

# SILENT MIND

## MARKETING PACK





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# ABOUT THEATRE FOR LIFE

We work with aspiring and emerging young theatre makers to create life changing theatre projects to support our immediate community and beyond.

Using theatre for change we want to nurture and support creativity amongst marginalised groups both within our company and the audiences we reach.

Our work focuses on positive growth mindsets and mindfulness, instilling self confidence and developing life long skills. Therapeutic and restorative practices using the arts to support Mental Health and Wellbeing. Youth Social Action - empowering young people and using their stories to inspire our work.

**THEATRE  
FOR  
LIFE.**

# ABOUT SILENT MIND

Silent Mind is a positive and inclusive experience, as an interactive piece of theatre it actively involves young people to participate in wellbeing and mindfulness techniques. It will inspire thoughts and views on mental health awareness through safe working practices in drama. We focus on positive growth mindsets which help to build confidence and encourage expression from groups who may otherwise find it hard to participate in PSHE or drama based activities.

It is an authentic piece of theatre based on real life experiences of mental health, carefully communicating various issues impacting young people today. Our audiences actively participate in therapeutic drama based activities within the play and workshop to facilitate personal growth and wellbeing.





# SHOW INFORMATION

## COMPANY/ CREDIT

Theatre For Life

Supported by Solent Mind

Previously supported with funding by:

Arts Council England

Artsmark Partner

## SHOW NAME

SILENT MIND

## COMPANY

Six performers, Director, Solent Mind Representative.

## RUNNING TIME

1 hour, 15 minutes (Including a 15 minute interval)

## AGE RECOMENDATION

Suitable for 14+ (Due to the sensitive nature of the piece)

## VENUE REQUIRMENTS

- Hall, studio, theatre or large room for performance
- Access to a sound system
- Access to basic stage lighting (not a necessity)

## THEMES

- Anxiety Management
- Coping techniques
- Positive mindsets and promoting self esteem
- Neuroscience & Mental Health
- Mindfulness & Wellbeing

## ACCOMPANYING LINE

‘Silent Mind’ is an interactive piece of theatre which aims to promote awareness on Mental Health, whilst looking at how to support those who may be affected by the issues explored in the play.’

## SHORT DESCRIPTION

An empowering and thought provoking play which explores different mental health issues such as Body Dysmorphic Disorder, Anxiety, Self Harming, Bi Polar and Eating Disorders.

## INTERACTIVE NATURE

Throughout the performance the students will participate in mindfulness exercises, whilst learning about coping strategies to support longterm wellbeing management.

## ADDITIONAL INFORMATION

A representative from Solent Mind will attend the performance/workshop to support the subject matters explored in the play. We will also provide a programme prior to the performance.

## ADDITIONAL SERVICES

1 hour post-show workshops /  
Teacher CPD training

## TRAILER

[Silent Mind Trailer](#)

## ONLINE LINKS

### WEBSITE:

<http://www.theatreforlife.co.uk>

### FACEBOOK:

<https://www.facebook.com/theatreforlife/>

### INSTAGRAM:

<https://www.instagram.com/theatreforlife/>

### TWITTER:

[https://twitter.com/theatre\\_life2?lang=en](https://twitter.com/theatre_life2?lang=en)

### TIKTOK:

<https://www.tiktok.com/@theatreforlifecic?>



# SHOW RESPONSE

*“Silent Mind addressed tricky subject matters, but it was tastefully executed. Sound and music were used to good effect, and the movement quality of the choral elements of the production were equally useful, providing audience members with ‘breathing space’ and ‘processing time’ before each new story was told”*

**Enham Trust, 2022**

*“The performance had a positive effect on me. It has a clear view on getting mental health issues discussed ”*

**Young Person, 2022**

*“The performance was emotional and powerful and helpful for people feeling alone ”*

**Young Person 2022**

*“I had a really tough morning. I didn’t want to come in today but this show has really helped me. Now I feel people in my class will understand what I’m going through. Thank you”*

**Year 10 Student, 2022**

*“The issues raised in the performance were really well explained and provided good advice that was helpful to those who may suffer with the issues or with those who may have friends/family in those situations. They were presented in a really accessible way.”*

**Teacher, 2021**

*“It was so professional and heartfelt. One of my young people told me in the break that it seemed like they could read her mind!”*

**Teacher, 2021**

*“It is truly brilliant and will spark important conversations about mental health. Our students were bowled over by the sensitivity and authenticity of the piece”*

**Drama Teacher & Year 10 Students, 2021**

*“I think for our students it made them aware that there are many mental health issues and that many people have them, so they are not on their own!”*

**Teacher, 2021**

*“Silent Mind has inspired me as a story of empowerment and hope, not just pain”*

**Young Carer, 2019**

***“Brilliant, outstanding piece of theatre.***

***Fantastic actors, every single one shone!”***

Fay Rusling (Writer for TV & Film: BBC, C4,  
ITV, FOX and Radio 4)



# WORKSHOPS

The 1 hour post-show workshop enables young people to actively take part in exciting and engaging activities which will support both the drama and PSHE curriculum. We use a mixture of drama and mindfulness games to help build trust, reframe negative beliefs and open up honest and supportive conversations In the classroom.



