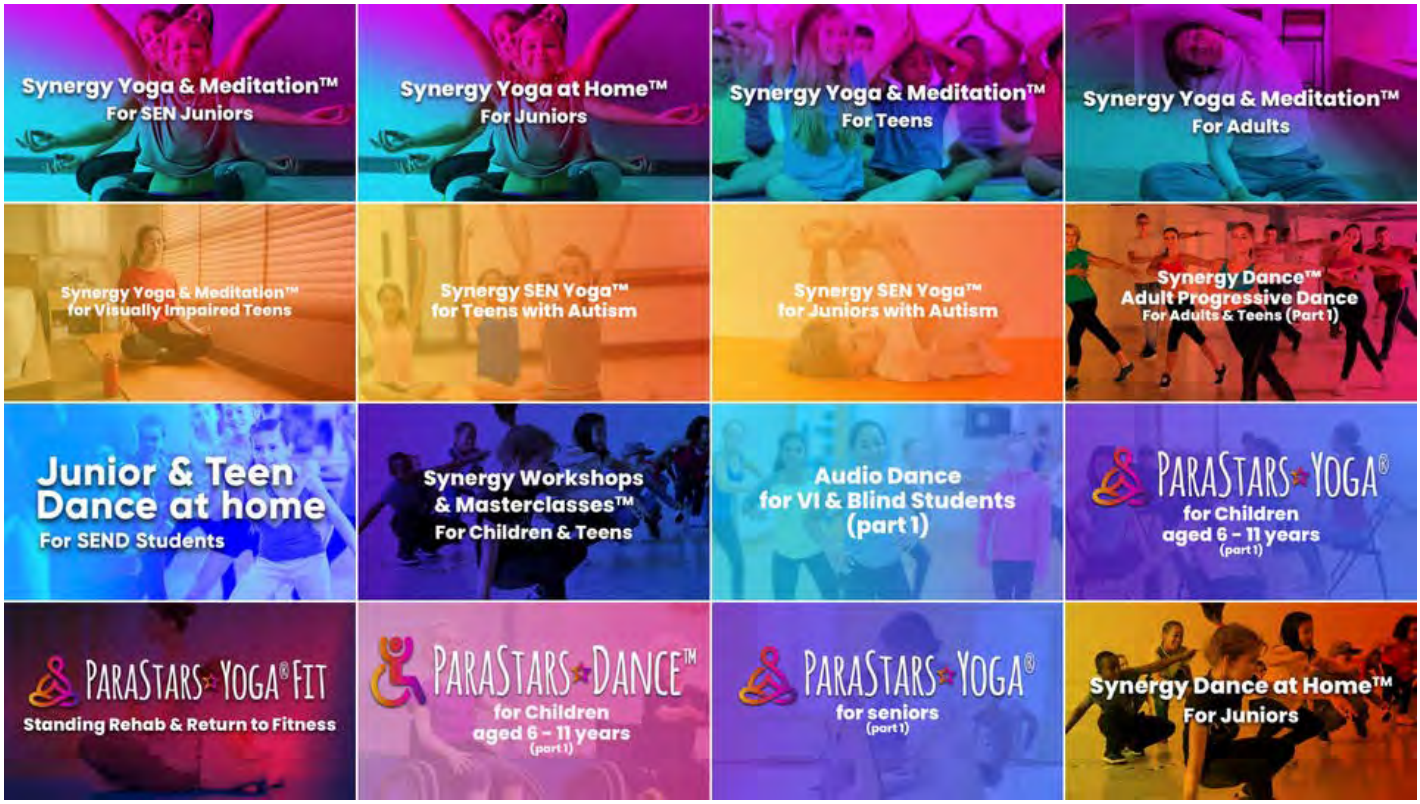
In the last year, Synergy has grown from being a regional charity in Surrey, Sussex, Hampshire & London to extending to a National reach of 11 Million via TV exposure on Strictly Come Dancing and audiences in the next year of up to 200,000 for our digital delivery shared via Everyone Active. The number of SEND schools we supply has increased by 50% in the last 3 months. SEND communities especially favour the flexibility of practising dance & yoga activities at home when transport & resources can be a barrier to taking part.

Our new digital platform of online pre-recorded dance and yoga lessons, enabled Synergy Dance® Outreach to grow delivery of our online programmes, enabling many more people of all ages, abilities and social groups, to access inclusive activities, that are known to improve mental and physical wellbeing. We are expanding our new seated programmes to meet demand - ParaStars Dance® and ParaStars Yoga® and have introduce a new Rehab and Return to Fitness programme for all ages with a long-term health condition or who have had a break from exercise due to a fall, injury or COVID isolation.

We stand out for our diverse range of activities & our ability to reach out to everyone who can benefit from exercise.

See: https://vimeo.com/671204573/d87a8516ae

Our high quality and innovative lessons are changing lives: “The platform is full of amazing content to help keep the nation active with a focus on Yoga and Dance for individuals with SEN, Visual Impairments, Long Term Health Conditions, other disabilities”: Shelley Meyern, Head of Operations, EMD UK.



https://www.youtube.com/watch?v=K5X8-rdbWpE

https://synergy-dance-online.teachable.com/courses

As well as the return of live children’s and teen’s activities, we have explored how digital offerings will evolve beyond the pandemic and what strategies we can deploy to provide the perfect mix between live and digital offerings to meet the increasingly sophisticated needs of modern children and adults. The pandemic has prompted us to prioritize mental health & activities for children, with 50% focusing more on their wellbeing in 2021.

Synergy Dance® Outreach is offering a connected, omnichannel fitness experience that meets the high expectations of children, parents, schools & leisure providers, helping them to keep dancing long term.

Prior to the COVID-19 outbreak we delivered our dance, yoga, fitness and singing activities across Surrey and beyond in leisure centres, schools, community buildings and older people’s day care and residential homes.

Coverage in the Media

Strictly Come Dancing

We were chosen by the BBC to appear on Strictly Come Dancing & the Final for our diverse range of inclusive activities and our ability to reach all children who can benefit from exercise. This was for a specific project funded by Children in Need.

Watch us on Strictly Come Dancing!

This has led to a lot of publicity and raised a lot more awareness of our inclusive services. The TV coverage enabled the charity to reach a National audience of 11 million people and global TV coverage and we have since had unprecedented demand for our online and onsite classes for children and adults.

