

# Daytime Clubbing Boosts Local Economy & Wellbeing: The Over 30s Club Leading the Way

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PRESS RELEASE

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United Kingdom, 2025 – A new wave of daytime clubbing is transforming local venues, boosting trade during traditionally quiet hours, and revitalizing the nightlife scene. The Over 30s Club, a pioneering event for music lovers aged 30+, is proving that the dancefloor doesn't have to wait until midnight.

Running from 3PM to 8PM, this innovative clubbing experience is not only bringing new revenue streams to venues but also benefiting local businesses such as bars, restaurants, and even hair and beauty salons that cater to attendees preparing for a big afternoon out.

A Win for Venues & Local Business

For clubs and bars, weekday afternoons and early evenings are often low-traffic hours. By introducing daytime events, venues are unlocking new opportunities:

- ? Increased footfall during off-peak times
- ? Boosted night-time business, as some attendees stay on after the event
- ? Spillover revenue for nearby services, including hairdressers, fashion retailers, and restaurants

Local business owners have already seen the benefits. "We've noticed a spike in customers booking blow-dries and styling appointments before the event," says Kay Heck, a local salon owner. "It's like the buzz of a Saturday night—just earlier!"

More Than Just a Party – A Mental Health Boost

Beyond the economic impact, daytime clubbing is proving to be a game-changer for mental well-being. Dancing is a powerful way to boost endorphins, reduce stress, and combat loneliness, particularly for those who don't always want (or can't handle) late nights.

"We're creating a social, uplifting space where people can enjoy music, connect with others, and relive the golden days of 80s and 90s club culture—without the exhaustion of a 3AM finish," says David Riches, Founder of The Over 30s Club.

Join the Movement

As daytime clubbing gains momentum, The Over 30s Club is leading the charge. Whether you're a venue looking to increase daytime revenue, a local business interested in cross-promotion opportunities, or someone eager to hit the dancefloor without sacrificing sleep, this is a trend to watch.

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