

Living It Up

PERFORMING ARTS CENTRE

About Living it Up

Living It Up became a Community Interest Company in 2015, however it has been a community project for the past 7 years. It was originally set up to promote a campaign called Stay Up Late which was started to enable people with a learning disability to lead full and active social lives. Living It Up currently run pub and club style events for people to meet friends, dance, see a band and have fun. The events run till late and are in mainstream venues. Living It Up has over 400 members with an average of 150 people going to each event. Living It Up has recently started a Friendship and Dating project to support people to meet new friends or form relationships.

The Performing Arts Centre has come about from listening to the views of members of Living It Up who feel there is not enough provision for people to learn and practice performing arts. At a recent members committee meeting everyone voted unanimously that Living It Up should offer alternative performing arts opportunities. The Centre will be opening in September 2016

Aims and Objectives

- To provide day, evening and weekend opportunities for adults with a leaning and other disability. This is including (but without limitation) people who have sensory and communication needs, physical disabilities, autism, and behavioural, emotional or social needs.
- We will provide activities which are performance arts related but have been chosen and developed by people who use the service. It will be carried out by experts and supported by staff who are fully trained and competent.
- Each person will be assigned a keyworker who will oversee that person, complete care, attend reviews and ensure needs are being met.
- We will work in a person centred way and promote individuality, choice and independence.

Living It Up Events CIC – Company Number 08859236
Postal address – C/o CVS, 43 Bromham Road, Bedford MK40 2AA
Phone number – 07964 067443
Email – livingitupinfo@gmail.com
Website - www.livingitupevents.co.uk

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- We will enable people to develop and maintain important skills that may enable people to move into voluntary or paid employment.
- Each person will have an individual care plan which is a working document and personalised to each individual. These will contain important information such as medical information, contacts, guidelines, risk assessments as well as goals and aspirations.
- To enable people to work in and access the wider community. To educate and inform the community about being inclusive.
- For people to be given the opportunity to make decisions and develop the service and to hold regular meetings for people to have their views listened to.
- To form and maintain links with other voluntary, community and statutory organisations.

Description of services

The PAC will be held in St Cuthberts Hall, Bedford. St Cuthberts Hall has a central position in the town Centre which is ideal to access the wider community.



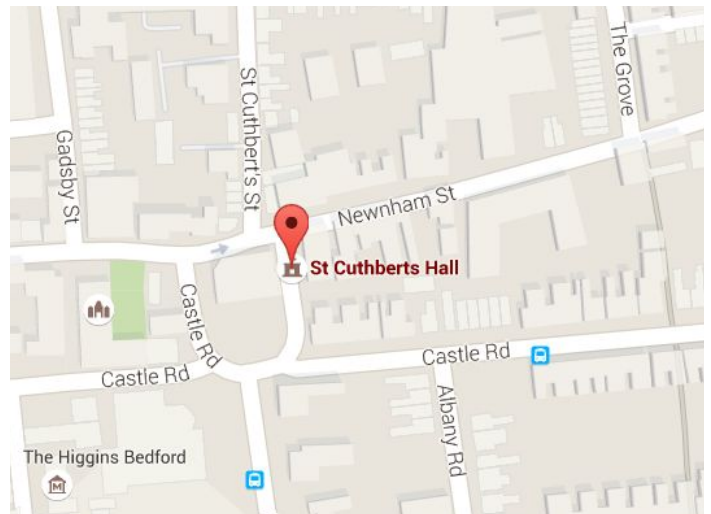
St Cuthberts Hall
Newnham Street
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St Cuthberts Hall has

- Accessible Toilets
- Tea and coffee facilities
- Entrance
- Main Hall
- Small Hall (upstairs)
- Staging
- Store Room
- Wheelchair Access



There is no car park attached to St Cuthberts Hall but there are ample drop off places to the front and sides. We will have staff 'runners' supporting people to and from the hall.

Living It Up will not provide transport to the venue. People will need to make their own travel arrangements.

The Performing Arts Centre will be run by a Manager, a Deputy Manager, support staff and volunteers. There will be experts coming in to run sessions. Staffing will depend on the needs of the people attending.

