CREATIVE HEALTH PROJECTS

FOR CHILDREN & YOUNG PEOPLE

Currently taking bookings from November 2026

London Bubble

Making theatre since 1972

Bubble for young people

We make theatre opportunities accessible for underrepresented communities, and use drama-based approaches to support health and wellbeing goals.

At London Bubble Theatre we use drama to celebrate marginalised communities and advocate for underrepresented voices. Most of our work takes place in non-theatre settings and engages with people who may feel that theatre or the arts sector is not 'for them'.

Participant wellbeing is paramount to our practice.

We use **FORUM THEATRE** techniques inspired by Augusto Boal's 'Theatre of the Oppressed' to help people explore the disempowerment they experience.

CARE is at the centre of our work, and our projects are designed with social and emotional wellbeing in mind, adhering to John Burnham's 'Social Graces' model.

We coordinate the Southwark Creative Health & Wellbeing Partnership (SCHWeP).

About us

Our projects are designed to achieve creative health related outcomes

Our creative practice supports the development of social and emotional skills.
We follow a trauma-informed, SEND aware approach, creating a safe, supportive environment, focusing on using positive relationships as a tool for healing.

Expected Project Outcomes:

- Artistic excellence
- Improved social & emotional wellbeing
- Increased social connection
- Skills for life & work

Our Interventions can be used to support KPIs related to:

- Education, Training & Employment (ETE)
- Mental health & emotional support
- Connecting with wider services in the community
- Out of court disposals

We can also tailor delivery to support children with SEND.

Principles that sit at the core of our practice include:

- Child first
- Co-creation and youth voice
- Trauma-informed practice
- Understanding of neurodivergence
- Appreciation of lived experience
- Addressing societal power imbalances







WAY INTO WORK

Currently delivered in:

- **Youth Justice Services**
- **Secondary schools**



Work-readiness & interview preparation programme for 16-18 year olds

Interactive sessions culminating in a mock interview with a panel

16-18s are guided through a creative process that supports speaking positively about themselves in an interview context. We explore their attitudes to employment and address challenges they face finding work.

We do this by:

- Observing, discussing and giving advice to a character in a similar situation to their own
- Considering the impression we want to make in a work environment
- Helping identify young people's interests, goals and potential next steps
- Developing self-awareness and the ability to speak confidently about themselves
- Addressing body language
- Preparing content for answering interview questions

This project directly supports ETE objectives.

London Bubble projects with Southwark Youth Justice Service were independently evaluated in 'Creating Justice Report 2021'

Way into Work



“With ‘Way Into Work’ I realised a lot of stuff makes me unique. I do know a lot of things and I have a lot of experiences I can use in an interview.”
- Young Person.

83% of participants agreed or strongly agreed that **“I feel like I have skills to offer an employer”**

67% of participants agreed or strongly agreed that “**I am confident talking to others about my career goals & next steps”**

PRICES START AT £2,500

- Up to 12 young people per group
- Can take place at your premises or in a community space
- 3-session minimum programme duration

“Small wins from engaging with London Bubble are big wins for building our relationships with young people and allowing us to do other work with them or support them.”
- Youth Justice Service Officer

CREATIVE VOICES

Currently delivered in:

- **Youth Justice Services**
- **Looked After Children's Services**
- **Secondary Schools**



Drama intervention programme for 11-18 year olds about the issues and themes affecting them

A 5-session drama project culminating in a sharing of the young people's work

Young People are supported to explore the themes and issues affecting their lives in a collaborative way, leading to a performance for an invited audience.

We do this by:

- Exploring the issues and themes most affecting young people in a safe, respectful and fun way
- Sharing ideas and opinions and challenging assumptions
- Developing team-working skills and better self-awareness by working collaboratively
- Telling the story young people want to tell, and sharing it with an invited audience
- Providing an opportunity for young people to be celebrated for their creative achievements which builds self-belief



"It's basic things that make me happy like smiling at the end and seeing they are proud of achieving something and having an audience of adults applauding them."
- Social Worker

89% of participants agreed or strongly agreed that they **"felt listened to and accepted as part of the group"**

PRICES START AT £5,000

- Up to 14 young people per group.
- Can take place at your premises or in a community space.
- 5-day minimum programme duration

Themes explored have been:

- Mental Health
- Peer Pressure
- Social Media
- Family Dynamics
- Safety
- Discrimination

"Its actually real good 'cos we do it all together, like make the character and try out ideas... and if you don't wanna act you can still be involved with your ideas."
- Young Person

STORY MAKERS

Currently delivered in:

- **Looked After Children's services**
- **Community Centres**



Drama programme providing an opportunity for 6-11 year olds to express themselves.

A fun, playful, week-long drama project culminating in a sharing of children's work

Children are encouraged to flex their imagination creating characters and stories, working towards a performance for an invited audience.

