



Drama Taster Sessions for Treatment Facilities

Outside Edge Theatre Company is the UK's only theatre company that works with people affected by substance misuse. For almost 20 years we have toured productions to treatment facilities and delivered free drama workshops as an activity to support recovery maintenance.

OETC's Drama Taster Sessions demonstrate the **Five Ways to Wellbeing** through fast, fun and physical drama games. Engaging the creativity and imagination of the group, this hour-long workshop is specifically designed to promote feelings associated with good mental health. OETC's drama exercises will offer participants an embodied experience of **connecting** to other people, **learning** a new skill, **taking notice** of the world around them, **being active** and **giving** support to others.

The Taste Sessions are led by members of OETC's specially trained drama facilitators, all of who have experience of addiction and substance misuse. Sessions begin with a brief warm-up, followed by a series of icebreakers, before moving on to improvisation games that participants might recognise from TV shows such as "Whose Line Is It Anyway?". No previous experience of drama is required and activities can be adjusted based on the needs of the group. All we require is a room large enough for the group to move around in.

Taster Session participants have commented on how much they enjoy the **fun**, **silly** and **entertaining** atmosphere of the workshop, along with the **laughter** and **energy** of OETC's activities. By the end of the Taster Session participants overwhelmingly feedback improved confidence in their ability to connect with other people and increased understanding of how to support those around them.

If you would like to book a **free** 1 hour OETC Drama Taster Session for your treatment facility or peer support programme, please contact us at:

admin@edgetc.org or **020 7371 8020**



For more information, please see our website: **www.edgetc.org**

Patrons: Mark Rylance, Jimmy Page, Simon Woodroffe, Kika Markham, Pierce Brosnan and Anna Chancellor
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