Initially the PAC will be on Tuesdays 9.30am -3.30pm. This will change and become more flexible as the service grows. Already Living It Up have evening activities available through our Events and Friendship and Dating projects. The PAC will be closed between Christmas and New Year and on bank holidays.

Sessions will be developed depending on who attends. The ethos of the PAC is that it will be totally user-led where people can choose what they would like to do and be part of developing sessions. Sessions will be run by experts who have skills, experience or training in that area. There will be different sessions run during the day. Morning sessions will be 10am-12pm and afternoon sessions will run 1pm-3pm. There will be lunch and coffee breaks in between.

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Description of services offered

Living It Up passionately believe that performing arts can be highly beneficial to people with disabilities, enabling people to express themselves in different ways and increasing confidence and self-esteem. All sessions will be completely inclusive taking everyone's needs into consideration.

The Performing Arts Centre will offer a range of activities but nothing will be set in stone. The ethos of the Centre is to provide alternative opportunities where staff will be supporting people who attend to choose and develop sessions. Sessions will be run by people who are experts on the subject. Below is a list of some of the things that may be on offer:

- **DJ and karaoke workshops.**

Lots of our members have expressed the wish to DJ. Living It Up have all relevant equipment for people to learn how to DJ and run and perform karaoke. Once people have trained the project could be booked to DJ at Living It Up events and parties.

- **Drama workshops**

Taking part in drama can increase self-confidence, communication skills and is lots of fun. Living It Up will run drama workshops teaching new skills and techniques and working towards performing to friends and family or to the community. There will also be opportunities to learn behind the scene skills such as makeup, sound, lighting, props and scenery.

- **A choir**

Living It Up will offer the opportunity to learn how to sing and be part of a choir. People will get the chance to sing different types of music and be around others with similar interests. Members will gain confidence by singing within a group. Potentially the choir could perform at different venues within the wider community.

- **Music making workshops.**

People will be given the opportunity to learn about music including learning a musical instrument, composing, song writing and beat making. We could possibly form a Living It Up band which could perform at our Events or within the community. Glastonbury here we come.

- **Dance workshops**

Dancing is a brilliant way for people to express themselves, do some exercise, be creative and have fun. LIU will support people to learn the basic dance techniques in different types of dance including street dance, classical, country. This could include wheelchair dancing. People could then practice and perform dance routines to friends and family or to the community.

- **Radio and podcast workshops**

We would like to train and support people to record podcasts. Sessions will include people being able to choose the content (e.g. what music to play and what to talk about) and style as well as technical operation, production, digital editing and presentation. The next step will be to develop our own internet radio station which will be run by our members.

- **Social media involvement and awareness**

Living It Up would like to support people to express themselves through social media. This will include the use of Facebook, You tube, Twitter and Instagram. People could learn how to write blogs or upload pictures and films they have made and could promote disability awareness. We will ensure this is all done safely and will train people about internet awareness.

- **Videoing, film making and editing workshops**

Living It up will offer the opportunity for people to make videos and people will learn skills such as camera work, editing, sound and lighting. This is a great way for people to increase their confidence and self-esteem.

- **Photography**

Taking photos is another fantastic way for people to express themselves and Living It will hold photography sessions for people to learn skills in this area. We would also work towards people selling finished items or showcasing examples of their work in the local community.

- Anything else people would like to do.

How to attend the Performing Art Centre

If someone would like to attend the PAC we will accept referrals from the person, a family member, carer or from care management.

Sessions can be paid for by individuals, through funding from the local authority or with direct payments.

We are happy for people to come round and look at the project to see if it is something they would be interested in attending.

- Staff from the PAC would then fill out assessment paperwork to see if we can meet the needs of that person. We will need full information on the person including medical, mobility, communication and any other issues they may have.
- If we feel we can meet the needs of the person then an offer letter will be sent out with a start date and placement costings.
- The person will then need to ensure funding is agreed or finance is available.
- Fees will need to be paid monthly in arrears. Living It Up will send out an invoice and receipts if needed.
- If in the unfortunate circumstance we have no available places the person can remain on a waiting list until a place is available.

If someone would like to stop attending the PAC we ask for 28 days written notice. If someone's needs change and we find we are unable to meet the needs of that person we will give that person 28 days notice to stop the placement.

If you would like further information on how to attend or would like to apply, please call or email Claire Crawford-Smith, info below.