

**CUMBERNAULD** **AT**  
**THEATRE** **LANTERHOUSE**

# TAKE PART

**Adult Dance Programme Evaluation Report**  
December 2023



ALBA | CHRUTHACHAIL

# ADULT DANCE

Our adult dance and creative movement sessions are open to older adults aged 55+ of all abilities. Covering a range of dance and movement techniques and styles, these sessions are a wonderful way to keep fit and have fun working together in a friendly relaxed space.

This case study assesses the impacts and benefits of the programme based on participant feedback.

The quality of experience in the Take Part Adult Dance Programme received high ratings, with scores ranging from 4 to 5 out of 5, indicating that the program is well-received and considered of high quality by its attendees.



# IMPACTS & BENEFITS

## 1. Personal Development:

- **Confidence and Creativity:** Participants noted an increase in confidence and creativity. Several members expressed that the program helped them to *'come out of [their] shell'* and *'brought out the best in [them]'*.
- **Skill Development:** Many attendees highlighted learning new skills and the desire to further progress in drama and dance, indicating the program's effectiveness in skill-building.



## 2. Social Interaction:

- **Friendships:** Making new friends was a common theme, suggesting that the programme facilitates strong social connections.
- **Collaboration:** Contributions to the structure of sessions indicate active engagement and the development of teamwork skills.



## 3. Enjoyment and Well-being:

- **Positive Mood:** Attendees frequently mentioned improved moods and feeling happier as a result of participating.
- **Inspiration:** The classes were inspiring to the participants, sparking their imagination and enthusiasm for the arts.



## 4. Community Integration:

- **Local Engagement:** The desire to be part of local projects demonstrates a willingness to engage and contribute to the community.
- **Inclusivity:** The programme is viewed as a great local resource that increases the confidence, creativity, and social skills of those involved.

## 5. Short-term Benefits:

- Activities like weekly exercising and social interactions were seen as positive weekly routines for the participants.

## 6. Mid-term Benefits:

- Improvements in specific areas such as dance and drama skills highlight the programme's role in ongoing personal growth.

## 7. Long-term Benefits:

- The program's role in fostering increased confidence and creativity suggests a lasting impact on the participants' lives.

## 8. Family Impact:

- Family members benefit indirectly by seeing the positive changes in the participants, such as increased self-expression and confidence.

## 9. Community Benefit:

- The Take Part Adult Dance Programme is recognised for its contribution to the local community by being a resource that brings people together and fosters a sense of belonging.

“ I have no family actually living with me, but I now have a different purpose for playing music, and a method of 'dancing' that provides enjoyment and only requires my sole attention. ”

“ [The] class has been such a new positive uplifting experience for me, physically and mentally. ”

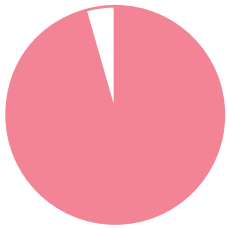
“ This class has massively improved my mental health but it is so much more than that. We ladies have bonded so much. This class tackles physical fitness on the surface but underneath it is tackling loneliness, loss of confidence, bereavement, illness, women's health and so many other things. My story was bleak and 5 weeks ago I cried at the first class. Now I can't wait to get there. ”

The Take Part Adult Dance Programme for 2022-2023 has demonstrated significant positive impacts on its participants, particularly in fostering confidence, creativity, and social skills. It has provided a supportive and enjoyable environment for learning and personal growth. By contributing to the well-being of individuals and the community, the program exemplifies an effective inclusive programme that enhances the lives of its participants and their families.



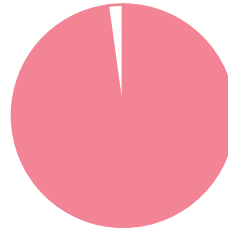
# EVALUATION REPORT

At Lanternhouse we welcome participant feedback, comments and reviews of our programme of activities and thoughts and experiences in the venue. The information is drawn from 50 responses across our full Take Part programme spanning drama, dance, visual arts and physical theatre.



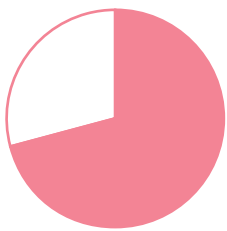
## EQUALITY OF PARTICIPATION

95.83% (46 respondents) felt they were able to take part equally.



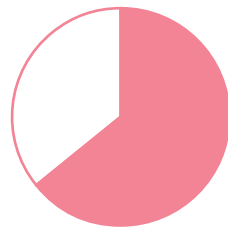
## COMMUNITY INVOLVEMENT IN DECISION MAKING

A high 97.78% (44 respondents) felt involved in decision-making.