We use theatre to:

- Celebrate children's imagination and creativity
- Empower children to share their ideas and opinions
- Work collaboratively, developing team-working and social skills and better self-awareness
- Build children's self-confidence and performance skills
- Providing an opportunity for children to be celebrated for their creative achievements

Project examples



“I love how the children's imagination was clearly centred in the project. London Bubble is always been a fantastic place for kids.”
-Parent / Carer

88% of children agreed with the statement **“I have made friends”.**

PRICES START AT £5,000

- Up to 14 young people per group.
- Can take place at your premises or in a community space.
- Mon-Friday project
- Great for school holiday programmes

93% of children said they **“felt more confident performing in front of an audience”.**

“I had lots of fun making up my own characters and stories. ”
- Child

ISSUE BASED SHOWS

Available for touring

Covering:

- **Serious Youth Violence, gangs and exploitation**
- **Online gaming scams**
- **Screen time & Mental Health**





Scammed

Originally commissioned by Croydon Creative Health & Trading Standards

Targeted at Key Stage 2

An interactive play and workshop about the risks of gaming and being scammed online. Visited 20 schools across the London Borough of Croydon.

For cost effectiveness we recommend a **minimum of 5 schools per tour booking.**



Playing Safe

Regularly commissioned by London Borough of Southwark

Targeted at Years 5 -7

An award-winning youth violence intervention, using Forum Theatre to explore grooming, exploitation and how to keep ourselves safe.

Originally developed in partnership with Southwark Family Early Help and Youth Justice Services, Metropolitan Police and Surrey Square Primary School.



Seen on Screen

Originally commissioned by Southwark Public Health Team

Targeted at Years 7/8

Explores the impact of screen time, social media, and online interactions on young people's mental health and wellbeing while also offering practical, everyday strategies for managing difficult emotions.

We have theatre shows and theatre-based interventions tackling many social issues.

We welcome commissions to develop new shows focused on specific themes.

For cost effectiveness we recommend a **minimum of 5 schools per tour booking.**

BESPOKE SERVICES

Recent commissions from:

- **Trading Standards**
- **Family Help**
- **Museums**
- **Youth Justice Services**
- **Support services and charities**



We deliver bespoke creative projects tailored to your community

London Bubble skillfully devise performances and create projects that respond to specific aims and objectives.

You can propose a brand new project that reflects your vision or let us help you develop one from scratch.

We are experienced at working with children and young people aged 6 - 25, with expertise in working with marginalised and vulnerable groups, those with SEND and even those who don't think drama is for them!

We also use our creative approach to make promotional films for local authorities, and develop interactive performances and activities for staff training and away days.

Let us know what you hope to achieve, your target audience and budget, and we'll do the rest.

By choosing us to deliver a project or showcase a play, you are supporting the ongoing costs of running our charity and creating employment opportunities for practitioners who have come through our community.

Commission Us

Films



Start for Life Films

Commissioned by Southwark Children & Family Hubs

A series of six short films promoting the councils ‘Start For Life’ services for children aged 0-2. The films have been used on the council website, social media and in children’s centres across the borough.



Southwark Stories

Commissioned by Southwark Care & Safeguarding Service

A series of short films made by paring professional writers with care leavers, foster carers and social workers in Southwark to create monologues based on their lived experiences. The monologues were turned into a six short films which have been professionally screened at Peckhamplex Cinema and used by South London Consortium for social worker training.

Projects



Feel Your Best/ This Is Me

Commissioned by Camden Looked After Children Service

Three-day creative projects with young people aged 10-14 exploring themes around mental wellbeing and personal identity. These projects were commissioned as part of wider ‘health and wellbeing activities delivered across the council.



Future Forward

Commissioned by Southwark Youth Justice Service

A creative project for 13-16 year old’s who are disengaged from education, including school avoiders, alternative provision attendees and those with SEND, EHCP and SEMH.
Sessions help to boost engagement, re-introduce participants to collaborative working and encourage young people to think of more positive futures for themselves.

For professionals working with children & young people



Combative

Commissioned by Redthread

An interactive performance and discussion about the cause and effect of trauma, delivered for Redthread staff at their annual symposium.



CARE

Southwark Fostering & Adoption Team

A theatre piece and facilitated workshop devised from real-life case studies and used as a provocation during Foster Carer training.

By choosing us to deliver a project or showcase a play, you are supporting the ongoing costs of running our charity and creating employment opportunities for practitioners who have come through our community.

We have provided projects for several local authority departments including:



- Camden Looked After Children's Service
- Camden Virtual School
- Croydon Creative Health Service and Trading Standards
- Hillingdon Community Safety Team
- Southwark Community Safety Team
- Southwark Children & Families (including YJS, LAC and FEH)
- Lambeth SEND Youth Council
- Southwark & Lambeth Children & Young People's Health Partnership
- Westminster Libraries & Archives Service



Previous Partners

We have run projects for several corporate business and larger organisations including:

- British Land
- Frontline
- The Greater London Authority
- The King’s Trust
- London Museum
- Norton Rose Fulbright
- Our Time
- Power 2
- Redthread





ENQUIRE NOW!