View impact here from public comments: https://fb.watch/aok3dBVMAt/

Find out more: https://synergydance.co.uk/synergy-dance-on-strictly-come-dancing/

The Finals: https://youtu.be/j3CxRRFBfjo

Synergy Dance Outreach on Strictly: https://youtu.be/j3CxRRFBfjo

REVIEW

Mia had an amazing time. Thank you for this opportunity!

BECCI

www.synergydanceoutreach.co.uk

REVIEW

Thank you so much for allowing Zoe to be a part of the most incredible day! A dream come true for sure!

SARAH

www.synergydanceoutreach.co.uk

REVIEW

Hi Kathryn - I've been meaning to drop you a note too, just wanted to say a great big thank you to you and Synergy for inviting Sam to take part in this amazing opportunity.

Despite being a little unsettled during rehearsals, he gave it his all on the day and was so excited and proud to have been part of it all. He misses out on so many opportunities/parties/events due to his challenges so to be part of this has meant so much to him and to us.

JUSTINE

www.synergydanceoutreach.co.uk

Radio Interviews on BBC Radio Surrey

Synergy has built an ongoing relationship with the BBC which will continue & the Charity CEO, Rachael Hurton, speaks regularly on BBC Radio Surrey, which has further raised the charity's profile & reach.

CEO Commentary on Strictly Come Dancing:

- Week One: https://youtu.be/j3CxRRFBfjo
- Week Two: https://youtu.be/jqH2cA-mdKU
- Week Three: https://youtu.be/pNfQ1qxaGNo
- Week Four: https://youtu.be/OoPDP9mZG8c
- Week Five: https://youtu.be/4OjSbPlqUfo
- The Finals: https://youtu.be/j3CxRRFBfjo
- The benefits of dance: https://youtu.be/Hk58KcMefrM

RNIB Radio

Our CEO – also speaks on RNIB radio regarding our Audio Dance and Yoga classes for the Visually Impaired and Blind.

- Interview One: https://youtu.be/l0ypWn8JKPY
- Happy Hour Podcast

Synergy Dance® Outreach has an active presence on social media utilising Facebook, Instagram, LinkedIn, Google Business, Twitter and YouTube.

https://synergydanceoutreach.co.uk/
https://www.facebook.com/SynergyDanceOutreach/
https://www.instagram.com/synergydanceoutreach/
https://twitter.com/synergydanceout

All of our activities are backed by wide-ranging marketing campaigns and there will be opportunities for brand alignment and superb alignment with high-profile activities such as our exposure on Strictly Come Dancing and Children in Need on TV.

4 National Awards

Synergy Dance® Outreach has won 4 National Awards:

- 2021 Corporate Livewire Innovation and Excellence Specialist Dance School of the Year
- Sport & Recreation Alliance National Diversity & Inclusion Award 2021
- Leader of the Year 2021 Club Hub UK Awards 2021 (Rachael Hurton, CEO)
- Best Non-Profit Dance Outreach Programmes Provider 2022 – UK

Founder and CEO Rachael Hurton was also named and featured as “Entrepreneur of the Month” - Platinum Business magazine - May 2020. This was for our fast reaction to the COVID Crisis.

Expansion of Digital Delivery

We have continued to develop our digital delivery in the last year. In 2020 and 2021, we pivoted our business model due to COVID and developed two online, inclusive workout platforms. We support our communities to stay fit and healthy during lockdown and minimised the feelings of isolation.

Our platforms include Dance, Yoga and Meditation programmes. All of our programmes are inclusive with workouts for children, teenagers, adults and seniors. We've included everyone and have tailored classes to suit all audiences, including mainstream, SEND, Visually Impaired, Autistic, Cerebral Palsy, the Disability Community and those with Long Term Health Conditions.

Our platform is updated regularly with new programmes coming in 2022 which will see the addition of Pilates, Fitness Sessions and Yoga and Meditation for Mental Health.

This platform has enabled us to reach new customers on a national level in the UK and beyond.

See: https://vimeo.com/671204573/d87a8516ae
and https://www.youtube.com/watch?v=K5X8-rdbWpE
https://www.youtube.com/watch?v=K5X8-rdbWpE

VIEW OUR PLATFORM

We aim to inspire more accessible inclusive digital activity in the UK & globally with our new digital platform for inclusive workouts. We designed online classes specifically to target isolation, improve physical & mental health & wellbeing during the Pandemic. These are being shared Nationally via Sport England, Everyone Active & the PFP Leisure App.

One blind lady in Belgium said:
"My name is Sabine, I am a blind woman of 44. I discovered your project a few months ago and downloaded the dancing course for blind adults. I find this initiative fascinating and I think it would be great if it could be replicated".

You can listen to the impact we have made on one yoga participant here:
https://synergy-dance-online.teachable.com/p/testimonials

Our classes help maintain fitness, core strength, flexibility, motor skills, improved posture and also help relieve stress, improve mental health and wellbeing, and boost the immune system and aid restful sleep.

Feedback, Case Studies and Testimonials

We have received great feedback about what we are delivering, and people want more (see testimonials attached at the end of this report). We are also listening to feedback and what service users say would benefit them the most. Demand for our services is continually increasing in Surrey and Nationwide.

Service users continually tell us they are desperate for new varied activities to continue at home to keep active, reduce stress & anxiety, especially for the most vulnerable and isolated with SEND, who cannot attend usual special schools or support where available due to shielding.

We want to meet our goal to improve the community's mental health wellbeing and physical fitness, essential skills and make them feel positively empowered. Attending regular exercise classes also helps people maintain a sense of routine and purpose and provides feelings of wellbeing and achievement.

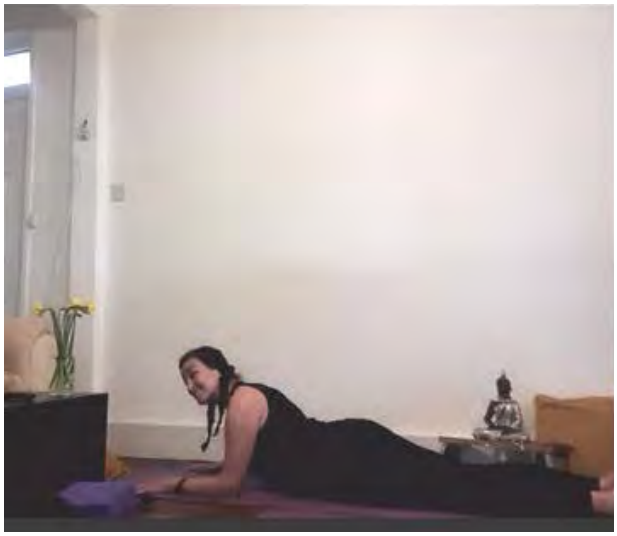
Our main case study is George – learning dance moves has made an incredible difference to his daily life and his mother sent us this email:

"I just wanted to feedback to you, that George has had a pretty tough time of it since the beginning of the pandemic. I've had to work more than usual (I'm a paramedic so no working at home for me!) which meant he was able to attend school during the period of home-schooling, however it was all different for him as they offered places as 'childcare' rather than a typical school day. Then as he returned full time, he was kept back a year whilst his friends and regular teacher moved up, so he had more change to contend with.
Covid also hasn't been kind to our family, and we have lost many family members over the last two years. We are a small, but close family, and the absences are greatly noticed. On top of this George has had two operations at Great Ormond Street - he was really brave!

