Impact report: The Y.E.S Project Sept '25 - Aug '26

Summary:

The Y.E.S Project (Youth Empowered Space) which delivers Dance and Movement sessions to inactive and disadvantaged young people, started in Brighton in 2019 and Crawley in 2021. Since then, the project has grown and developed to have a trusted track record in engaging, empowering and inspiring young people who are often excluded from traditional Dance and Movement activities due to access and financial barriers across Sussex.

Over the last academic year, The Y.E.S Project delivered 17 projects across Sussex. This consisted of 14 in Crawley, 1 in Brighton, 1 in Horsham and 1 in Hastings. We engaged a total of 640 young people in at least one project session or at events, with 308 returning as regular participants every week.

Due to funding and capacity, this represents a decrease in the number of projects delivered and young people reached compared with last year. However, this is due to our Brighton delivery pausing and we have managed to stay consistent, in our delivery across Crawley, Horsham and Hastings.

We are proud that The Y.E.S Project has been selected as Everyone Active Community Champions for K2 Crawley for the past two Community Champion rounds. This has allowed us to provide new opportunities for our Young People, such as an Easter Intensive event.

The Y.E.S Project was also awarded "Outstanding Community Project of the Year" by Everyone Active, with one of our Young Leaders recognised in the "Local Hero" category.

Project objectives

- To deliver weekly Dance and Movement sessions to young people who face barriers to participation.
- To develop and improve participants' leadership, confidence, creativity, teamwork and performance.
- To ensure service is youth centred, giving YP a sense of ownership and responsibility.
- To deliver sessions designed by young people for young people, creating a space for all to flourish.

Output table



From September 2025 - August 2026 we have:

- Delivered 17 Y.E.S Projects across Sussex
- Delivered 9 Engagement Sessions/Events for Partners.
- Reached 640 Young People through all we do.
- 308 Young People attending sessions weekly.
- Supported SEND participants from Horsham to perform at DanceHub events for the first time.
- Given our Young People the opportunity to help and perform at 11 local events.
- Delivered 6 Youth Voice sessions
- Deepened partnerships with CCYS to develop our Youth Leadership pathways (Gen Y.E.S) and "Big Build Project" at Dormans Youth Arts Centre.
- Expanded delivery via targeted sessions for the Chagossian community, working with the CYEP (Chagossian Youth Empowerment Programme)
- Started to pilot Y.E.S Media, a new initiative, upskilling Young People in media

Impacts and outcomes

From our most recent survey:

- 90% of our YP have no access to Dance outside of Y.E.S.
- 90% have improved confidence as a result of Y.E.S
- Y.E.S has helped 100% with their mental health
- 100% agreed that Y.E.S has improved their skills



How did we do?

“YES Project helps improve my dancing and makes me more confident. YES Project is very fun and I like all the teachers, they are really fun and nice” - Y.E.S Participant

“You can come as you are with no judgement”” - Y.E.S Participant

“I can express how I feel.” - Y.E.S Participant

“It is just what we have been looking for - a really happy, friendly and supportive environment where she can express her love of dancing without being judged.” - SEND session, feedback from Parent

“I love coming to the Y.E.S Project because I think that it is very fun and inclusive and I love how it is accessible for everyone” - Y.E.S Participant







Thank you to our Funders, Partners and Supporters:

