



## Information Sheet

### **What is the Spotlight Project?**

The Spotlight Project is about bringing together young people in and around Winsford for fun, friendly and active sessions at New Images Youth and Community Centre. Taking place on Tuesday evenings, Cheshire Dance and The Mind Body Balance Academy will be running dance & movement and boxing fitness sessions simultaneously. Young people are invited to come along and take part in the sessions that interest them; to try out new things and meet new people. Also present will be Youth Fed to support young people with their mental health and any challenges that they are facing.

### **Who is the Spotlight Project for?**

The Spotlight Project is for ages 11-18 (high school ages) for young people in and around the town of Winsford. Beginners and those with no previous experience are welcome.

### **When will the Spotlight Project be taking place?**

The Spotlight Project sessions will begin on Tuesday 8<sup>th</sup> November for 18 weeks, ending on 28<sup>th</sup> March. Sessions will run on a weekly basis during CW&C term time from 7pm until 8.30pm at New Images on Nixon Drive, CW7 2HG Winsford. Dates may be extended beyond March – TBC.

### **What are the aims of the Spotlight Project?**

The Spotlight Project aims to improve confidence and build resilience in young people through physical activity sessions, with open access to mental health support (where required). Cheshire Dance, The Mind Body Balance Academy and Youth Fed will work together to help young people to find coping strategies to help them take control of their mental health. The project will help young people find new ways to be active and will focus on their personal development as they grow into adulthood.

### **What environment will the Spotlight Project be?**

The project will create a safe and supportive environment for young people to learn new skills and find new passions that will benefit them both physically and emotionally. They are able to take part in both dance and boxing fitness – or can alternatively just take part in the activity that best suits them. They are able to swap and change to find out which activities feel more comfortable to them. The environment will be friendly, non-judgemental and without pressure.

### **Does the Spotlight Project accept referrals?**

Youth Fed will be present for The Spotlight Project sessions and welcomes referrals for individuals with low level mental health challenges. Please contact us should you require more information.

Please direct questions to Josie on 01606 861 770 or contact: [Josie@cheshiredance.org](mailto:Josie@cheshiredance.org).