

Case Study: Older Adults' Touring Company

Participant A found out about the Older Adults' Touring Company whilst browsing online. Her first impression of London Bubble was the friendliness of the team. She says that 'meeting the other older adult participants was great too "it was so nice to meet people from diverse backgrounds, so interesting and fun."' When reflecting on her time on the programme she refers to them as her "newfound friends".

This was the first time that A had devised an original play collaboratively, through improvisation, rather than using an existing script. There were moments during the project that A found challenging, but the environment created within the rehearsal room is safe and supportive; participants are encouraged to try out new things and explore their creativity.

“ The challenge for me was the improvising and my first thought was, I can't do this. But I found the experience at Bubble very nurturing, and it was ok if you couldn't think of anything on the spot. Although I was scared, I found it cathartic. I learnt that I'm braver than I give myself credit for and it was a good thing that I pushed myself out of my comfort zone. ”

Participant A gave consistently strong performances across the seven shows. During the tour, she did a fantastic job of taking on an additional role when another company member was hospitalised.

London Bubble Theatre's Older Adults' Touring Company not only supports creative engagement but also enhances participants lives beyond the project.

“ Being part of the Older Adults' Touring Company has helped me to grow in confidence. I volunteer on a Monday and Wednesday at the Dementia Music and Social Club and Bubble has given me the confidence to socialise a bit more with the clients. ”

Since taking part in the Touring Company, A has gone on to join Tea Break Theatre, our weekly social drama group saying,

“ In today's session, I was also able to explore creative writing. Bubble theatre gives me the opportunity to tap into that sense of fun and creativity that I experienced as a child! ”

