



Curtain Up Theatre Company (CIC)

Community Benefit Statement

Curtain Up Theatre Company CIC exists to make the performing arts accessible, affordable and welcoming for everyone in our community. We believe that opportunities to sing, perform, learn and create should never be limited by financial circumstances, age or previous experience.

Our work directly benefits the residents of Radyr and Morganstown by providing a range of creative opportunities that promote wellbeing, confidence, social connection and lifelong learning.

Making the Arts Accessible

One of our core values is ensuring that cost is never a barrier to participation. We deliberately keep the cost of our activities as low as possible and, wherever needed, provide financial support to individuals and families who would otherwise be unable to take part. This ensures that children, young people and adults from all backgrounds have equal access to the benefits of the performing arts.

Grant funding enables us to continue offering subsidised places and helps us support those in the local area experiencing financial hardship without compromising the quality of our programmes.

Building Community Through Music

Our children's community show choir provides a welcoming environment where people of all backgrounds and abilities can come together through a shared love of music.

The choir helps reduce social isolation, promotes positive mental wellbeing and creates meaningful friendships. For our members, rehearsals provide a regular opportunity to connect with others, improving their confidence and becoming part of a supportive community.

Not only do we see these changes in our students, but it has also been highlighted by their family and even their schoolteachers.

The choir also performs throughout the year in The Old Church Rooms, helping to bring people together and contribute to the cultural life of Radyr and Morganstown.

Supporting Health and Wellbeing

There is a growing body of research showing that participation in singing, dancing and acting can provide significant physical, psychological and social health benefits:

Singing

Mental health benefits

- Reduces symptoms of anxiety and depression.
- Releases endorphins and dopamine, improving mood.
- Lowers stress by reducing cortisol levels.
- Builds confidence and self-esteem through performance and achievement.
- Encourages mindfulness by focusing on breathing and music.
- Creates strong social connections, reducing loneliness.

Medical and physical benefits

- Improves lung capacity and breathing control.
- Strengthens respiratory muscles and posture.
- Can lower blood pressure and heart rate.

Dancing

Mental health benefits

- Significantly reduces stress and improves mood.
- Improves self-confidence and body image.
- Enhances memory and concentration through learning choreography.
- Provides emotional expression.
- Social dancing helps combat isolation and loneliness.

Medical and physical benefits

- Excellent cardiovascular exercise.
- Improves balance and coordination.
- Increases flexibility and muscle strength.
- Helps maintain healthy weight.
- Improves bone density, reducing osteoporosis risk.
- Studies suggest regular dancing is associated with a lower risk of cognitive decline and dementia.

Acting and Drama

Mental health benefits

- Develops emotional intelligence and empathy.
- Builds confidence in communication and public speaking.
- Reduces social anxiety through gradual exposure.
- Encourages problem-solving and creativity.
- Helps participants safely explore emotions.
- Gives people a sense of purpose and achievement.

Medical and cognitive benefits

- Improves memory through learning scripts.
- Enhances concentration and executive functioning.
- Encourages movement and physical activity.
- Supports speech clarity, projection and vocal health.
- Drama programmes have shown benefits for people living with dementia by stimulating memory and communication.

Benefits for Children

Taking part in theatre activities can:

- Improve literacy and language skills.
- Increase resilience and perseverance.
- Develop teamwork and leadership.
- Improve emotional regulation.
- Increase confidence in school and social situations.
- Support children with additional learning needs by developing communication and social interaction.

Benefits for Adults

Research has shown that regular participation in community performing arts can:

- Reduce loneliness.
- Maintain cognitive function.
- Improve overall physical fitness.
- Reduce symptoms of depression.
- Improve self-worth and self esteem
- Create a sense of belonging and purpose

Community Benefits

Community performing arts groups also contribute to wider public health by:

- Reducing social isolation.
- Bringing together people of different ages and backgrounds.
- Keeping children busy in a safe environment
- Increasing access to further education
- Increasing job prospects and opportunities
- Encouraging volunteering and civic engagement.
- Creating supportive friendships and peer networks.
- Improving community cohesion.
- Offering affordable opportunities for exercise and creative expression.

- **Inspiring Young People**

During school holidays we run local musical theatre workshops that provide children and young people with positive, creative activities during periods when many families struggle to access affordable childcare or enrichment opportunities.

Participants develop communication skills, teamwork, creativity, resilience and self-confidence while making new friendships in a safe and encouraging environment. These workshops also provide opportunities for young people to discover talents they may never have realised they possessed.

As well as this, these workshops allow parents some much-needed respite in the holidays, or allows them to continue to work whilst their child attends our workshops, adding back into the local economy.

- **Developing Skills Through LAMDA Qualifications**

We offer nationally recognised LAMDA qualifications, helping children and young people develop valuable life skills including communication, public speaking, critical thinking and self-confidence.

These qualifications support educational achievement and improve employability, while also nurturing creativity and self-expression. Many students gain confidence that positively impacts their performance at school, interviews and future employment. They also receive UCAS points that go towards further education, ensuring that local residents have access to opportunities, training and ultimately jobs after they have finished school.

- **Strengthening the Local Community**

As a Community Interest Company, every decision we make is centred around community benefit rather than profit. Our programmes create opportunities for residents to connect, volunteer, perform and support one another.

Our productions and performances bring audiences together, encourage community pride and provide affordable cultural experiences close to home. We actively seek to make our activities welcoming to people of different ages, backgrounds and abilities, helping to build a stronger, more connected community.

- **Why Funding Matters**

Funding would allow Curtain Up Theatre Company C.I.C. to:

Provide bursaries and subsidised places for individuals and families experiencing financial hardship, ensuring they too can have access to the Arts and all of the physical and mental benefits it brings.

- * Expand opportunities for residents of Radyr and Morganstown to participate in high-quality performing arts activities.

- * Reach more members of the local community through performances, workshops and outreach activities such as local school sessions.

Through these activities, Curtain Up Theatre Company CIC aims to enrich community life, improve wellbeing, increase access to the arts and ensure that every resident, regardless of financial circumstances, has the opportunity to experience the transformative power of performance.

Thank you for taking the time to read

Yours Faithfully

Ben Joseph & Harmony Sunshine

Founders of Curtain Up Theatre Company