

The David and Quinta Woodward Family Fund
Impact report for grants made in 2021

Summary of funded projects and impact on beneficiaries

Programme	Date awarded	Grant recipient	Project	Amount Awarded	Number of beneficiaries	Number of volunteers involved	Outcomes
Neighbourhood Fund	22/02/21	Creative Kids	To support taster sessions of new artforms requested by the children - charity works with vulnerable children and families in Boscombe, providing safe and nurturing activities outside school hours	£3,500.00	1200	15	Sessions supported the skills, aspirations and self-esteem of children and young people taking part and the project contributed to a longer term partnership for the charity
Neighbourhood Fund	22/02/21	Dorset Parent Infant Partnership	Funding professional therapeutic services for new parents and infants, addressing issues with forming secure and healthy attachments and helping to improve and maximise stronger mental health	£1,500.00	50	1	Infants are happier and more contented e.g. sleep and eat better, digestive issues reduced. Parents report a reduction in depression and anxiety.
Neighbourhood Fund	22/02/21	Purbeck Youth and Community Foundation	Ongoing services for young people, to address the impact of Coronavirus in their lives - mix of online and outdoor services according to government restrictions	£2,500.00	120	8	Charity maintained contact with young people during lockdowns and continued to support mental wellbeing, reduce of isolation and risks of unhealthy behaviours

Neighbourhood Fund	22/02/21	Christ Church	Support for Communications Co-ordinator to promote community activities at this newly expanded Community Hub; activities to support recovery from Coronavirus	£1,500.00	3000	70	A range of community clubs and activities are now thriving including activities core young families, carers, youth club, community café and health groups
BCP Change for Good Fund	14/06/21	Safe and Sound Dorset	To support women moving into new accommodation; visits from support workers encouraging gardening for mental health & wellbeing	£1,000.00	4	2	Improvements in skills, responsibility and aspirations are supporting long term stable accommodation.
BCP Change for Good Fund	13/07/21	Helping Homeless Veterans-UK	Purchase of white goods, TVs and licenses for veterans moving from BCP provided accommodation into new homes	£500.00	2	2	The two Veterans are now off the streets and in their own affordable accommodation sourced by us using our contacts with local landlords
BCP Change for Good Fund	13/07/21	Hope Housing ,Training and Support ltd	Mental health support group for residents over 26 weeks	£1,000.00	52	0	Addressing anxiety caused by the pandemic and changes to benefits system, and supporting personal aspirations e.g. some clients began volunteering to obtain work experience
BCP Change for Good Fund	13/07/21	Bournemouth Ymca	Purchase of fridge & washing machine, for client moving from YMCA property into independent accommodation	£500.00	1	0	Client has successfully moved on from supported accommodation to council property
BCP Change for Good Fund	01/08/21	Bournemouth Christians Alongside Roughsleepers (BCARS)	Purchase of laptop and mobile phone to enable homeless people to access online resources during Community Meals and at the Healthbus	£550.00	12	3	Rough sleepers have been able speak to GPs, the council and access Universal Credit accounts. These resources have helped maintain communication with services that help them off the streets.

BCP Change for Good Fund	12/08/21	The HealthBus Trust C/O St Peters Church	Contribution to core costs for charity offering healthcare to homeless individuals, and introduction to other services	£950.00	100	10	By supporting health conditions, people then better engage with partner organisations who provide support to move off the streets.
DCF Bursary	10/11/21	Anon 1	Studying Electrical installation level 1 at Weymouth College	£398.41	1	0	Support for bus travel in order to attend college
DCF Bursary	10/11/21	Anon 2	Studying Level 3 Media at Brockenhurst College	£460.00*	1	0	Support for bus travel in order to attend college
DCF Bursary	10/11/21	Anon 3	Studying Film studies, English literature, Classical civilisation at Brockenhurst College	£150.80	1	0	Support for train travel in order to attend college (top up to college bursary)
DCF Bursary	10/11/21	Anon 4	Studying Access to HE professions at Bournemouth & Poole College	£854.70	1	0	Purchase a laptop for college work, and covering meals at college (ineligible for statutory scheme)
DCF Bursary	10/11/21	Anon 5	Studying Level 3 Military Prep at Kingston Maurward College	£956.60	1	0	Support for bus travel in order to attend college (top up to college bursary), and a laptop for college work
DCF Bursary	10/11/21	Anon6	Studying Level 3 creative media production & technolog at Weymouth College	£887.89	1	0	Purchase of high spec laptop suitable for course (confirmation from college)
DCF Bursary	10/11/21	Anon 7	Studying Level 3 Performing Arts at Yeovil College	£351.60	1	0	Purchase a laptop for college work
		TOTAL		£17,560*	4548 beneficiaries	111 volunteers	

