



**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 at 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 Bullying had made her withdrawn and very nervous.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 happen 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 were 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 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 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 all the 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 of the 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>

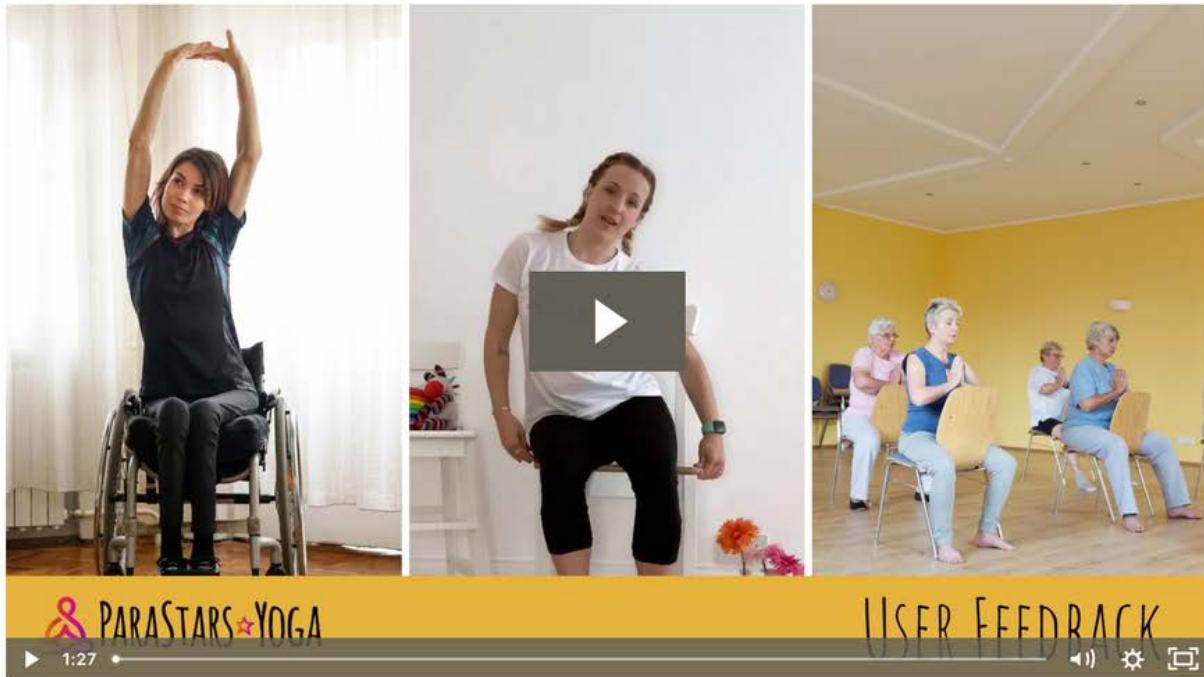
Watch us on Children in Need -
https://youtu.be/_SKI-eRKhy8

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)



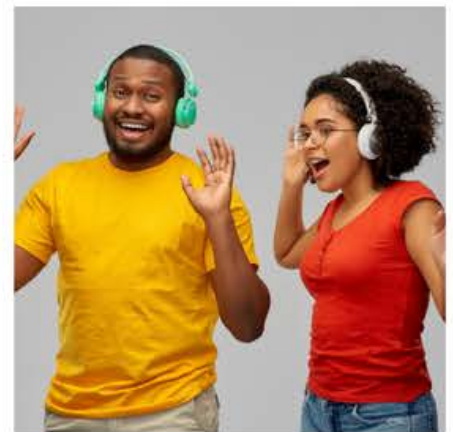
Emily - Challengers

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

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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

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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 oversee 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.