As George is non-verbal, I've not really been able to talk to him about how he is feeling, or talk him through difficult situations, and last year he really struggled with anxiety. This affected his ability to attend - and then stay in school, and then began to affect him at home too. He didn't really want to go out of a weekend and wanted to stay home for fear if he went out, he'd be taken to school.

It was so sad to see, as George has always been such a happy, cheerful little boy, known by all for his huge smile and infectious giggle! I had been searching for a support group or therapy for him - well, actually searching for anything that might help him work through his anxiety! But there is little to nothing out there for children with special needs. I then found you.

Since starting his online and onsite classes I, and school, have seen a huge change in George. George has only been attending for a couple of months but has grown hugely in confidence and made huge personal developments in his understanding and language. He is so keen to copy his teacher, firstly watching her perform the dance move, then trying to copy, and has even started to develop some language, copying her as she tells him what the dance move is called, Amazing! George has actually been looking forward to going to school, to show staff and his peers the move he's learned - before Christmas we couldn't even get him through the door! His cheeky little laugh and smile has returned, and I'm so thrilled to see 'the old George' returning. So thank you so much".



Before Synergy yoga, R. had no current activity and experience of dance, yoga and exercise classes – and this was in danger of stopping during COVID-19 restrictions. She is registered blind and lives in Surrey. R especially likes yoga. With frequent visits to hospital, it provides both her mother Beth, and R, some respite from the stresses of struggling with a long-term illness and isolation. By pivoting online, when all activities had stopped, R was able to keep going with zooms and online courses:

"I love doing yoga with Gill. It is so nice to be able to do a club that is welcoming and accessible to me. It always calms me down at the end of a long school day. It has also helped with balance and flexibility and I've noticed this has helped me in everyday activities and also with the adaptive rowing I like to do. Gill is really good at explaining what to do verbally and is really nice and friendly. She thinks of ways to adapt exercises if I find them a bit difficult or am a bit too wobbly." (Rowan)

R had a tough time during the pandemic – she was only able to attend school for two weeks and spent the rest of the time isolating – she likes to do a lot of activities but they all stopped. She also caught Long Covid – all from a brief encounter with a neighbour. Yoga online kept her going and she found she relied less and less on the teacher.

Increased Demand for Activities and Strictly Come Dancing

Since our TV exposure on Strictly Come Dancing, demand in Surrey for our services has more than quadrupled, and as we strive to meet this new demand for onsite classes, especially for children and young people – we can offer the digital experience to larger numbers with ease and are continuing to work with partners to distribute these to wider audiences. **Please refer to the documents at the end of this report for more feedback, case studies and testimonials.**

Partners and Collaborations

Synergy Dance® Outreach is now working with a wide range of partners to help us reach everyone who can benefit from inclusive activities. By 2021 we had secured over 47 partnerships and collaborations including supplying leisure centres and schools in Surrey, Sussex, London & Hampshire. We are Active Surrey School Engagement partners and have connected with the Surrey Special Schools Sports Association, Active Surrey, Active Sussex, Active Essex & many more local organizations supporting marginalised communities.

As a charity we are keen to partner and collaborate with organisations both in the UK and globally, to reach as many children and young people as possible with our inclusive activities. We offer the perfect blend of live and digital workouts in the new age of fitness, where everyone is included. We prefer not to compete, but to connect with other charities and organisations to reach as many beneficiaries for our programmes as possible.

Our SEND children now have the same opportunities to enjoy dance, fitness and yoga, as the non-disabled community. This resonates with schools, other charities & leisure chains. See some of our current partners in the collage above.

Partners value our support too:

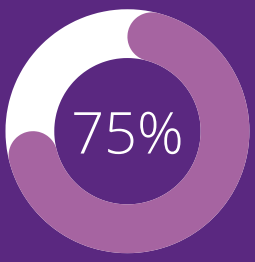
"Your continued support during these ongoing and very uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work have provided plenty of opportunities for the VI Community to get physically active and will do as we move into the new year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop our partnership". David Melville, British Blind Sport.

How has Synergy Dance® Outreach Made a Difference?

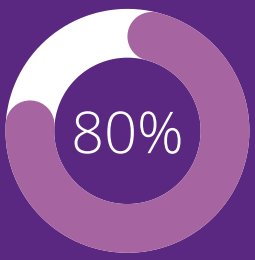
Our digital delivery and online courses enabled our beneficiaries to keep going with exercise – this has made a difference because taking part in physical activity is proven to relieve stress, improve mental health and boost the immune system. We have also provided bespoke regular live Zooms to British Blind Sport, FND Hope UK, Save the Children, GAMMA, SEND schools and via our Dance Party Live classes.

By attending structured lessons online, in blocks of ten per course, our services users were able to maintain regular routines and fitness, including dance/exercise routines and relaxation technique. For people with visual impairments, special needs or disabilities this is really important - (especially for those with autistic spectrum conditions who depend on structure and routine).

We have managed to affect the lives of those less motivated to exercise.



Over 75% of our service users said they want to exercise but face barriers, with "lack of motivation" being the single biggest challenge in starting and keeping active.



Since Covid we have now entered the age of omnichannel fitness, with 80% of our service users planning to continue using digital workouts post-pandemic.

By being able to exercise online, the retention benefits this brings are two-fold. The extended reach from our digital offerings means we can do more to motivate members in between any potential onsite activity and maintain their exercise habit. At Synergy we are going through a total reimagination of the exercise journey and how we measure engagement. Beyond simple sign ups, we also look holistically at home workouts to accurately assess member engagement and take actions to enhance this and provide service users with a total wellness solution within the SEND community.

We know that many people with SEND, long term health conditions or who are recovering from illness want to do some sort of exercise but need guidance and motivation to do this and so our classes are specifically tailored to meet these needs. Enrolment is super easy, and participants can stop/start their workouts and take part in exercise when it is convenient for them without the pressures of cost, travel and time out to attend an exercise programme.