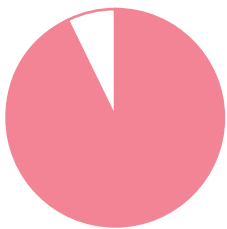
## MORE EMPLOYMENT OPPORTUNITIES

71.11% (32 respondents) acknowledged learning about employment opportunities



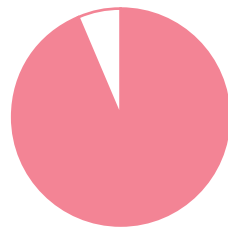
## REDUCED FOOD POVERTY

64.29% (27 respondents) felt there was an opportunity to access free or low-cost food.



## REDUCED LIVING COSTS

93.02% (40 respondents) believed the program helped in reducing living costs.



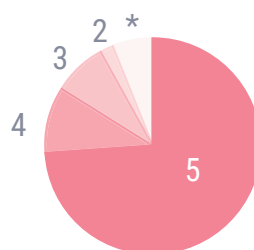
## REDUCED ISOLATION

93.62% (44 respondents) experienced a reduced sense of isolation.



## MAKING CUMBERNAULD THE STAGE

95.56% (43 respondents) felt pride in Cumbernauld.

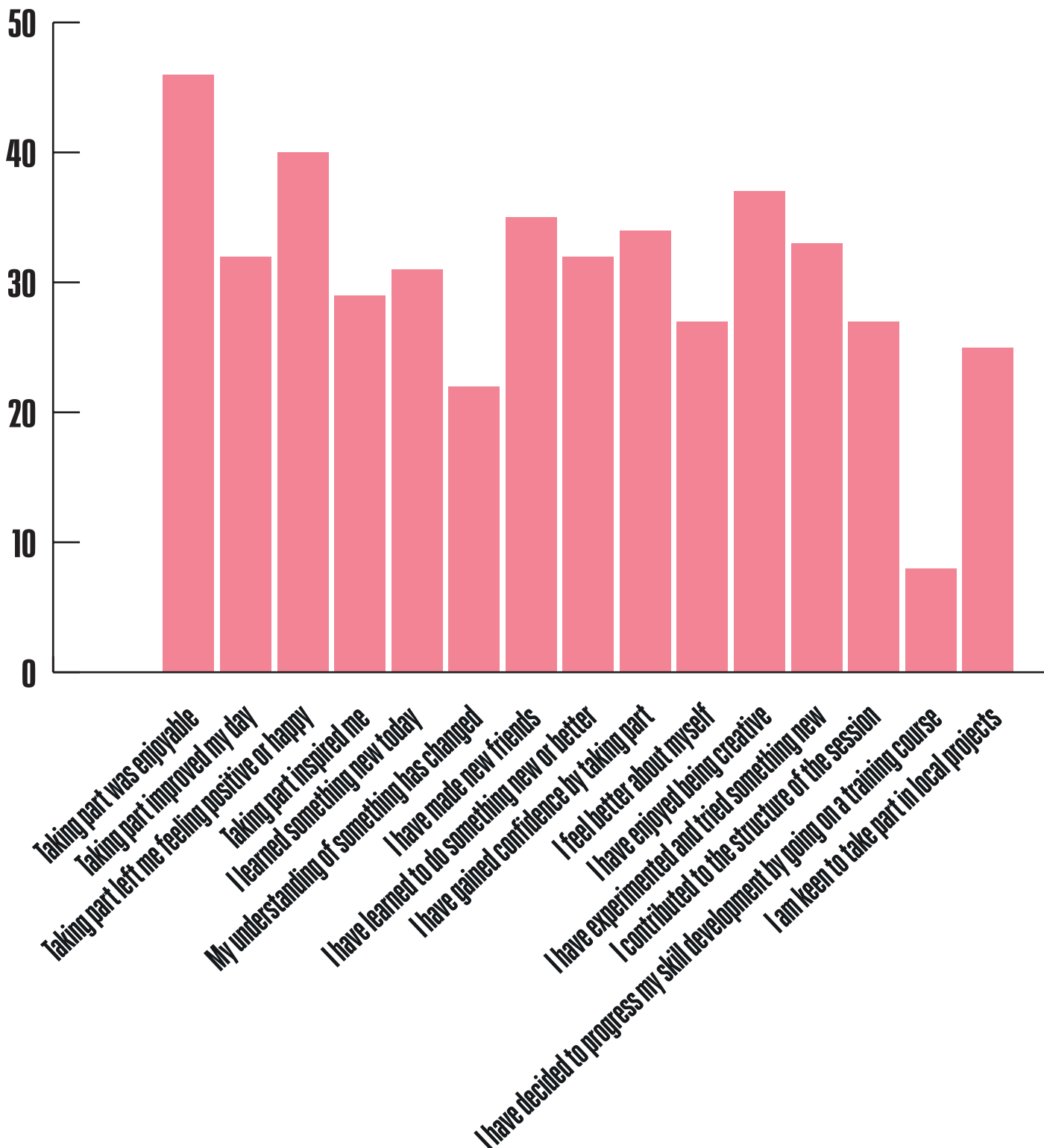


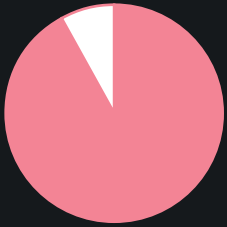
\* no answer given

## QUALITY OF THE EXPERIENCE

74% of respondents fed back that the experience was excellent, where 5 is excellent and 1 is poor.

