

THEORY OF CHANGE

THE POSH CLUB

VISION: A community of healthier, happier older folk

DUCKIE

OLDER PEOPLE THRIVE AS MEMBERS OF A COMMUNITY

T H E P O S H C L U B



GUESTS

Working class people over 60

Recruited through word of mouth and community partner organisations



VOLUNTEERS

Any age, any class

Recruited through Facebook



WORKING CLASS ENTERTAINMENT

Silver service high tea with posh cakes, sandwiches, and a glass of bubbly

Music hall, variety show, cabaret and dance

Dancing, talking, laughing and socialising

Dressing up and role playing



SHORT TERM OUTCOMES

Participants Have fun

Participants Enjoy art

Participants Feel joyful

Everyone feels visible, and cared for

MEDIUM TERM OUTCOMES

Everyone involved feels ownership over their club

Participants feel more active

Participants lives become fuller

LONG TERM OUTCOMES

Reduced isolation and loneliness leading to improved mental health and wellbeing

ULTIMATE GOALS

Healthy, active happy working class older people