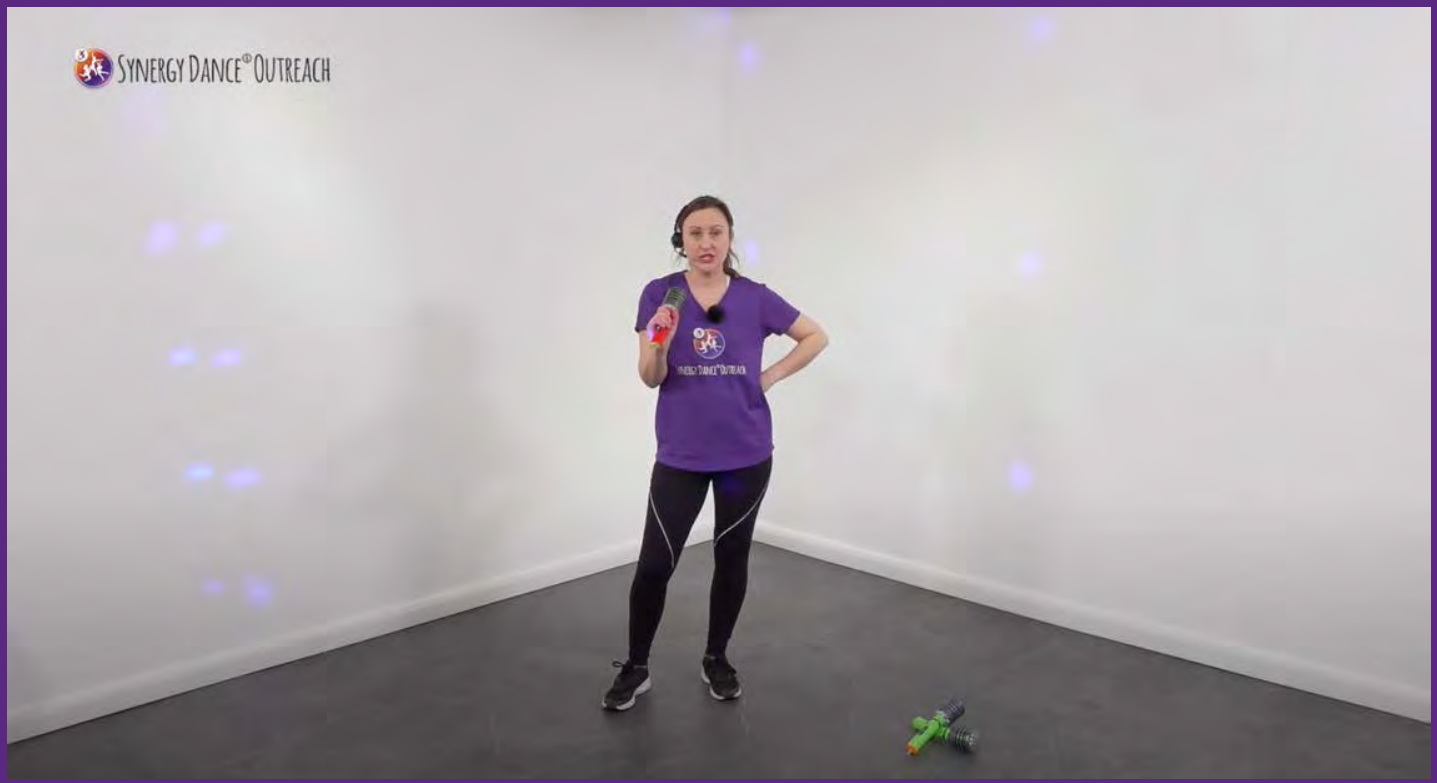
Participating in these activities has enabled people to maintain fitness, flexibility, motor skills, core strength and improve posture which is especially important to those with visual impairments, who often suffer from poor posture through stooping to see. The relaxation, mindfulness and breathing techniques in sessions improve mental health and wellbeing, help build resilience and improve ability to cope with anxiety and feelings of being overwhelmed. *(Please see our testimonials attached for how our online workouts have impacted on people's lives).*

The online workouts have also helped to support parents/carers at home trying to balance working from home with supporting special needs children, young people and adult children with SEND. They have described the challenge of finding appropriate and safe activities for them to do.

The flexibility of our online workouts has also enabled siblings and other family members to join in with those with SEND/LTHCs in their fitness routines. It's important for families to have shared experiences and exercising as a family is even more fun!

As expected, feedback has also shown that repeating the Synergy lessons on a regular basis has helped to improve mental health and wellbeing and to aid better sleep – especially within the arena of yoga and meditation. They also reported less reliance on the teacher for instructions as they progressed through the course.

During the last year – many parents, carers and children have been isolating, or feeling too uneasy about an onsite workouts – even if free to do so. This means our online lessons have given service users choice, and the opportunity to enrich their fitness experience, and have the same opportunities as non-SEN or disabled users.



We've created super fun activities, using imagination – such as inviting children to bring their favourite toy or prop to the dance lesson. Our activities are innovative and by inviting our beneficiaries to use props in some sessions, which can be used safely in themed routines, we are more interactive and helping children to be a part of the experience.

Seniors & Older People

We also work with a lot of older people in the community and residential care homes. They love our singing and seated dance and yoga classes which can help them keep fit and maintain balance.

Our new seated programmes, ParaStars Yoga® and ParaStars Dance™ for seniors support long term health conditions, and seniors at home or in residential care settings.

This year we have not been able to work in the community and residential care homes because of the pandemic.

For our in-person delivery, which is now coming back in care homes, our singing and dance classes can help them keep fit, maintain balance to help prevent falls and really help memory and to alleviate depression, "bringing joy" to what is often a mundane existence. Many of the care homes we serve had budget cuts this year and cannot afford regular classes and so we raise funds to help subsidise classes so we can continue to provide these much-loved services to elderly people who often feel cut off, with rather infrequent visits. Our Sing for Joy and Sing for Dance programmes are helping to provide enrichment in care homes, day centres and Outreach centres.

There is also the need for musical enrichment and company for older people, especially those with Alzheimer's and Dementia. We encourage inactive people to become active, bring marginalised people together to regularly participate in fun activity improving fitness and wellbeing and helping to combat isolation.

