

The RISE Festival

Dalgarno

26-28 June 2015



Photo credits throughout: Anna France-Williams, Alison Williams, Zak Ellis-Khan, Laura Ashley Harper

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Rise volunteers with Cllr Thompson and Cllr Healy

The RISE Festival took place 26-28 June 2015 in and around the Dalgarno Estates in North Kensington W10. The aim was to have a festival for local people, by local people in local places, to celebrate the potential on the Dalgarno estates and to share skills. We wanted to see transformation as people worked and shared together and for a positive story to emerge from the estates to counteract the negative press that the area often gets. St Francis Church took a lead on the festival and worked in partnership with the following organisations:

City Living Local Life (RBKC), Friends of Little Scrubs, The Needlemakers, Corner 9 Arts, Open Door Friendship Centre, YWAM, International Justice Mission, The Dalgarno Trust, Sing to Live, Live to Sing, Just Fair Laughs, Dalgarno Neighbourhood Management Alliance, Arthur's Ambassadors, Red Cat Lighting, Only Connect West, Westway Trust, Project Wild Thing, West London People's Kitchen, Atelier Oursonne, Bubble Wubble and Funpact.

What happened during the weekend?

The weekend kicked off on the Friday night with the RISE Variety Show at St Francis. Saturday was a day of workshops across various venues (St Francis, Peabody Hall, Dalgarno Physic Garden, Westway Sports Centre, Little Scrubs park) with a festival hub outside St Francis Church. Sunday was focused on the Big Lunch at the Dalgarno Trust ending with a balloon release. Over the weekend almost 600 different people attended one or more of the events, many of whom were from the local area.

Emma Taylor, from the Dalgarno Neighbourhood Management Alliance, said:

'I've worked here for over eight years and it was fantastic to see such a high level of participation and wide level of diversity.'



The RISE Variety Show



We had over 75 people attend this event at St Francis Church. Many local people came to showcase their talent. We had singers, two comedians, a breakdancer, and guest David Neita, known as 'the people's poet', plus an intergenerational choir. One participant said 'I was amazed at the local talent.'



Festival Hub

We set up the festival hub outside St Francis Church on Saturday with an orange tent as the info point.

We sold freshly baked home-made pastries including chocolate croissants, cookies and ice cream, cake and cheesy twists.

We also offered free tea and coffee. Also at the hub were face



painters as well as a photo booth where people could take their photographs with various props. Balloons could be purchased for the



balloon race and throughout the day there was live music. One person said 'There was a nice atmosphere outside.' Some people enjoyed relaxing outside, chatting and soaking up the sunshine.

Tai Chi workshop

Saturday kicked off with Tai Chi. The group was mixed and it was great

to see new skills being learnt and people having fun whilst exercising. One participant said: 'I really enjoyed the tai chi workshop. I learnt a lot. I never knew

that it involved so much martial arts!'



Community Choir

Sarah Clarke from Sing to Live, Live to Sing, ran a fantastic singing workshop teaching vocal skills and techniques. Young and old sang together. A number of songs were sung and the group performed at the RISE Variety Show.



Drama workshop



Children were invited to come and unleash their wild side in the drama workshop run by Alison, a

local mum and Kirsten. Children had lots of fun with theatre games, improv, mime and other fun activities. Although some of them were shy to begin with, by the end they were buzzing with confidence!



Comedy and performance skills workshop



Tony V i n o , a professional comedian,



worked with a diverse group of participants to develop their performance skills, joke-telling and comedy skills. Many participants were pleasantly surprised at how much fun they had! One person said 'The comedy workshop was good. I wish it had been longer' and another said 'Tony got us to do things I thought I'd never be able to do. We all fell about laughing!'



Magic workshop



Hugh, a local Dad and a Magic Circle member, demonstrated some card tricks and taught the participants how



to do simple tricks. One younger participant went home and practised the trick on his mum who came back later to another

workshop and said she was amazed by his new talent!

Parenting workshop

We had 15 parents attend the workshop from a diversity of social,

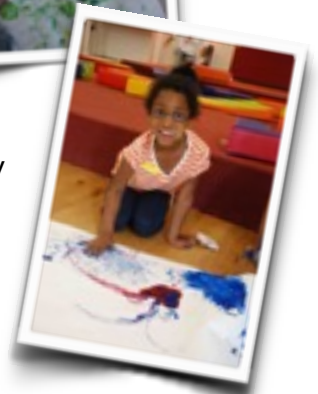


ethnic and faith groups. They were all very open and expressed a desire for further parenting forums. The facilitators, Sandy (a local Dad) and Lillian, who works with local families, provided an opportunity for parents to support each other, learn helpful parenting strategies and build stronger families together.