* Please note: the underspend of £440 is due to student Tiago Rola who was initially awarded a larger amount, that was later reduced, as the college were able to contribute more for his travel than they originally advised. The underspend will be rolled over to the DCF Bursary for 2022/23.

Neighbourhood Fund - reports and case studies

1) Creative Kids

Our work makes a difference to people's lives because it offers equal opportunities for vulnerable children so that they may have the same life chances as their peers, it removes children from the streets which reduces anti-social behaviour and crime, (96% of children said they felt safe at Creative Kids), it closes the attainment gap for local children it saves the economy money as early interventions limit the need for costly intensive support work later (early interventions save the economy £75,000 per child), and it builds confidence and self-esteem (75% of children asked said they either felt very confident or confident once they had got to know someone in the setting). We help special educational needs children overcome barriers to learning by using touchscreen technology to express thoughts and feelings in film, photographs and audio rather than the written word.

Indirectly, our work offers respite to parents with complex social needs leading to healthier lifestyles and the freedom to attend interviews and return to work. It gives parents the opportunity to access support services such as Citizens Advice, counselling/therapy, Alcoholic Anonymous and Narcotics Anonymous leading to healthier lifestyles. We aim to decrease social isolation for families and increase community connections leading to sense of belonging and pride of place.

For this project, we bought in artists from Coda Fiddle Orchestra (run by charity Coda Music Trust), we had free Kid's film screenings, ukulele classes, printing with sunlight workshops, musical theatre, creative writing, capoeira dance, digital illustration, willow weaving, African drumming and arts and crafts, bubble therapy, podcasting, storytelling, creative writing, Bollywood dance, Irish dance, DJ workshop, circus skills, magic, clay workshops, stop motion animation, and painting. We have 923 subscribed families, so we repeated taster sessions with the same artists but different children to ensure everyone who wanted to try a new art form had the opportunity to do so.

This was a fantastic arts project that has shown us how we can use the creative kids studio space for more public facing sessions, and that out of all the activities we discovered that local children love to play the fiddle and ukulele the most! We have since purchased 35 ukuleles for classes and continue to work together with Coda Orchestra to offer free fiddle sessions every Saturday to local children in need. We now have a funding from Valentines Trust for a new part time arts manager who can coordinate volunteers, artists etc for future classes that will be a mix of paid and free sessions to ensure sustainability after one year.



Case study

During the project I have been undertaking one to one mentoring of a young person (age 15) who was brought to us as she was suffering from social anxiety because of Covid, and chronic fatigue. Her mother had taken her out of school as she was being bullied. She was extremely shy and nervous initially. We have spent the year training her as an art facilitator to support the arts project. She worked with the rest of the staff team in team building sessions, did her pediatric first aid and safeguarding training, and we encouraged her to take the Silver Arts Award (equivalent to an A* GCSE). She led a public digital arts workshop as part of the project. She was awarded the Silver in January 2022 for her amazing journey to a confident and inspirational leader. This is currently the only GCSE she has. She has been accepted to Brockenhurst College on the basis of her portfolio and the work she has done with us. We nominated her for National Child of Britain Awards, Young Leader. She was awarded a certificate of merit. You can view her portfolio here:

https://www.canva.com/design/DAEc9HkBYCs/Y3PXKsiAsVwR8kNmrLzMIw/view?utm_content=DAEc9HkBYCs&utm_campaign=designshare&utm_medium=link&utm_source=viewer

2) Dorset Parent Infant Partnership

The funding helped us to continue our psychotherapy service to local families. In the year to Feb 2022 we have helped 50 beneficiaries. The difference the grant has made is that infants are happier and more contented as parents who engage with us report a reduction in their own depression and anxiety. An improved relationship with their baby is established which leads to increased bonding and attachment. The subsequent life trajectory for health and wellbeing is significantly increased for the baby. In the present parents report that babies are more settled, sleep better, feed more easily and digestive issues are reduced.

