

New dance group started for young people in Wrexham and Mold

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A young woman from Wrexham, who found confidence through dance, is working with a local group to help other young people in the area.

Fixer Debbie Baker, 25 and from Ruabon, wants other young people to feel good about themselves by getting involved in dance, especially if they are feeling low. The activity is also recommended by the NHS as a way for young people to deal with things like exam stress.

"It's something I've always wanted to do. Before dancing I wasn't confident and I didn't really speak to anyone," says Debbie.

"I used to have a really negative view of myself. Now, when I dance, it lets everything out. It's the real me, a form of self-expression."

Working with Fixers, a charity which supports young people to 'fix the future', Debbie has designed posters advertising the dance sessions in Mold and Wrexham for young people aged 15 and over.

The classes, taught by New Dance and supported by the Arts Council of Wales, run:

- every Monday from 4.30-6pm at the Dance Studio, Coleg Cumbria (Yale College, Wrexham; and
- every Tuesday from 7-8.30pm at The Clwyd Room, Clwyd Theatre Cymru, Mold.

New members are welcome at any time.

A final performance showcase will be held on Tuesday 10 December at 7.30pm at the Clwyd Room, Clwyd Theatre Cymru, Mold.

Naomi Coatsworth, 18, attends the Monday night session in Wrexham.

"I find dance very energetic and enjoyable. It is a good experience and I like to have a goal to work towards," says Naomi.

"Performing to others lets me showcase all that I've learnt."

Debbie is still keen for more people to get involved. She says: "I think many people can be a bit shy. If they take part in this project I think it will bring out the real them."

"I'm hoping that even more people will come along and join us."

Fixers is a charity which supports young people across the UK to take action and change things for the better, addressing any issue they feel strongly about.

How each Fixer tackles their chosen issue is up to them – as long as they benefit someone else.

The award-winning Fixers project has already supported over 10,000 young people to have an authentic voice in their community.

Each Fixer is supported to create the resources they need - such as films, websites or print work - to make their chosen project a success.

Now, thanks to a grant from the Big Lottery Fund, Fixers aims to work with a further 20,000 young people over the next three years.

For images, interviews or more information, please contact Sue Meaden in the Fixers Communications Team by email sue@fixers.org.uk or phone 01962 810970.

There are lots more stories about young people doing great things on the Fixers website, Twitter and Facebook pages:

<http://www.fixers.org.uk>

<http://www.twitter.com/FixersUK>

Media:



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Notes to editors:

- Fixers started in England in 2008. Now with a £7.2 million grant from the Big Lottery Fund, Fixers is extending into Wales, Northern Ireland and Scotland. To date, over 10,000 young people across the UK have become Fixers and created 1,130 projects.
- The Public Service Broadcasting Trust is a charity that brings together mainstream broadcasters, public and voluntary sector services, and viewers.
- The Big Lottery Fund (BIG), the largest distributor of National Lottery good cause funding, is responsible for giving out 40% of the money raised for good causes by the National Lottery.
- BIG is committed to bringing real improvements to communities and the lives of people most in need and has been rolling out grants to health, education, environment and charitable causes across the UK since June 2004. The Fund was formally established by Parliament on 1 December 2006.
- Since the National Lottery began in 1994, 28p from every pound spent by the public has gone to good causes. As a result, over £29 billion has now been raised and more than 383,000 grants awarded across arts, sport, heritage, charities, health, education and the environment.
- Margo Horsley, Chief Executive of Fixers says: "Fixers started in 2008 as just an idea... an idea given a voice by over 10,000 young people over the past five years. They have reached thousands of people with their work, on a national stage as well as in and around where they live. They choose the full array of social and health issues facing society today and set about making their mark. Fixers are always courageous and their ideas can be challenging and life-changing, not just for themselves."
- Peter Ainsworth, Big Lottery Fund UK Chair, says: "The Big Lottery Fund is extremely happy to be supporting Fixers to engage with more young people to change things for the better. Thousands of public-spirited young people across the UK are campaigning to make improvements in their own communities. By providing a platform to highlight their voluntary work and many achievements, Fixers demonstrates the positive contribution thousands of committed young people are making at a local level and challenges negative stereotypes."

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