Our work can be used as a stimuli for future drama and PSHE (Mental Health and Emotional Wellbeing) lessons enabling personal progression and excellence.

The workshop will include:

- Discussion / Forum theatre exercises to address themes in play
- Practical Wellbeing techniques to support mental health prevention
- Signposting to agencies, organisations and services that can give help, info and advice

We can also offer a teacher CPD course which explores:

- Delivering lessons that focus on positive growth mindsets
- Reflection and assessment
- changing our vocabulary and challenging stereotypes
- Practical teaching strategies to support the PSHE
- Mental Health & Emotional Wellbeing curriculum
- Seven essential resiliency skills

# WORKSHOP RESPONSE

*“I learnt some steps to help with my mental health and wellbeing”*

**Student 2021**

*“I learnt how big of problem mental health can be to someone”*

**Student 2021**

*“I learnt how to keep my mind in check”*

**Student 2021**

*“I learnt how prevent negative thoughts of people from taking over*

**Student 2021**

*“ I will use the [coping] techniques to help myself and other people”*

**Student 2021**



# CURRICULUM LINKS

## PSHE

*Our workshops promote students wellbeing through an understanding of their own and others emotions and the development of healthy coping strategies.*

*Silent Mind also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.*

## DRAMA

*To support students with their devising theatre or live theatre review units for GCSE & A Level Drama and BTEC, Cambridge Technicals or UAL Theatrical approaches; immersive and interactive theatre, devising theatre, applied theatre, ensemble & physical theatre techniques.*

## KEY STAGE:

*KS4 - KS5 (Ages 14 +)*



# PACKAGES

## Half day \*

*1 performance & a workshop £800*

## Full day\*

*2 performances & 2 workshops £1,500*

*\*Travel costs not included  
(to be agreed through consultation)*

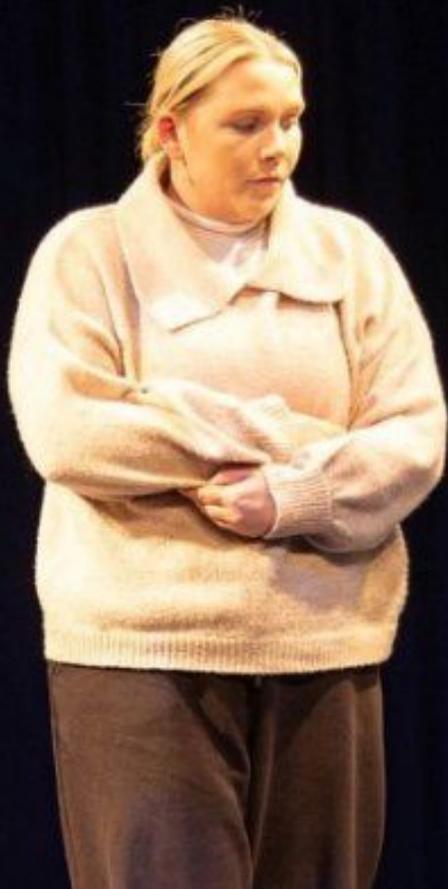
## Additional services

*2 hour Teacher & Professionals CPD: £350*

*1 hour Family & Parental / Guardian Support Workshop: £150*

*For more information or to arrange a consultation  
please contact Michelle Smith on:*

*[enquiries@theatreforlife.co.uk](mailto:enquiries@theatreforlife.co.uk)*



# PREVIOUS PERFORMANCES

**Plaza Theatre, Romsey**

*May 2019*

**Nuffield Theatre, Southampton**

*June 2019*

**All in the Mind Festival**

*September 2019*

**HeadFunk with Zoie Logic Dance Theatre**

**Nuffield Theatre, Southampton**

*November, 2019*

**Schools Tour:**

**Cantell School, Redbridge School, BayHouse School**

**& Sixth Form**

*November 2019*

**Mayflower Engage Schools Tour**

*October 2021 & May, 2022*



<http://www.theatreforlife.co.uk>



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