

LESS ALONE, MORE ALIVE!

PERFORMANCE & WORKSHOP SERIES FEEDBACK



Supported using public funding by
ARTS COUNCIL ENGLAND



ARTS EDUCATION EXCHANGE

'An excitingly honest depiction of the power of human connection told with daring vulnerability' - Haley McGee, Author: The Ex-Boyfriend Yard Sale

'Unexpectedly brilliant, gripping'

CAMDEN PEOPLE'S THEATRE WORK IN PROGRESS SHOW

100% OF AUDIENCE SURVEYED ENJOYED THE PERFORMANCE

100% OF AUDIENCE SURVEYED WOULD LIKE TO SEE A FULL VERSION OF THE SHOW

100% OF AUDIENCE SURVEYED HAD IMPROVED KNOWLEDGE OF BPD AFTER THE SHOW

'VERY ENGAGING AND THOUGHT PROVOKING'

'INSPIRING, JOYFUL AND MOVING'

"SUPERBLY WRITTEN AND ACTED, AN EXCELLENT EVENING"



YOUNG ARTISTS AT OSE WORKSHOPS AND TRAINING SERIES

100% HAD IMPROVED AWARENESS OF WELLNESS TOOLS POST WORKSHOPS

83% FELT SAFE TO HAVE CONVERSATION AROUND ISSUES RAISED IN THE PIECE AFTER HEARING SUZY'S STORY

100% LEARNT NEW SKILLS AND IMPROVED IN CONFIDENCE AS A RESULT OF THE WORKSHOPS

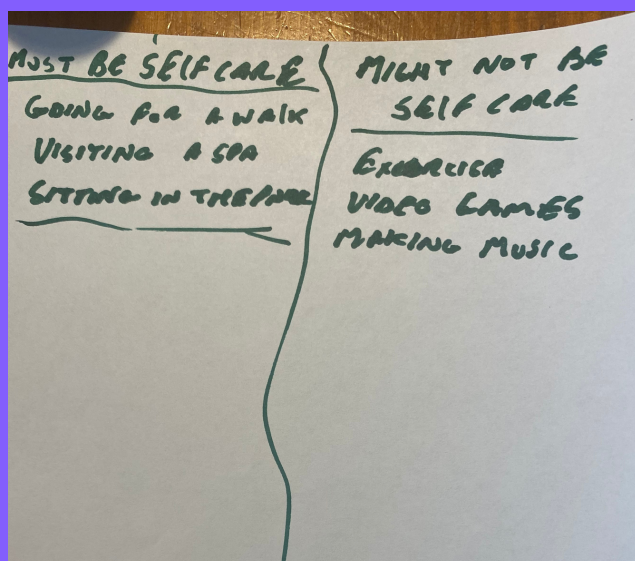
"I LOVED THE WHOLE EXPERIENCE!"

"I WILL DO THINGS IN A MORE CALM MANNER"

"THE WORKSHOPS WERE FUN, INTERACTIVE AND RELAXING"



LONDON IRISH CENTRE WORKSHOP



100% FELT SAFE TO HAVE CONVERSATION AROUND ISSUES RAISED IN THE PIECE AFTER HEARING SUZY'S STORY

100% HAD EXPERIENCED MENTAL ILL HEALTH IN THEIR LIVES

"WOULD LOVE TO SEE THE SHOW"

"SUZY AND ANNIE ARE LOVELY OPEN PEOPLE WHO CREATE A SAFE ENVIRONMENT"

"POSITIVE EXPERIENCE, MADE ME FEEL MORE RELAXED"

"A FUN WORKSHOP WHICH WAS OPEN AND WELCOMING"

YOUNG ARTISTS AT OSE PUBLIC WORKSHOP

100% OF PARTICIPANTS FELT WE NEEDED MORE WORKSHOP LIKE THIS IN THE FUTURE

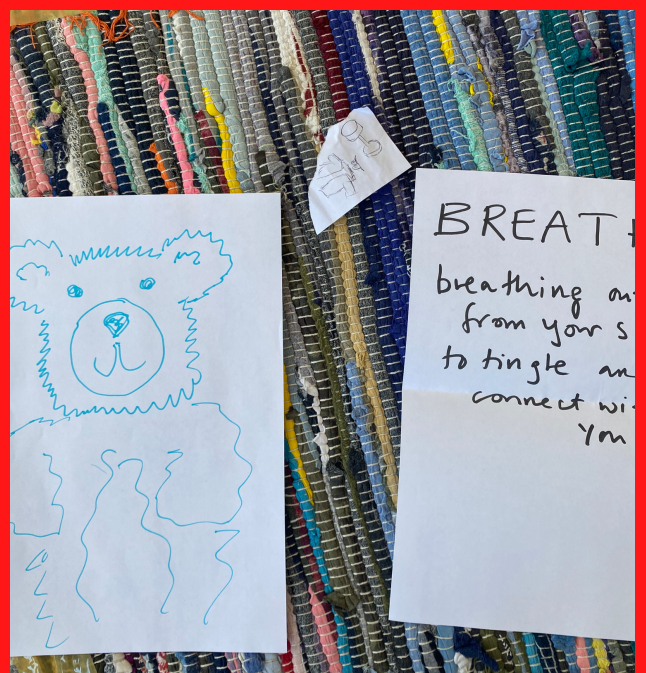
"LOVELY WORKSHOP, HELD THE SPACE BEAUTIFULLY"

