



## Information Sheet for our Colchester group

***“A unique, rather special theatre project which has become a little gem for many people”***

(Dr Tilbury, Senior Occupational Therapist)

The Black Dog Theatre Creation is a special not-for-profit theatre group set up and run by Alfie James Productions which aims at using performance skills to support people suffering from poor confidence, anxiety and to help to reduce the risk of people becoming isolated. It is also open to those who simply love being creative, learning new theatre skills and staging plays regularly. Now in its sixth year it is slowly growing and is building its reputation as being a wonderful, positive, and successful group. We currently have two groups in Colchester and Camden, London and we often run short bite-size projects in Brentwood and Suffolk. We develop small projects, workshops and performances and work with other artists to offer our members the opportunity to engage in a wide range of artistic skills. Our projects are



### Key info:

#### **Where is it held?**

Colchester Community 360  
(Winsleys House High Street, Colchester CO1  
1UG) & Online via ZOOM

#### **When is it held?**

Wednesday evenings 7.00pm -8.30pm

#### **Who can attend?**

Adults aged 18 +

#### **Is there a cost?**

No. Membership is free



## Our Core Aims:

1. Use performance techniques to build confidence and self-esteem in a fun, supportive environment and to help reduce the risk of isolation.
2. To explore performance techniques.
3. Work as a team, inspiring and supporting others.
4. Produce at least one performance a year.

## Workshop activities

Our workshops are always practical and fun. We are a team and encourage each other and we create a safe working environment. You are never forced to take part in activities, and we do our best to make things as accessible as we can for people's individual needs.

\*Role-play & Improvisations \*Puppetry \*Developing our voice \*Costume design \*Discussions \*Exploring music in performance \*Using our space \*Characterisation \*Script reading \*Devising plays \*Movement \*Mask making  
\*Performing regularly

## Who are we looking for?

We are always looking for new members to join us. You may be someone who wants to develop your confidence, or someone whom is stuck indoors and would like to connect with others, someone who loves performing or would like to further develop your acting skills. You do not need to have any acting experience. We just ask that you are reliable, committed and share our passion in creating performances in a fun environment.

## How does Zoom work?

Zoom is completely FREE and SAFE to use and can be accessed on either your mobile phone or laptop. You will be emailed a link which will then connect you to the secured meeting. You will need to have a working camera on your mobile phone or laptop.

## Who runs our workshops?

The Black Dog Theatre Creation is run by award-winning playwright Alfie James whom founded the project. He has over 30 years' experience working as a Writer, Director, Actor and Theatre Practitioner. We also have guest artists such as the award-winning Puppet Soup Theatre Company and Jacob Anderson as well as Musical Composer, Ben Levy who often run some of our workshops too!



## COVID:19 Impact

Due to Covid:19 we have adapted our project so that everything is online. Our workshops take place via Zoom. Instead of performing live, we are currently creating audio plays which are then streamed online for people to listen to free of charge via You Tube. It's all a bit different right now, so please bear with us, but we're doing our best to continue our work.

## Interested in joining?

If you are interested in joining please complete the attached 'Expression of interest' form and email it to us at [blackdogtheatrecreation@gmail.com](mailto:blackdogtheatrecreation@gmail.com)

We will then notify you if you have been given a place.

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**ARTS COUNCIL  
ENGLAND**



**Waitrose  
Community Matters**



# [www.blackdogtheatrecreation.com](http://www.blackdogtheatrecreation.com)