Case study

L contact us with the following message

"My baby was born early. We've been in ICU and complete isolation for 8 weeks now. He's yet to meet any of our family, I haven't seen my parents, everything is all over the place. No midwife visits, no health visitors, all GP appointments cancelled etc. Feeling alone is being pushed to the limit right now. We spent 5 weeks in ICU, so the bonding has been tough. Now the night feeds and depression have sunk in it's getting tougher."

Presenting problems: Feeling sad and worried about her relationship with her baby, Worrying thoughts related to her baby and her ability to be a good enough mum, Struggling with bonding, Struggling to emotionally connect to her baby, Difficulty to comfort her baby when crying, Feeling guilty

L engaged in Parent Infant Psychotherapy for 10 sessions. She explored her struggles whilst being supported by the therapist to make sense of her new life experience. She needed support to understand that building a safe bonding with her baby is a process. She has learnt that for some parents bonding is immediate, but for others it takes longer. She was supported to allow time to get to know her baby, acknowledging her emotions and worries. She processed her guilt and this allowed her to accept her vulnerabilities, learning how to cope with challenging situations. She initially struggled to emotionally connect with her baby, however, the development of being able to process her emotions enabled her to become more emotionally available to her baby. She learned new ways of comforting and helping the baby to settle. Her confidence increased, which helped her build a safe relationship with her baby.

At the end of therapy L reported a major change within her life which reflected in improved bonding with baby, better sleep, better appetite and better relationships. Her confidence and trust have improved allowing L to enjoy her life as a mum, making the most of her time with her baby. Even if the focus of the therapy was the parent-infant relationship L's own wellbeing has improved. She has started to enjoy the things she used to. Her overall life is balanced and she is in control of things around her. At the end of therapy L. presented with a positive mood enjoying her new life with her baby.

3) Purbeck Youth and Community Foundation

We went out to meet young people using an outreach vehicle in the community. The sides lift up so you are outside and inside and we can put tables and chairs alongside - ideal during Covid. The vehicle was used in our holiday activities which took place outside our club locations in Swanage, Wareham, Wool and Corfe. We also ran our open access activities (meeting outside) using this grant, mainly in Wareham. This enabled us to meet up with young people so they were less isolated and improved their wellbeing . It provided activities and parents were pleased to have opportunity to engage in something local, especially those with children who have special education needs. We had kept going when many things shut down.

Covid was a huge challenge and we were mindful to wipe things down use hand sanitiser and keep outside as much as possible. In the summer delightful, but in cold dark evenings more challenging. Some young people had become anxious about going out and needed encouragement to get back into socialising. Some young people had just done their own things and did not want to get back into more organised activities and some had got involved in undesirable activities . Outreach and patience were required. The grant enabled us to keep in contact with young people from our clubs and made return to clubs easier.

We asked young people across the clubs about our activities - feedback indicated they felt safe in our activities, they could trust workers & volunteers and mostly could talk to them about any worries. They were pleased to meet friends in a local venue where they weren't pressured to do things. They suggested some trips in addition to ones we actioned. Many said keep doing what we do because we really all enjoy it here. They liked the variety of things.



We eventually started with some small numbers inside and we're now using our inside venues but Maintaining some outdoor activity. Young people have regained confidence, shared worries and supported each other and had some fun after a hard time. Having a safe place with trusted adult is very important. Wareham is on a direct railway line between London and Weymouth making it more vulnerable to county lines dangers.

Case study

One young person with Special Educational Needs found linking with other young people difficult. Over time he started joining in our games with the balls and he enjoyed football. We have heard from his parent that led im to joining in with football at school and being more integrated with other young people and they have noted a positive increase in his wellbeing across all areas.



4) Christ Church

We are very grateful for the grant from the Dorset Community Foundation which supported our Communications Coordinator, who promotes and increases the community activities at this newly expanded Community Hub based at Christ Church, Creekmoor. The overall Community Hub vision has been to grow community, with community activities put in place as a result of our Community Consultation. In order to 'Grow Community' it is really important that we communicate effectively so our community knows what activities are available for them.

The activities carried out include website and social media management, posters and flyers for community events e.g. Christmas activities, Police visiting, Easter activities, The Hub Café, Under Ones, Creative Expressions; The Hub flier – distributed to every home and business in Creekmoor; pavement signs and banner for The Hub Café; Magazine articles; Room Hire advertising.

