

Case Study

Margaret - Tea Break Theatre

Margaret has lived at Ronald Buckingham Court sheltered housing for 24 years. She has been a regular member of our Tea Break Theatre group that meets in the lounge there since summer 2016.

She describes herself as someone who is comfortable on her own, enjoys reading and she needed encouragement from the housing officer to start coming along to sessions. When we asked her why she keeps coming, she told us:

“ *I enjoy the activities, the storytelling, being free, I was lonely but this encourages me to see other people.* ”

Since joining Tea Break Theatre, she has taken part in numerous end of term sharings and celebrations, performed in front of invited audiences and joined us on theatre trips. During Covid-19 lockdowns, she opted to take part in weekly 1:1 creative sessions by phone with one of Bubble's freelance artists.

During a period of ill health and an extended stay in hospital, Margaret wasn't able to take part

She praises the artists who lead Tea Break Theatre sessions for their ability to unite people in the group, their imagination and performance skills.

Margaret tells us that she's noticed improvements in her life, outside of our weekly sessions, as a result of taking part in Tea Break Theatre:

“ *Now I know people and enjoy talking to them, they teach us this in Tea Break Theatre – not to be on your own. It's helped in every area of my life.* ”

