

# CASE STUDY: GULER

Guler has been a regular Tea Break Theatre member since 2016. His consistent presence at our Friday morning group shows that it's a valuable and stable fixture in his week. He often refers to the Friday Tea Break group as his 'Bubble family' and we know he meets and socialises with his fellow members outside of London Bubble sessions. He is a great advocate for the project, bringing friends and relatives along to try Tea Break Theatre out for themselves.

He often describes coming to Bubble as 'the best medicine', in fact Friday Tea Break Theatre created a piece of performance entitled 'the best medicine' for our Older Adults' Takeover day, so they could convey to an audience what they experience at Bubble.

**“** *I love the group. I look forward to it every week. When I go there, I meet a lot of different people with different backgrounds that I know I'd never have the opportunity to meet anywhere else. Together we laugh and joke and we work out all of the past week's stress. If I can describe the effect Bubble has on me, I would simply describe it as a magic tablet that you can take as a solution to all the illnesses and weaknesses you may have. Some people's personalities have transformed from very shy and reserved to bubbling and alive. Bubble does all that for you.*



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