Over the year we have discovered a particular need for additional support as a result of Covid isolation in young families, young people and older people. We are providing support for these individuals through the activities below, the advertising of which was carried out by the Communications Coordinator:

- The Hub Café with a small children's play area provides light meals plus a 'Hot meal deal' on a Thursday. (Reducing loneliness and isolation)
- Carers' Course and drop-in café run in partnership with the Birchwood Medical Centre
- Creative Expressions Craft group including a 'French Conversation area', includes many older people who are becoming more active as a result
- 2 x Parent and toddler groups; 2 x Under ones groups for vulnerable Mums; Child Minder support group; After School club; Youth group. (Reducing lack of family support/split families/struggling young Mums/issues with teenagers)
- Room hire for the Community and local businesses. Now used by Flu clinics/Slimming world/U3A/Pilates/Soroptimists/Book Group/Social groups etc.



We are in discussions with the following about expanded/new services:

- Prama re additional support tailored for specific groups of older people, particularly around loneliness and isolation and mental health
- Birchwood Medical Centre re extending our existing partnership to provide additional support for those living with Dementia
- Faithworks Wessex and the Foodbank re financial support with debt prevention and management

Case study

"I have been coming to Creative Expressions for six months, since it reopened after lockdown. I have literally found it a life saver. As a carer I don't get out very much but have managed to keep Thursday mornings free. The group that meets is of varying ages and they have multiple talents and loves. It has really broadened my horizons. We always have an uplifting reflection each week. We have a lovely lady who spoils us with tea and biscuits. I am so glad that I became a member, it's my special day of the week."

"I am a teacher and can see how much work was put into this (Treasure Seekers Easter trail). Such a high standard, thank you for your hard work, my children really enjoyed it. We really enjoyed finding the Easter Eggs, a lovely idea and great way to be outside with the children."

- A Carer asked if she could volunteer in 'The Hub Café' – she tells how much she enjoys it and that it has such a positive difference to her life;
- A Gentleman who visits the cafe said he is so pleased to have somewhere to go as he is on his own and had waited years for a Creekmoor cafe

We are very grateful for the support of the Dorset Community Foundation who have supported us so generously. We hope to be able to work with you further in the future. You would be very welcome to visit.

BCP Change for Good Fund - reports and case studies

5) The Healthbus Trust

The HealthBus provides a specialised mobile health facility that travels to places where people sleep rough, providing basic health care, a GP service and access to addiction and mental health support services. The HealthBus is helping to reduce the incidence of preventable illnesses and diseases in people who are homeless, by providing accessible and appropriate medical care, at the point of need in the Bournemouth area. More than 90% of our patients have 2 or more chronic health conditions. The service provision is designed to be appropriate and accessible, supporting people as they move away from rough sleeping.

During 2021 the HealthBus registered a total of 154 new patients, provided 4 clinical sessions per week, completed 1,794 GP and Nurse appointments, and administered 407 vaccinations (Covid-19, Flu and Pnuemo Vaccinations). By supporting people with their health conditions - we are enabling them to better engage with our partner organisations who provide them with the help and support to move off the streets and into accommodation.

For a number of case studies, please follow this link: <https://healthbus.co.uk/stories/>

6) Bournemouth Christians Alongside Roughsleepers (BCARS)

Rough sleepers have used the phone where their phone doesn't have credit or has little credit. They use it to phone agencies, especially one's where there's a queue to speak to someone eg the doctor or the council. Those who are in emergency accommodation and rough sleepers use the laptop, mostly to access their Universal Credit account. This has helped rough sleepers to be in communication with services that have helped them off the streets, and has helped both rough sleepers and those in emergency accommodation to organise their finances and keep Universal Credit updated with any changes and check their "to-do" lists. The phone and laptop are at a Community Meal on Tuesdays and Fridays, and the Health Bus on a Thursday morning. These facilities are used by rough sleepers, and they sometimes continue to use the facilities once they are off the streets, so it's great we can continue supporting them.

People are grateful for the use of this facility. Thank-you for all you do! This is a fantastic resource.