This year there was a lot of scope for our online workouts to help participants 70+ years to "rebuild strength and fitness", who had experienced multiple falls during lockdown. They especially liked the ParaStars Yoga® for Seniors workouts because it is low impact and works on posture and stiff limbs, which are often a problem after a fall. Outreach classes provide structure in participant's weekly routines, the opportunity to socialise with peers, encourage greater independence and something to look forward to, also providing activities meeting local need and helping to reduce health inequalities. We have expanded Sing for Joy and also introduced ParaStars Yoga® and ParaStars Dance® into care homes – live or online.

Summary

We have helped participants to build, maintain and improve confidence during this stressful time of the pandemic with constant uncertainty and changing of rules and guidelines about what is safe and unsafe. For those preferring to isolate or stay home (some service users have gone over to home-schooling on a permanent basis) – the workouts have improved general wellbeing and reduced feelings of stress and frustration at being confined to home – participants were able to do classes daily and repeat if they wished several times a day. Many children and young people with VI and SEND had the option to repeatedly take part in our fun and calming routines really improving fitness and wellbeing.

The benefits of being able to continue our services online ensured people felt part of a community, participating in something together and having something positive to look forward to. It has also made a huge difference to Synergy as a charity by enabling us to build our own resilience, improve our equipment and delivery and to produce better quality programmes.

Positive Changes from our Delivery

- Doing physical activity is proven to relieve stress, improve mental health and boost the immune system
- Maintaining regular routines, including exercise routines and relaxation techniques, for those with VI/SEND is very important (especially those with autistic spectrum conditions).
- Participating in these activities will enable people to maintain fitness, flexibility, motor skills, core strength and improve posture which is very important to those with visual impairments who often suffer from poor posture through stooping to see.
- Relaxation, mindfulness and breathing techniques in sessions improve mental health and wellbeing, help build resilience and improve ability to cope with anxiety and feelings of being overwhelmed.
- It will help support parents/carers at home trying to balance working from home with supporting special needs children, young people and adult children with SEND and find appropriate and safe activities for them to do.
- It will enable siblings to join in with those with VI/SEND in their fitness routines

- It will help improve mental health and wellbeing and aid better sleep.
- It will enable fun activities and using imagination whilst being home bound – our activities are innovative and invite our beneficiaries to use props in some sessions which can be used safely in themed routines.
- It will help participants maintain and improve confidence during this stressful time.
- It will improve general wellbeing and reduce feelings of stress and frustration at being confined to home – participants can do classes daily if they wish or several times a day. Many children and young people with VI and SEND may want to repeatedly do our fun and calming routines really improving fitness and wellbeing.

In the last year we have worked with Sport England, EMD UK, Children in Need, Active Surrey, The Community Foundation for Surrey, Charles Hayward Foundation, The National Lottery and Postcode Community Trust and thank them for their support. The purpose driving us is to make a difference & reach as many children as possible who can benefit from our inclusive delivery.

'Thank you for marvellous things you do for SEN children.'

Michiko - 1:1 Private Tuition Parent

Synergy Dance® & Synergy Dance Outreach Testimonials and Reviews

I've been doing some of the Visually Impaired Synergy Dance Outreach Yoga & Dance classes through British Blind Sport and my 8-year-old has been joining in too - would definitely recommend them as really accessible, fun sessions!

- Kathryn @MadeWithMusic1

I love doing Yoga with Gill. It is so nice to be able to do a club that is welcoming and accessible to me. It always calms me down at the end of a long school day. It has also helped with balance and flexibility and I've noticed this has helped me in everyday activities and also with adaptive rowing I like to do. Gill is really good as explaining what to do verbally and is nice and friendly. She thinks of ways to adapt exercises if I find them a bit difficult or am a bit too wobbly.

- Rowan

My daughter Gracie suffers from ASD and often has meltdowns when or frustrated. Your SEND Yoga classes have added structure to her evenings and given her a sense of calm before bed. I look forward to seeing what other classes you offer soon. I would be keen to see SEND dance for children.

- Sophia Scott

Instead of physically lashing out and becoming verbally aggressive, T has learnt to ask for space (sometimes by holding his sign), walk away and implement relaxation techniques to regulate emotional outbursts. He has also been able to identify and recognise potential triggers and communicate these as a prevention. As teachers we are able to be support this, enabling a smoother running environment in the classroom for T and his classmates

- T's Teacher

I have a Visual Impairment and a friend recommended Synergy to me as they have free online audio classes. The content is amazing and I am really enjoying it too. Thank you for offering this it's very hard for us to find things to do to stay active especially in lock down.

- Claudia Abrea-Oldaker

E has grown in confidence and has seemed to come into her own since beginning sessions and it seems she has made some valuable relationships. Bullying had made her withdrawn and very nervous. Since beginning the group we have seen her become more relaxed and able to tolerate group environments. Engagement in school seems to have improved and we are all able to enjoy moving to music at home!

- E's Mum

The dancing has been great for our children, including B who has autism. In a period of 8 weeks B has had time to express himself and communicate with other children in a creative medium - which has meant that we have seen some interacting with others that would never hapen during verbal exchange! B has been able to develop a sense of empathy and form an awareness of others on a deeper level than before. We have seen B's confidence grow, friendships form and it has been a supportive space to share difficult experiences too. It was great that no dance experience was needed and the teacher was able to provide ways of moving. If this was unfordable or new to begin with - props where great!

- B's mum

II spoke to another mum today who said her 14-year-old daughter loved it, although it's quite weird for all of us doing classes on our own in our bedrooms/dining rooms!

- Sarah Black

One family with two children aged 9 and 6 (a younger sibling joined in a lot of the session), emailed the same evening and said: Thanks so much for the yoga session, so relaxing and very much enjoyed. Thanks again.

- Sarah Black

Cristina was absolutely lovely. She came on early and we chatted about the group. From a practical point of view, her video and sound were great. She was very clear in what she was asking us to do, which is just as well because you can't always see! She pitched her language and 'stories' as the right level I.E. space flight as opposed to teddy bears etc and really engaged nicely with the children. Commenting on their moves and the things she could see around them. I think everyone felt very comfortable with her, but equally challenged by the things she asked of us. I certainly had a great time.

- Partner

Working with Synergy Dance® has provided an opportunity for creative expression for our children and young people during this lockdown period and introduced them to different genres of dance that they may not have practiced in school. The staff are professional, fun, friendly and patient. Attributes well suited to working with vulnerable students.

- Croydon Vision

I am a carer and I have been doing the Senior ParaStars Yoga with some of my clients and they are loving it adding some exercise and fun to their days on my daily visits it's nice to see them smiling and moving around.