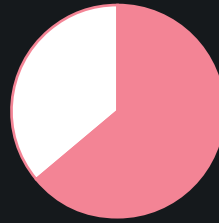
In addition to the community impact evaluation, the questionnaire asks participants how the experience benefits or impacts them, using the following prompts below.





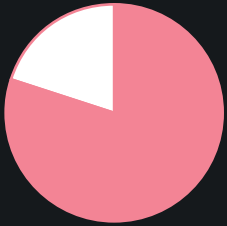
## ENJOYMENT

92% (46 respondents) reported that taking part was enjoyable.



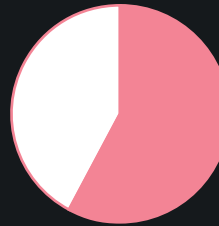
## DAY IMPROVEMENT

64% (32 respondents) felt that the experience improved their day.



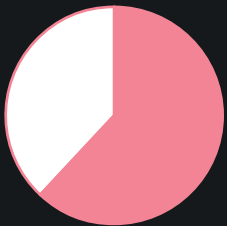
## POSITIVE FEELINGS

80% (40 respondents) were left feeling positive or happy.



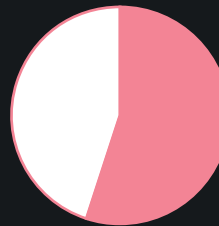
## INSPIRATION

58% (29 respondents) were inspired by taking part.



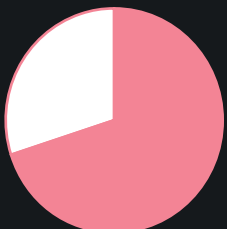
## LEARNING NEW THINGS

62% (31 respondents) learned something new.



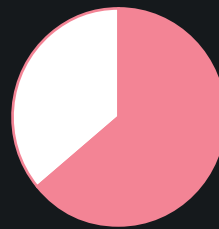
## CHANGED UNDERSTANDING

44% (22 respondents) reported a change in understanding.



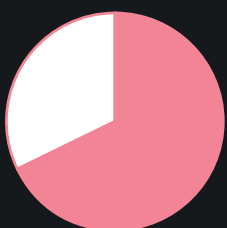
## MAKING NEW FRIENDS

70% (35 respondents) made new friends.



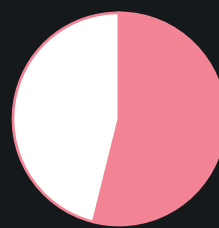
## SKILL IMPROVEMENT

64% (32 respondents) learned to do something new or better.



## GAINED CONFIDENCE

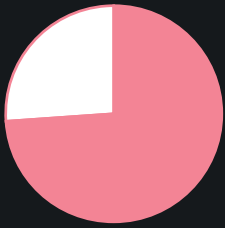
68% (34 respondents) gained confidence by taking part.



## IMPROVED SELF-ESTEEM

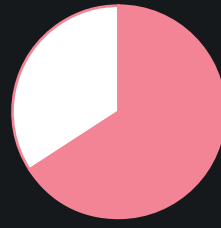
54% (27 respondents) felt better about themselves.





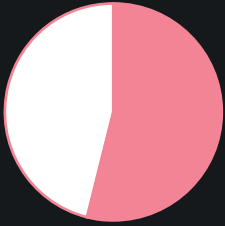
## CREATIVITY ENJOYMENT

74% (37 respondents)  
enjoyed being creative.



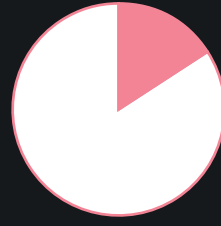
## EXPERIMENTATION & NEW EXPERIENCES

66% (33 respondents)  
experimented and tried  
something new.



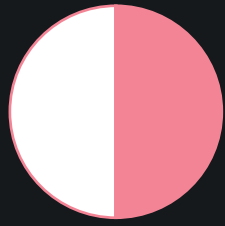
## CONTRIBUTION TO STRUCTURE

54% (27 respondents)  
contributed to the structure  
of the session.



## FURTHER SKILL DEVELOPMENT

16% (8 respondents) decided to  
progress their skill development  
through additional training.



## INTEREST IN LOCAL PROJECTS

50% (25 respondents)  
expressed keenness to take  
part in local projects.

# CUMBERNAULD THEATRE AT LANTERHOUSE



All photographs by Greg Mcvean

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