

Taiwanese Women's Dancing Club



Project overview

The Taiwanese Women's Dancing Club provides a place for women to enjoy physical activity and social interaction.

Thanks to a Participation for CALD Seniors Grant, participation rates in the program doubled.

Project description

Women from Taiwan, China, Singapore and Hong Kong get together each month for a range of activities, including stretching, tai chi, line dancing and socialising.

Project model

- The group learns and practices traditional and modern Taiwanese dancing and line dancing.
- The group meets every Tuesday from 9.30 am to 11.30 am at the Box Hill Community Arts Centre.

Budget

Category	Amount
Total project cost:	\$3,000

Project challenges

Many members have had to stop participating due to health or mobility reasons, to address this, transport support was provided to seniors to travel to the activity.

Project outcomes

- Participation rates doubled.
- For many participants, the club provided the only opportunity they had to engage with people from a similar cultural background.
- For others, it provided respite from their role as carers for their partners.
- The club has become a place in which additional support needs can be identified and women can get information about local community and health services.
- Many women have received referrals to home care support as a result.

Project sustainability

The club continues to provide activities at the Box Hill Community Arts Centre.

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