- Deborah StJohn

Your continued support during these ongoing and uncertain times has positively changed so many Visually Impaired people's lives. Your partnership and continued hard work has provided plenty of opportunities for the VI community to get physically active and will so as we move into the New Year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop out partnership together.

- David Melville - British Blind Sport

Thank you so much for this opportunity, Imaan had the best time, she's already told all her friends that she's now famous! And thank you to allthe wonderful dedicated dance teachers at Synergy, our kids truly have lots of love for all of you, and we appreciate what you do.

-Hooda

Kathryn, I just wanted to say a great big thank you to you and Synergy Dance for inviting Sam to take part in this amazing opportunity. Despite being a little unsettled during rehearsals, he gave it his all on the day and was so excited and proud to have been part of it all. He misses out on so many opportunities/parties/events due to his challenges so to be part of this has meant so much to him and to us.

- Justine

Thank you so much for allowing Zoe to be a part ofthe most incredible day! A dream come true for sure!

- Sarah

Dear Kathryn, thank you for organising this event and spending time to dance with and make friends with Lucy - she's convinced your coming round for her birthday Pizza and hasn't stopped talking about you. Lucy had a fantastic time and is still sleeping in her Pudsey ears. Thank you again, it will be with her a lifetime.

- Heather

My daughter love's synergy dance! She enjoys weekly lessons with Lizzie and has so much fun! I would definitely recommend Synergy to anyone looking for dance activities for children.

- Kelly

My daughter is really enjoying the class alot on Saturday. The teacher makes it fun and works hard to include everyone in the class with all the varying needs and wants!

- Nicola

My daughter recently started the Acro Hip Hop class and loves it. She says it's her favourite thing of the week. It's a lovely inclusive environment with a kind teacher who handles the kids with confidence and ease.

- Lucy

My daughter and her 2 friends have been attending since Sept last year and they absolutely love the session. Annie the dance teacher is friendly and encouraging, the kids talk about her all the time! Would love to be able to see an end of term routine of some sort as due to restrictions last year we were unable to. Definitely recommend this class x

- Clare

I just wanted to feedback to you, that George has had a pretty tough time of it since the beginning of the pandemic. I've had to work more than usual (I'm a paramedic so no working at home for me!) which meant he was able to attend school during the period of homeschooling, however it was all different for him as they offered places as 'childcare' rather than a typical school day. Then as he returned full time he was kept back a year whilst his friends and regular teacher moved up, so he had more change to contend with.

Covid also hasn't been kind to our family, and we have lost many family members over the last two years. We are a small, but close family, and the absences are greatly noticed.

On top of this George has had two operations at Great Ormond Street - he was really brave!

As George is non-verbal, I've not really been able to talk to him about how he is feeling, or talk him through difficult situations, and last year he really struggled with anxiety. This affected his ability to attend - and then stay in school, and then began to affect him at home too. He didn't really want to go out of a weekend, and wanted to stay home for fear if he went out, he'd be taken to school.

It was so sad to see, as George has always been such a happy, cheerful little boy, known by all for his huge smile and infectious giggle!

I had been searching for a support group or therapy for him - well, actually searching for anything that might help him work through his anxiety! But there is little to nothing out there for children with special needs. I then found you, through watching Strictly Come Dancing.

Since starting his dance classes I, and school have seen a huge change in George. George has only been attending for a couple of months, but has grown hugely in confidence and made huge personal developments in his understanding and language. He is so keen to copy his teacher, firstly watching her perform the dance move, then trying to copy, and has even started to develop some language, copying her as she tells him what the dance move is called, Amazing! George has actually been looking forward to going to school, to show staff and his peers the move he's learned - before Christmas we couldn't even get him through the door! His cheeky little laugh and smile has returned, and I'm so thrilled to see 'the old George' returning. So thank you so much, for such a wonderful, inclusive, fun group!

- Hannah

Find out about our Strictly Come Dancing journey Below!

Watch us on Strictly Come Dancing -
https://vimeo.com/664702396/cb84ea306f

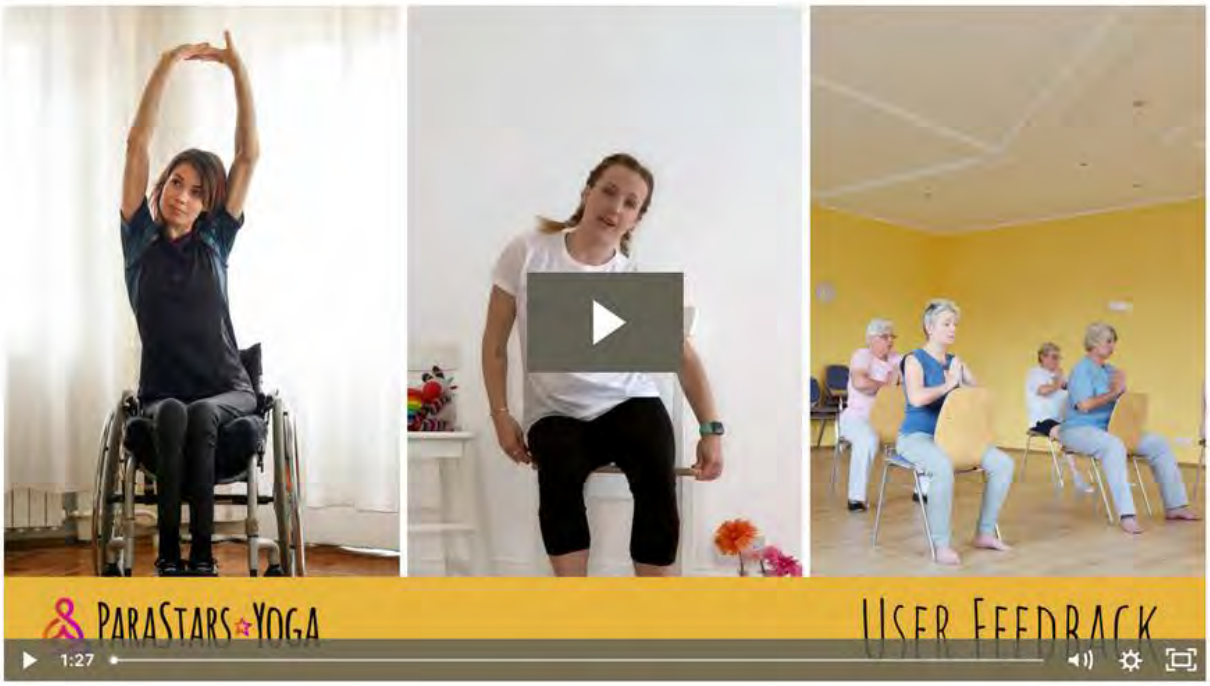
Watch us on Children in Need -
https://youtu.be/_SKI-eRKhy8

Watch our Dancers have their say on the Strictly Come Dancing Final -
https://youtu.be/uE5Dxc0YBCA

Rachael Hurton, talks Strictly Come Dancing on BBC Radio Surrey -
https://synergydanceoutreach.co.uk/2021/12/20/strictly-come-dancing-2021/

Audio Customer Testimonial

Click play to listen to one of our platform users, give her feedback on our ParaStars Yoga® class, that is taught by our wonderful instructor Cristina!