Messy Art for under 5s



We had 75 children and their adults attend the Messy Art session run by Jean which included painting with balls, fly swats and balloons, different kinds of gloop and play dough, playing with spaghetti and hand-printing. Some children did messy art whilst their mums attended the parenting workshop. One Dad was so thrilled with the play dough he asked for the recipe himself



so he could make it at home for his daughter. Another mum said 'Messy art was a delight!'

Saturday lunch

Many of the participants from the Messy Art and the parenting workshop stayed on to have lunch. One mum said 'Messy art and eating lunch together with other parents was the best thing. It was very enjoyable.'





Football skills

A local Dad, Pierre, had an ambition to run football skills sessions for children. He ran two sessions using cones and getting the kids to practice shooting and dribbling. Some of the parents engaged with their children whilst others sat around in the sunshine talking together and having a well-earned rest. One parent said 'Football skills was the best thing about the festival'.

Paradise Art installation

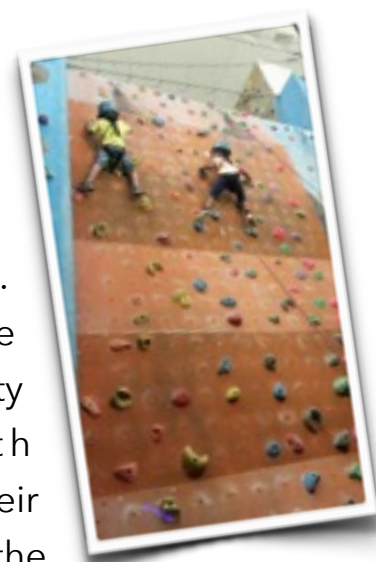
Corner 9 Arts put together a beautiful art installation in the Dalgarno Physic Garden with a dance performance. Participants could write



down their dreams and put them into silk cocoons and then place the cocoon into felt organic vessels in the ground. They could then enjoy the garden of peace, with accompanying sounds of nature and then watch the dance performance. The installation captured themes of the potential of change, metamorphosis, and the cycle of life. 31 adults and 21 children attended the installation. Comments included 'Great event. Please do more of this' and 'The performance touched me greatly.'

Climbing: Project Wild Thing

We were offered discounted places for 12 children aged 5 and over to brave the climbing wall at the Westway Sports Centre. They loved it! This was part of our aim to give children an opportunity to reconnect with outdoor living and their 'wild side' as part of the wider movement 'Project Thing'.



W i l d

Games and big bubbles in the park

A few volunteers took some giant bubbles down to the Little Scrubs for the



children and families who were out in the sunshine. We also had other outdoor games such as balls and bats which were popular.

Knitting workshop

Ursula, a local mum, hosted this workshop, helping participants to make butterflies, bows or flowers. Participants were a mixture of

ages and everyone learnt something new about knitting. One participant said 'It's really relaxing doing this' and another said 'I enjoyed learning the continental style of knitting. The workshop was peaceful.'



Film and campfire: Project Wild Thing



We showed the film 'Project Wild Thing' which was about reconnecting children with nature and part of a wider movement to connect children with outdoor living. Families and children came to watch and then enjoyed the campfire

afterwards. One participant said 'The film was very interesting.' We had a good number of children and families attend the campfire out in St Francis courtyard. They toasted bread over the fire and ate popcorn.

Many of the families wanted to stay longer and wanted singing with a guitar too!

Iftar meal



Members of the Muslim community were thrilled that this meal was in the programme during Ramadan and others were delighted to be given an opportunity to make new Muslim



friends. It was an opportunity for different cultures to mix and mingle. People brought food and conversations between people of different faiths took place whilst eating.

Liquid Church

Liquid Church at St Francis involved four different interactive stations based on the story of Jairus' daughter 'rising up': reflect, create, study or drama. People chose a station and there was an opportunity for participants to feed back at the end. There was



enthusiasm about this kind of church and many people wanted to have Liquid church again. One lady who was new to church said 'I loved the service. It wasn't too evangelical, which freaks me out. I feel welcome. It's a family.'



West London People's Kitchen



West London People's Kitchen and their volunteers collected surplus food from various places on Saturday evening and prepared and cooked a number of dishes for the lunch on Sunday. The quality of the food was incredible and people heard about the vision of the



community project during the lunch.



The Big Lunch and Balloon release

We had a good turn out for the Big Lunch despite the rain. Greg from the Dalgarno Trust Dj-ed outside, stalls were set up with cupcake making, t-shirt making, cosmetics, and one eight year old was selling her own magazine. The bouncy castle and bead-making entertained the children, who also enjoyed the



slush puppies and candy floss. The West London People's Kitchen had done a fantastic job of preparing the food which was

added to what people brought along. About 75 people enjoyed the lunch.

The future

We hope to do the RISE Festival again in the future. If you'd like to be involved please contact:

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