

Case Study

Ali - Tea Break Theatre

Ali joined Tea Break Theatre in January 2024 having heard about it through Immediate Theatre. He explained he was a bit nervous at first because he hadn't done anything like it before. He describes being more comfortable with maths and computing and that theatre was completely different and new. After taking part for 6 months he told us:

“ *It's changed how I think about myself and value my capabilities. It's been a revelation. I'm learning new things about myself and my character. It helps you come out of your shell and is almost like a kind of therapy as well!* ”

Many people who take part in our Older Adults' Programme are dealing with challenging personal circumstances. Tea Break Theatre offers a break from all of that. A safe space to express yourself, develop new skills, be silly and laugh with new friends. All of which adds up to increased wellbeing.

“ *I've learnt I can separate personal life from this space and take part in the sharing even though things are hard outside. I would like to perform again.* ”

We've seen Ali's confidence grow during his time at Tea Break Theatre. From being unsure about sharing his creative work with an audience, in June he not only performed with the group, he led a section of the sharing where he acted as a dance teacher and led the invited audience in following his dance moves. He told us what keeps him coming back to Bubble:

“ *It gives me something to look forward to. I'm learning a hell of a lot out of this and enjoying the support from other people pushing me out of my comfort zone, things I wouldn't have done on my own. It's incredible to be part of something like this, it's so encouraging.* ”