Written Testimonials

Our inclusive platform is amazing, but don't just take our word for it! Here are some testimonials written by platform users and partners.

(This is an artistic representation of our many testimonials)

Emily - Challengers

Thank you so much for sharing these online resources with us as well. The courses sound amazing. I have forwarded these onto our communications and marketing team who will be able to share them

Sabine - Belgium

"My name is Sabine, I am a blind woman of 44. I discovered your project a few months ago and downloaded the dancing course for blind adults. I find this initiative fascinating and I think it would be great if it could be replicated".

David - British Blind Sport

Your continued support during these ongoing and very uncertain times has positively changed so many visually impaired people's lives. Your partnership and continued hard work has provided plenty of opportunities for the VI Community to get physically active and will do as we move into the new year. Secondly, I wanted to say how grateful and appreciative British Blind Sport are for all your hard work. I thoroughly look forward to continuing to develop our partnership together into 2021

Sophia - SEN Yoga

My daughter Gracie suffers from ASD and often has meltdowns when bored or frustrated. Your SEN Yoga classes have added structure to her evenings and given her a sense of calm before bed. I look forward to seeing what other classes you offer soon. I would be keen to see SEN Dance for Children

Deborah - Senior ParaStars Yoga

I am a Carer and I have been doing the Senior ParaStars Yoga with some of my clients and they are loving it! It's added exercise and fun to their days on my daily visits and it's nice to see them smiling and moving around

Claudia - Audio Classes

I have a visual impairment and a friend recommended Synergy to me as they have free online audio classes. The content is amazing and I am really enjoying it too. Thank you for offering this. It's very hard for us to find things to do to stay active, especially in lock down

Kathryn - Audio Classes

I've been doing some of the visually impaired Synergy Dance Outreach Yoga and Dance classes through British Blind Sport and my 8-year-old has been joining in too. Would definitely recommend them as really accessible and fun sessions!

Shelley - EMD UK

The platform is full of amazing content to help keep the nation active with a focus on Yoga and Dance for individuals with SEN, visual impairments, long term Health Conditions, other disabilities and also the elderly

Emma - Bobath Centre

I have been passed on your email as I am the Fundraising Manager and oversea the Marketing and Communications. This sounds absolutely brilliant and we'd love to share this with our service users!

FND Hope

I wanted to send some feedback to you from a lady who attends the Pilates class. This person said they started the classes at the same time as physiotherapy. They found that as a result of the combined approach to their rehabilitation, they have been able to regain the ability to manage some personal care activities that were previously very challenging. They couldn't have been more complimentary. The sessions have really become an integral part of this person's week. Thank you Natalie, this is fantastic, and just what we are aiming for.

To take part in Natalie's workouts, visit our Rehab and Return to Fitness Programme's.

Charity registration number
1180506

Synergy Dance Outreach

Trustees' Report and Financial Statements

30 April 2021

Synergy Dance Outreach
Registered Number: 1180506
Trustees Report

The trustees present their report and financial statements for the year ended 30 April 2021
The report and financial statements also meet the requirements for a directors' report and accounts for Companies Act purposes.
The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Trustees' responsibilities in relation to the financial statements
The charity trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- select suitable accounting polocies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state wether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

The trustees are responsible for keeping adequate records that are sufficient to show and explain the companys transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent examiners
Each person who was a Trustee at the time this report was approved confirms that:

- so far as he is aware, there is no relevant information of which the charity's independent examiner is unaware; and
- he has taken all the steps that he ought to have taken as a director in order to make himself aware of any relevant information and to establish that the charity's independent examiner is aware of that information.

This report was approved by the board on 26 February 2022 and signed by its order.

Nicola Whittaker
Trustee

Synergy Dance Outreach

Independent examiners' report
to the members of Synergy Dance Outreach

I report on the unaudited accounts of Synergy Dance Outreach for the year ended 30 April 2021 which comprise the Statement of Financial Activities,the Balance Sheet, the Cash Flow Statement and the related notes.The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Respective responsibilities of trustees' and independent examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

I am qualified to undertake the examination, being a qualified member of the Association of International Accountants

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

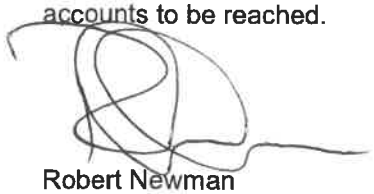
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirement of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Robert Newman
(Independent Examiner)

28 February 2022

Chichester House
2 Chichester St
Rochdale, Lancashire
OL16 2AX

Synergy Dance Outreach
Statement of financial activities
for the year ended 30 April 2021

	Notes	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Income and endowments from:					
Donations and legacies	3	204	-	204	339
Charitable activities	4	6,790	98,510	105,300	27,971
Investments		2	-	2	2
Total		6,996	98,510	105,507	28,312
Expenditure on:					
Raising Funds	6	883	4,086	4,968	981
Charitable activities	7	10,773	67,015	77,788	31,101
Other	8	224	965	1,189	1,061
Total		11,880	72,066	83,945	33,143
Net income		(4,884)	26,445	21,561	(4,831)
Net movement in funds		(4,884)	26,445	21,561	(4,831)
Reconciliation of funds:					
Total funds brought forward	15	(1,366)	380	986	(3,845)
Total funds carried forward	15	(6,250)	26,825	20,575	4,831

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

Synergy Dance Outreach
Balance Sheet
as at 30 April 2021

	Notes	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Fixed assets					
Tangible assets		**76.00**	0.00	76.00	151.00
		76.00	0.00	76.00	151.00
Current assets					
Debtors	11	500.00	29.00	529.00	288.00
Cash at bank and in hand		3,966.20	37,974.60	41,940.80	21,342.00
		4,466.20	38,003.60	42,469.80	21,630.00
Liabilities:					
Creditors: amounts falling due within	12	(1,792.00)	(11,178.67)	(12,970.67)	(22,767.00)
Net current assets		2,674.20	26,824.93	29,499.13	(1,137.00)
Total assets less current liabilities		2,750.20	26,824.93	29,575.13	(986.00)
Creditors: amounts falling due after more than one year		(9,000.00)	0.00	(9,000.00)	0.00
Net assets		(6,249.80)	26,824.93	20,575.13	(986.00)
Funds of the charity					
Unrestricted funds	13	(6,249.80)		(6,249.80)	1,366.00
Restricted funds	13		26,824.93	26,824.93	(380.00)
Total funds		(6,249.80)	26,824.93	20,575.13	986.00

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

The trustees are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The trustees have acknowledged on the balance sheet as at 30 April 2021 their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Nicola Whittaker
Trustee
Approved by the board on 26 February 2022

Synergy Dance Outreach
Statement of financial activities
for the year ended 30 April 2021

Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.
The Charity meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Charity's work or for specific projects being undertaken by the Charity.