"LOVED THIS, THANKYOU FOR MAKING SUCH A SPECIAL CALMING SPACE"

"BRILLIANT AND SLOW"

"THANKYOU FOR MODELLING VULNERABILITY"

"THANKYOU FOR MAKING THE TIME AND SPACE FOR THIS AND FOR US"



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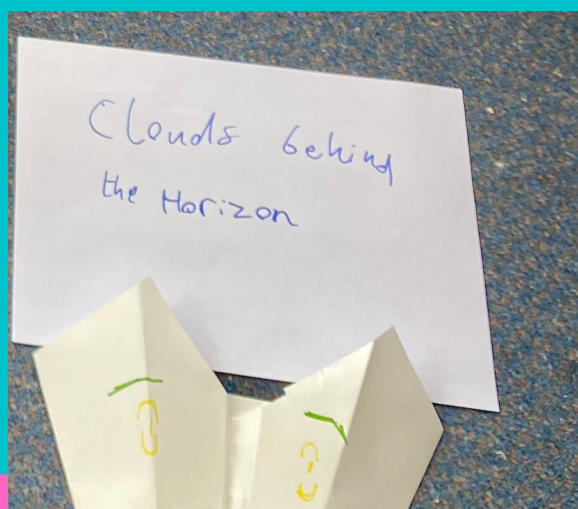
CREST E-ACT ACADEMY WORKSHOP

100% OF STUDENTS HAD IMPROVED KNOWLEDGE OF BPD AFTER THE SHOW

100% HAD IMPROVED AWARENESS OF WELLNESS TOOLS POST WORKSHOP

"I WANTED A GOOD PERFORMANCE AND I RECEIVED IT"

"YES, THE PERFORMANCE EMPHASISED EVERY DAY LIFE DIFFICULTIES IN A BEAUTIFUL MANNER AND OVERALL OPENED MY MIND"



ARTS EDUCATION EXCHANGE WORKSHOP

"MANY THANKS FOR A REALLY BEAUTIFUL EXPERIENCE"

"THANKYOU SO MUCH FOR DELIVERING THE WORKSHOP. I THINK IT WAS REALLY NEEDED BY OUR YOUNG PEOPLE"



TESTIMONIALS

"The way that Suzy uses her own experience and performance to introduce the work, is an effective way of communicating what they are trying to achieve in a 'show me don't tell me' method, one that is accessible to a far wider audience than simply explaining. Her performance models vulnerability, storytelling to process emotions and connect, and sets the foundations for young people to then engage their own creativity to tell their story with mental health and wellbeing.

These workshops came at a great time towards the end of their year, which although jam packed and potentially stressful, these sessions offered space, calm, joy and pride to our group and I would be very happy to work in similar ways in the future!"

CARLA KNIGHT - YOUNG ARTIST COURSE TUTOR, OPEN SCHOOL EAST



Susan and Annie delivered a really meaningful and relaxing session for the staff at the London Irish Centre. It gave us a great opportunity to connect with colleagues and enjoy time focusing on the importance of good mental health practice.

The breathing techniques, exercises and theatre performances worked incredibly well to create an atmosphere of tranquillity and reflection. Particularly for the Arts and Culture team it was amazing to see theatre included in a training session like this. We would love to have them back any time.

**BRENDAN MILLAR - CULTURAL EVENTS MANAGER,
LONDON IRISH CENTRE**

"Suzy brought warmth, joy and openness to the vital topic of mental health. She was honest and personable, allowing the students to break down any barriers of fear or shame that they may have been carrying. She provided the students with a completely safe and non-judgmental space. The students visibly relaxed as they were interacting with Suzy, which is amazing given that they are in the middle of their GCSEs!"

The workshop itself was an absolute delight: the layout of the room, the use of games and the creative activities were all perfectly chosen to enhance the students' experience. My students immediately opened up and responded positively to Suzy and her work. Suzy clearly demonstrated that the workshop was a well-structured but flexible environment, responding easily to the changing needs of the students throughout the session."

VICKI BARON - CURRICULUM DIRECTOR OF CULTURE, CREST E-ACT ACADEMY