7) Helping Homeless Veterans

Purchase of white goods for two Veterans that we housed in the Dorset Area who unfortunately found themselves homeless due to relationship breakdowns caused by Mental Health Issues that were exasperated at home due to the pandemic. The two Veterans are now off the streets and in their own affordable accommodation which has taken them off the streets and they are now living in their own affordable accommodation sourced by ourselves using our contacts with Local Landlords in the Dorset Area.

"I want to thank everyone at HHVUK for everything that you have done for myself I honestly thought I would spend forever in my car and you have now given me the courage to face up to my own issues and I can now deal with these from the comfort of my own home. I will forever be grateful"

As a small charity carrying out a huge amount of work I would like to personally thank you for this grant which has enabled us to help another two local Veterans with cooking and washing facilities.

8) Hope Housing, Training & Support Ltd

We ran a mental health support group over 26 weeks for 2 hours per week, for up to 10 people per session - on average, we had 5/6 people attend and also conducted some sessions online due to covid. It was a difficult period of time for most of our residents due to the constant changes to covid restrictions together with changes to the benefits system which caused a great level of anxiety. However, some of those that attended, managed to start volunteering to obtain work skills in areas such as retail (charity shop volunteer) and maintenance here at Hope Housing. The grant was priceless in terms of enabling us to offer residents direct and specific support around mental health via a trained Mental Health Support Worker.

Very easy process - thank you for all of your support. It really does make a difference.

9) Bournemouth YMCA

This client is an ex-offender and spent time during his life in prison and hostels. Whilst at YMCA he remained abstinent from drugs and alcohol. He describes moving into his own accommodation (council property) as like a dream come true. He was able to get some items with the help of Faithworks and through Dorset Reclaim, but the grant funded items have helped him to regularly invite his children to stay as he can wash and cook for them.

"I came in here broken, starving and cold. I had my struggles to begin with and then one day I decided to ask for help. I sought out help in the Bible studies and the groups. I kept asking for help and things fell into place. I've now moved out into my own place and I'm doing well. I'm looking forward to coming back and serving over Christmas and hopefully be an example of what can happen when you choose to accept the help that's on offer. You can come into here and resist the help and continue to go down the hole of addiction and struggle. Or you can ask for help and succeed. YMCA saved my life and saved me from me."

10) Safe and Sound Dorset

The grant was used for staff hours, vegetable boxes/pots, soil, seeds and tools. The housing support worker supported women 1-1, to check in with women once every week or fortnightly, particularly to encourage a personal project (home growing) to help stabilise some women. The support worker spent time 1 to 1, to develop self confidence, self esteem and achievement of personal goals, which may impact other life skills such as conflict resolution, anger management, combating loneliness and isolation, building community and camaraderie in order to be life changing. The skills learned in looking after plants, gardening, watering and watching vegetables grow involves not just a new hobby but engages personal responsibility and is a transferable skill to other areas of people's lives. When people started to take responsibility in one area we noticed other areas improving such as wanting to get out of debt, sorting out finances and wanting to get a job. This in itself will benefit the service users and hopefully lead to long term stable accommodation.

"When Safe and Sound Dorset offered me a veggie box to grow in I couldn't believe it. Being a new gardener and having my first little space to use has brought me so much joy. I call it my little urban farm. It's done wonders for my mental health and physical health too. It's a small manageable space that brings me so much peace, contentment and tasty treats. I'm growing onions and lettuce in it at the moment. I'm so grateful for that opportunity provided by Safe and Sound Dorset."

"I have got into gardening and enjoying time outdoors. Having my own little bed to plant veg or plants in helps me feel more in charge of my life. Often I feel I have little choice and ability to decide things for myself. Being able to choose what I plant and take care of growing things helps me value myself more and take care of myself better. It improves my confidence and self esteem which can be very low at times."

It has been a tremendous help to us as a growing, expanding charity to have had such a lot of help from DCF and the grants that come through your organisation. These little projects make such a difference to people in their everyday lives, as well as the larger amounts which help with our staffing and core costs. Thank you so much.

