

## Making Beautiful Things Happen Together

### **Conversations Through Theatre: Assistant Facilitator / Performer Role**

**Dates** December 2023 - February 2024

**Fee** £900 (freelance)

### **Project Overview**

CoCreate are an Arts and Wellbeing organisation, we deliver artist led workshops and projects with people who have lived experience of mental illness and/or poor mental health.

We are working with CAN (Community Action Network) and Public Health Dorset to undertake a short Creative Research Project to better understand why people with poor mental health may not attend health appointments (aka DNAs).

The form we're using to do this is based on Forum Theatre techniques, and we will work with existing and new CoCreate participants who will develop skill as volunteers, to develop a short workshop/performance that will tour to 3 or 4 places in February where we will share the offer with people with similar lived experiences to explore two questions:

- What are the barriers to people attending NHS appointments in Dorset?
- What people think could be done to address these barriers?

The group will be encouraged to develop skills in creative research, performance, and workshop leading and will be supported by the lead, and assistant facilitator to do this.

We will co-create the offer together.

### **The Role**

- Working closely with the lead facilitator and the group, you will support both.
- Taking part in the workshops, supporting the devising process, and helping the volunteers to develop their skills in performance and facilitation.
- You may be asked to step into a variety of roles during the performances, and have the flexibility to step in if group members aren't able to perform.
- This is a learning opportunity for everyone, you will contribute to reflective processes in/post the sessions, and performances.

### **Who we're looking for**

This is an assistant role, and would suit someone with previous theatre and/or

performance experience and/or training who would like to learn more about working in creative health settings.

**We welcome and encourage expressions of interest from people with lived experience of mental illness and/or poor mental health.**

### **Creative Skills and Experience**

- You will be happy and confident on stage, and comfortable understanding the craft of basic story-telling
- You understand creating and presenting characters, their motivation and how to keep the truth of the character
- You are a generous performer and able to support and secure non-professional performers onstage to keep the play moving and the story clear for an audience.
- You're comfortable improvising and devising in collaboration with others.

An understanding or experience of forum theatre is a bonus.

### **Facilitation Skills**

- You understand co-creation, especially the importance of supporting and enabling people to contribute to a group process with equity.
- Good communicator, with strong listening skills.
- The ability to adapt to a range of communication and access needs.
- A current DBS or ability to apply for one.

Some previous experience in leading drama workshops or activities / working in community arts or creative health settings would be great.

### **Qualities you bring**

- Energy, professionalism and care to your creative work.
- An understanding of the social model of disability and an awareness of the issues facing people with lived experience of mental illness.
- Patience
- Good humour
- Ability to adapt
- Generosity
- You value the diversity and difference of people and their experiences.

## **Key Dates**

### **6 Training workshops & 3-4 performances**

Dates/times TBC by 1<sup>st</sup> December for workshops (likely to be a weekday afternoon), as soon as practical for Feb.

### **December (W/C 4<sup>th</sup> or 11<sup>th</sup>) Introduction session (2 hours) - BCP area**

First meeting with the group, we'll look at the brief together and shape the plan for the theatre workshops collectively.

### **January - 4 workshops weekly (3 hours) - BCP area**

We'll use our time together to develop a performance-workshop based around Forum techniques

### **February (W/C 5<sup>th</sup> & 12)**

3 - 4 performances in community spaces to explore the questions with an audience. These will be in BCP and Dorset. Travel will be covered.

### **Feb w/c 19<sup>th</sup> - Reflection Session**

We'll look at the responses we've gathered, and the group will provide the framework for the report CoCreate return to CAN and Public Health Dorset.

### **Interested?**

We recognise this is a small freelance role, that requires flexibility and we're open to discussing ways we could make it work together.

If you're interested we'd like to hear from you, and find out more about how you fit the role, and what skills you'd like to develop as part of the project.

We want to make this easy and quick to do - we aren't expecting long or polished applications - we just want to get a sense of you, and what you'd like to bring to this project.

We know that sometimes the best people don't apply because they don't think they're good enough, especially when you're starting out - call us for a chat if you're not sure we'd love to hear from you.

You can do this in three ways;

1. Send us no more than a A4 page explaining what interests you about this project, and how your experiences could contribute, and things you'd like to learn.
2. Send us a video or audio file (no more than 3 minutes) explaining what interests you about this project, and how your experiences could contribute, and things you'd like to learn.
3. If you prefer to chat, you can also book a telephone conversation with the project lead, Gemma Alldred.

**We need to hear from you by 30<sup>th</sup> November.**

**Email:** [info@cocreate.org.uk](mailto:info@cocreate.org.uk) (add the subject as 'Conversations Through Theatre Assistant Role')

**Tel:** 07957 68 95 68 (please leave a message if I don't answer and I'll get back to you)

## **More About CoCreate**

CoCreate is a Dorset based arts and wellbeing organisation.

We are an artist and lived experience led company. We provide inclusive creative spaces and opportunities to people as part of mental health recovery and wellbeing maintenance.

### **Our Values**

**CoCreation** - we develop work *with* people; valuing everyone's ideas, talents and contributions is at the heart of our approach.

**Collaboration (not Competition)** - We believe that working together creates MORE not less.

**Care** - We care about the work we make, and the people we work with.