



**Theatre to reduce inequalities and
increase wellbeing and cohesion**

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What we do?

- Therapeutic theatre workshops
- Interactive theatre tours
- Creative wellbeing programme

How we do it?

- Trauma informed approach
- Non Violent / Compassionate Communication (NVC)
- Restorative approaches
- Anti-racism



Wellbeing Your Way: Young Women's Strand

1:1 bespoke workshops

A creative challenge

Cultural trips, new
experiences and
community engagement

Graduate drop-in and
volunteering

Funded by Pilgrim Trust



Who does it reach?

15-25 year old women

'Persistent non-attenders'

Experiencing anxiety, self harm, social exclusion

Women within criminal justice, including prison

Women with experience of domestic abuse and seeking refuge



Programme impact

'I haven't laughed or smiled like that in four years'

'I'm really proud because that's the first time I've ever heard my poetry spoken'.

"Before these sessions, I didn't have much confidence in myself or my ability to speak up. But the activities and roleplaying have made me realise that I can be heard, and I'm capable of more than I thought. It's given me a lot more self-belief, and now I'm not as afraid to share my thoughts or take the lead."

'It's weird, but when I'm doing this, I feel kind of proud of myself'

'I feel seen. I feel like I matter. That's a feeling I forgot I could have'

'Feels like I've found a part of myself I never knew was there.'



Usually, I self-harm when I feel trapped, like there's no way out of my own head. But when I'm in drama, it's like I get a break from that. I don't feel so stuck. It's helped me find other ways to let things out without hurting myself'

Programme impact

- In 88% of participants indicating that their confidence had increased significantly.
- Short Warwick & Edinburgh Mental Health Scale, average shift **17.3 → 23**
- ONS Life Satisfaction average score shift **6.3 / 10 → 7.4 / 10**



Video Case Study



Gender specific learning

Feelings of oppression/repression in front of boys/men

Gender stereotypes (harming women and men)

Culturally gender specific identity challenges

Gender considerate staffing and planning

Need to share, express feelings and emotions





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