DCF Bursary – case studies

Anon 1

“I have had a very difficult childhood. This resulted in me coming into care in 2019 when I was 16. I used to live with my 8 other siblings until then. It was very difficult for me to leave my siblings and live with strangers (even though they are nice). However I understand that we are all better off where we are as at least we are safe now. Since leaving my family home I have received the support and help I needed. My additional learning needs have been identified and I am provided with the extra help I need in order to achieve. I have had to overcome many personal challenges. It would be easy for me to have become very angry with everyone or hidden away and withdrawn. I have decided to work as hard as I can so that I can become a better person. I don't want what happened to me to affect the rest of my life. I want to be successful and happy. In my final year of school I was given the opportunity to undertake a constructions skills course at Weymouth College. This course allowed me to try each of the 4 main trades. Plumbing, brickwork, carpentry and electrical. It was during this year that I decided that I was most interested in electrical installation and that I want to become an electrician after I finish college. My friends uncle is an electrician and he has a good life which is also partly why I picked electrical.”

Anon 2

“I am an only child and live in a single parent home with limited contact with my father who lives abroad. My mother completed her nursing training 2 years ago and now works full-time as a senior mental health nurse, prior to this she had 18months of treatment for breast cancer which put a financial strain on the family. I have a diagnosis of Autism Spectrum Disorder which mainly effects my communication skills. Before going to Ferndown Upper School I struggled academically however being in senior school was life changing and I thrived in a new a teaching environment passing all my GCSE's with a 4's except for English in which I managed a 3. Although I was offered a place in Ferndown Upper School 6th Form I wanted to expand my horizons and independence in a college environment while taking a vocational course in media. My mother provides financial support to attend college and £900 is a significant proportion of her income, last year she was still in receipt of working tax credits.”

Anon 3

“We struggle as a family with money, and it would be hard for us to be able to have the money up front to pay for the train. We just don't have spare money to be able to do that. Having the school pay part of the train pass, and yourselves pay the other, would be a huge burden off my parents minds. And also my own. I'm not even sure that I would be able to go to college if we had to worry about the train fare. It would be quite a lot for my family to worry about.

I have developed a passion to writing and reading over my childhood and teenage years, and I have a desire to study and understand novels, plays and general writing in a comprehensive manner. I often indulge in my own forms of writing and study, and like to analyse and decipher the meanings and ideas behind novels, and writing down my findings and studies. I believe that writings provide insight to the culture and society of different time periods. In my free time, I like to write eldritch horrors and dystopian novels. I like to experiment with different genres of writing and even read often to invoke new ideas for what to write and create. This helps me to stimulate my creativity and imagination, and allows me to consider the bigger picture in my writing and reading. This lifestyle has helped me develop into a patient and persistent individual, when it comes to every day tasks and has made me very perceptive as a person. My career ambition is to become an author or someone along the field of English Literature. I am also happy to become an English Literature teacher or professor, as I want to express how it can teach many skills and can help build up creativity and spark ideas within individuals. I hope to also be a positive influence on how the knowledge of reading can bring a positive impact on somebody's life.”

Anon 4

"I have worked as a HCA since 2018. I am pursuing a mental health nursing career. The grant would mean I'm not worrying about money. The main help would be a laptop so I can do my studies at home. I have a nearly two-year-old daughter who I am solely financially responsible for so, she is my main priority. I'm determined to give my daughter a good life and build my career."

Anon 5

I have no other way to get to collage other than the but provided and my parents can not afford this. I need a laptop to complete course work. I have been in the ACF for 2 years. This has lead me to want to join the Army as my job when I have finished education. I hope the course I am doing will lead me to this."

Anon 6

"My family is not financially in a position to afford a laptop at this time and a laptop is a key part to this media course. A bursary would be a great benefit to my studies as it creates access to doing work and keeping up to date. It would also mean I wouldn't be at a disadvantage to others on my course. This media course is very important to me as I have always had an interest for media since school. I am planning to continue this subject onto university where I can set up my future with the best possible grades, without a laptop I'm not sure if this would be possible. It would make a difference to my family as we will not have to stress over finding money for this laptop as we do not have a high enough income and have no other place to gather it from. My career aspirations are to possibly set up my own business within media... another is to be a photographer or a TV/film producer and I feel I have what it takes to pursue these aspirations."

Anon 7

"I have recently moved into a Supported Accommodation in Dorchester after leaving my family home, so I am now living independently with a small amount of support from staff. I am currently not receiving any benefits as I am not yet 18 years old. Being able to afford the essentials to enable me to complete my course is not likely due to this, which is why I am applying for the bursary. I am very eager to complete my course as this is the only thing in my life that has not changed and makes me feel settled. I chose this course as more of an eye opener and it really appealed to me. I wish to be a choreographer in shows and music videos."