Incoming resources

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of specified services it is deferred until the criteria for income recognition is met.

Resources expended

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Depreciation

Individual items costing over £500 are capitalised and depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures & Equipment	33% straight line

Donations and legacies	**Unrestricted**	**Restricted**	**Total 2021**	**Total 2020**
	£	**£**	**£**	**£**
Donations	204	-	204	339
Income	-	-	-	-
	204	-	204	339

Incoming from charitable activities	**Unrestricted**	**Restricted**	**Total 2021**	**Total 2020**
	£	**£**	**£**	**£**
Grants	1,000	98,053	99,053	25,819
Other Charitable Activities	5,790	458	6,248	2,152
	6,790	98,510	105,300	27,971

Investment income	**Unrestricted**	**Restricted**	**Total 2021**	**Total 2020**
	£	**£**	**£**	**£**
Interest Income	2	-	2	2
	2	-	2	2

Expenditure on raising funds	**Unrestricted**	**Restricted**	**0**	**0**
	£	**£**	**£**	**£**
Advertising & Marketing	883	4,086	4,968	981
	883	4,086	4,968	981

	£	**£**	**£**	**£**
Administration	515	23,891	24,406	9,315
Consulting	1,426	6,740	8,166	2,830
Depreciation Expense	75	-	75	75
Direct Expenses	73	165	238	137
Equipment & Props	459	-	459	574
General Expenses	206	1,882	2,088	425
Instructor Fee	2,923	12,262	15,185	4,894
Insurance	288	-	288	285
Postage, Freight & Courier	-	4	4	7
Printing & Stationery	-	-	-	3
Project Management	4,422	19,556	23,979	10,274
Rent	-	707	707	1,658
Subscriptions	348	1,050	1,398	624
Telephone & Internet	38	30	68	-
Wages	-	728	728	-
	10,773	67,015	77,788	31,101

Other expenditure	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Accountancy Fees	-	965	965	900
Bank Fees	224	-	224	161
	224	965	1,189	1,061

Net incoming/ (outgoing) resources	Unrestricted £	Restricted £	2021 £	2020 £
This is stated after charging:				
Depreciation of owned fixed assets			75	75
Independent examiners fee			-	900
Other accountancy fees			965	900

No employee received emoluments of more than £60,000 per annum.

Trustees' remuneration and expenses	2021	2020
0		
0		

Cost		
At 1 May 2020	226	226
At 30 April 2021	226	226
Depreciation		
At 1 May 2020	75	75
Charge for the year	75	75
At 30 April 2021	150	150
Net book value		
At 30 April 2021	76	76
At 30 April 2020	151	151

Debtors	Unrestricted £	Restricted £	2021 £	2020 £
Trade Debtors	252	29	281	50
Prepayments	248	-	248	238
	500	29	529	288

Creditors: amounts falling due within one	Unrestricted £	Restricted £	2021 £	2020 £
Trade Creditors	892	6,787	7,679	1,899
Accruals	900	-	900	1,535
Deferred Income	-	4,392	4,392	19,333
	1,792	11,179	12,971	22,767

Creditors: amounts falling due after one ye	Unrestricted £	Restricted £	2021 £	2020 £
Loan	9,000	-	9,000	-
	9,000	-	9,000	-

Taxation

The charity is exempt from tax on income and gains falling within S505 of the Income & Corporation Taxes Act 1988 (ICTA 1998) or S256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

Fund movements	At 1 April 2019	Incoming resources	Outgoing resources	Transfers £	At 31 March 2020 £
Restricted funds					
AS PS Yoga	-	2,424	1,284	-	1,140
Awards for All	183	-	40	-	143
CFS COV2	-	8,916	2,902	-	6,014
CFS HS2	-	9,500	6,320	-	3,180
CFS Intergen	-	3,794	161	-	3,633
Charles Hayward	10	2,047	444	-	1,613
CIN Year 3	-	9,990	3,270	-	6,720
Community Foundation	-	6,717	6,717	-	(0)
Community Foundations VI	-	3,439	3,111	-	328
EMD SE ACP	-	2,759	1,772	-	987
EMD UK	-	17,000	16,994	-	6
GBC	187	-	135	-	52
Mole Valley / Dorking Sen	-	2,269	253	-	2,016
Postcode Community	-	9,946	8,953	-	993
	380	98,053	71,608	-	26,825
Unrestricted funds					
General	(1,366)	6,996	11,880	-	(6,250)
Total funds	**(1,366)**	**6,996**	**11,880**	**-**	**(6,250)**

Synergy Dance Outreach
Detailed Statement Of Financial Activity
for the year ended 30 April 2021

	Unrestricted 2021 £	Restricted 2021 £	TOTAL 2021 £	TOTAL 2020 £
Income				
Donations	204	-	204	339
Grants	1,000	98,053	99,053	25,819
Other Charitable Activities	5,790	458	6,248	2,152
Interest Income	2	-	2	2
	6,996	98,510	105,507	28,312
Expenses				
Advertising & Marketing	883	4,086	4,968	981
Administration	515	23,891	24,406	9,315
Consulting	1,426	6,740	8,166	2,830
Depreciation Expense	75	-	75	75
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Project Management	4,422	19,556	23,979	10,274
Rent	-	707	707	1,658
Subscriptions	348	1,050	1,398	624
Telephone & Internet	38	30	68	-
Wages	-	728	728	-
Accountancy Fees	-	965	965	900
Bank Fees	224	-	224	161
	11,880	72,066	83,945	33,143
(Net expenditure)/net income	**(4,884)**	**26,445**	**21,561**	**(4,831)**