



**CHATS
PALACE**

**The Palace Club
Jan – March 2019**

Chats Palace is an arts centre with a civic role, empowering local people. We view the arts, with their inherent ability to provoke, catalyse and shape how people engage with the world around them, as the way we can make a positive contribution to the life of our borough. Our equality-driven programme is shaped by a 40-year track record of engagement with our local community to identify and address issues of public concern. By devising and delivering projects that focus on those who are marginalised, excluded or without a voice, we combine artistic and social interaction to engender positive, life-long change.

The Palace Club is one element of a programme that reaches out and enable processes for Hackney residents to play an active part in their community. Running for 13-weeks, the Palace Club will deliver a project framework of weekly music and singing sessions for 45 of Hackney's older residents (65+ years). Sessions will take place on Tuesdays (10.30 – 12.30), providing a stimulating and enjoyable activity designed to tackle social isolation and improve the well-being of this vulnerable group. At the end of each weekly session the participants will share a healthy lunch and enjoy entertainment provided by project partners Hackney Voices (community choir) and Hackney Community Orchestra.

Underpinning the project will be a volunteer programme delivered with Project Indigo – a Hackney based LGBTQ youth project for people aged 13-25yrs. The Palace Club will be free to join, with no weekly stipends and free Community Transport will be offered to participants. As part of this project, the Palace Club participants will work with Chats Palace team to create their own event for Chats Palace Fun Palace Weekend (6&7 Oct 2018). Inspired by Joan Littlewood's motto 'the genius is everyone' this will ensure that Chats Palace's programme continues to embrace local culture made by local people.

At Chats Palace we continually plan ways our work may be used to drive key local health, social and placemaking agenda. City & Hackney Health and Wellbeing Profile 2011/12 noted the high and rising levels of older residents suffering from depression. According to Age UK, more than 2 million people in England aged 75+ live alone, and more than a million older people say they go for over a month without speaking to friends, neighbours or family. From short term benefits around enjoyment of a shared social event, we have structured this project to assist participants to become more active and involved in their community. As the project progresses they will feel more visible and cared for, lessening feelings of isolation and abandonment. There is considerable information currently available around the benefits of arts and music in health – the 2012 National Institute for Health and Research study found that community singing was a cost-effective way of improving health and wellbeing for elderly and vulnerable people. The Palace Club has been conceived as an elders' service delivered via participatory arts project - engaging those who would benefit most from this kind of mental and physical stimulation. By supporting these elders to gain back their voices we will hold them close in the heart of the community and encourage them to keep their independence and positivity for longer.

The combined experience of our project partners and evaluation of previous projects including Hackney Turtle Song (Spring 2017) and Key Words Hackney (Summer 2017|) gives us a clear sense of how to best deliver projects in different settings. By offering pastoral support we can ensure participant and volunteer well-being and their positive engagement.

The participation of young volunteers is an essential part of the process, allowing people of vastly different ages and experience to learn from each other so that intergenerational co-operation may help to break down barriers and reduce stigma. Every participant and volunteer will come to feel ownership of their Palace Club.

Measurable outcomes delivered by this project will include 13 weekly club sessions and 1 Fun Palace weekend event comprising an elders service delivered to 45 isolated older people in Kings Park and Hackney Wick wards. Through our project partners and volunteer programme we will engage with a further 60 residents. Short term benefits will begin with enjoyment of a shared social event, developing to participants becoming more active and more involved in their community. As the project progresses they will feel more visible and cared for, lessening feelings of isolation and abandonment with the related benefits for mental health and wellbeing.

Paula Van Hagen
23 Aug 2018

Budget – overview

Expenditure		
Project Personnel:		
Workshop Leader	13 (9) sessions incl planning @ £125 per/session	£ 1,625.00
Project Co-ordinator	13 (9) sessions incl planning @ £100 per/session	£ 1,300.00
Volunteer Co-ordinator	13 (9) weeks @ £100 p/wk incl recruitment & training of volunteers	£ 1,300.00
Volunteer Programme	Planning, training & expenses	£ 450.00
<u>Sub-total Artist Fees</u>		<u>£ 4,675.00</u>
Venue:		
Room hire*	13 (9) sessions @ £250 per session	£ 3,250.00
<u>Sub-total Venue Costs</u>		<u>£ 3,250.00</u>
Direct Activity Costs:		
Session catering	tea/coffee/biscuits & lunch - 13 sessions	£ 1,170.00
Community transport vehicle (Hackney Community Transport) + driver	13 (9) x weekly door-to door trips	£ 850.00
CD Production **	recording Fun Palaces event and producing copies	£ 200.00
<u>Sub-total Direct Activity Costs</u>		<u>£ 2,220.00</u>
PR & Marketing:		
Poster/e-flyer design & production	for recruitment + publicity for sharing	£ 400.00
<u>Sub-total PR & Marketing</u>		<u>£ 400.00</u>
Total Expenditure		£ 10,545.00

