

# Information Pack 2025-26



**CLEAN  
BREAK  
YOUNG  
COMPANY  
IS LIVE!**

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# What is Clean Break's Young Company?

We are looking for people to join Clean Break's Young Company 2025-26. This is a new theatre training programme for young women and non-binary people aged 18-25 who have lived experience of the criminal justice system or who may be at risk or on the fringes of it.

Our unique programme is for people:

- who are excited by developing their acting and theatre skills and creating work for the stage.
- who want a non-judgemental safe space to thrive and express themselves creatively.
- are willing to commit to a year-long programme of training.

During the programme, the Young Company will learn acting and theatre making skills, receive personalised wrap-around support and perform a brand-new commissioned play.

The programme will run from October 2025 – July 2026.

The sessions will be delivered by an incredible group of artists and facilitators and leading Drama Schools.

We will soon be announcing our Drama School partners, keep an eye out for our official announcement!



# Workshop Schedule

## Autumn Season (October – December 2025) & Spring Season (January – April 2026)

Tuesdays mornings – 11am-1pm: **Group wellbeing sessions** on confidence building, mental health, self-worth, empowerment and working as a group. These sessions will be delivered by Clean Break's Participation Manager with support from the Young Company Support Worker.

Tuesday afternoons – 2pm-4pm: **One-to-one support sessions.** You may not need to stay for the full 2 hours, but it is an allocated time should you need space to discuss anything with the Support Team.

Wednesdays all day – 11am-4pm: **Acting, drama and theatre skills training.** These sessions will be delivered by our, Drama School partners, Clean Break artists and a Support Worker will provide support in the space.

## Summer Season (April – July 2026)

**The Company will rehearse and perform a short play** by Emma Dennis-Edwards, commissioned playwright for the Young Company. The play will be directed by Clean Break's Associate Artistic Director and will be produced at a London venue, for audiences of invited guests, peers and the public.

**After the production the Young Company will take part in the "Next Steps" module** of support with pathways in the arts, making applications to further training, industry masterclasses, headshots and showreel creation, CV writing and more – taking direction from the Company's needs.



# Programme Dates

## Autumn Season (October – December 2025)

Start: Tuesday 7 October

Season Break (no sessions) – Week beginning 27 October

End: Wednesday 16 December

## Spring Season (January – April 2026)

Start: Tuesday 20 January

Season Break (no sessions) – Week beginning 16 February

End: Wednesday 23 March

## Summer Season (April – July 2026)

The Young Company will then enter a longer rehearsal period; these will be full and longer days of 10am-6pm:

Tuesday 21 April

Wednesday 22 April

Thursday 23 April

Tuesday 27 April

Wednesday 28 April

Thursday 29 April

Monday 11 May

Tuesday 12 May

Wednesday 13 May

Thursday 14 May

Friday May 15

Tuesday 5 May

Wednesday 6 May

Thursday 7 May

# Programme Dates Continued

## Tech and Dress Rehearsals

*These days will be longer and may run into the evening (exact timings TBC)*

Monday 18 May

Tuesday 19 May

## Performance Dates

*Again these will be long days and late evenings to accommodate matinee and evening performances (exact performance times TBC)*

Wednesday 20 May

Thursday 21 May

Friday 22 May

Saturday 23 May

Season Break (no sessions) – Week beginning 25 May



## Programme Dates Continued

After the Production is completed, you will return to Clean Break for “Next Steps”, and this will include Tuesdays and Wednesdays both 11am-4pm.

During “Next Steps” we will also be visiting our Drama School partners for Tours of the schools and information sessions on making applications to their courses.

Tuesday 2 & Wednesday 3 June

Tuesday 9 & Wednesday 10 June

Tuesday 16 & Wednesday 17 June

Tuesday 23 & Wednesday 24 June

Tuesday 30 June & Wednesday 1 July

Tuesday 7 & Wednesday 8 July

Tuesday 14 & Wednesday 15 July

The programme will end with a Graduation Ceremony on Friday 17 July, timings and location to be confirmed.

# Personalised Support

Support: Each Company Member will have access to both the Young Company Support Worker and Clean Break's Members Support Team, offering support, advice and guidance around a range of issues.

Financial Support: The Company Members will receive a 'stipend' of £150 each per Season to support them with material costs, theatre trips and theatre texts. We will ensure this stipend will be allocated in a way that will not affect any Member's receipt of benefits.

You will also have access to travel expenses, be provided with food and support with childcare costs.

Access: We will ensure the programme content is accessible for Company Members who identify as neurodivergent, and will make the necessary reasonable adjustments needed to support their participation.

A visual guide to travelling to Clean Break, as well as a floorplan of our building can be downloaded [here](#).





# Eligibility Criteria

Age range: Must be between the ages of 18 and 25 years when the programme begins, you can turn 26 during the programme.

Commitment: To actively engage, take part and complete the programme and adhere to Clean Break's rights and responsibilities.

Lived experience: Clean Break's Young Company is for people with "lived experience of the criminal justice system or who may be at risk or on the fringes of it." For more information on what we mean by this please read page 12.

During the application process, we will not ask you to share or talk about your lived experience. During audition stage, our dedicated Support Team will ask you about your lived experience, this is to ensure they are able to best support you during the programme. Anything you share will be kept confidential and will not be shared with anyone beyond the team.



# How do I Apply?

To apply to be a part of Clean Break's Young Company 2025-26, please complete this online form, the link to the form is here:

<https://forms.gle/Yrwrh4c8iRbXdW7i7>

After you have completed the online application form, and if you meet the application criteria, you will be invited to our Audition and Interview Day on Wednesday 10 September.

The Audition and Interview Day will consist of

- a group drama workshop
- a solo-performance
- panel interview
- 1-1 support meeting

Before of the day, you will receive the panel interview questions and examples of what a solo-performance might be (e.g. monologue, spoken word, song etc).

In the 1-to-1 support meeting you will meet with a member of Clean Break's Support Team and go through an enrolment questionnaire. The enrolment questionnaire is where you will share some information about yourself and how we can best support you on the programme.

# How do I Apply?

The people you will meet on the Audition and Interview Day will be members of staff from Clean Break's Artistic and Participation teams.

After the Audition and Interview Day, the panel will meet to decide the outcome of your application.

You will be notified of the outcome of your application on Monday 15 September by email and/or phone call.

Important dates to note:

- Applications open on week beginning 28 July
- Applications close on Monday 1 September
- Audition and Interview Day is Wednesday 10 September
- Notification of application outcome by Monday 15 September

If you would like to apply using a different format, please contact us at [yc@cleanbreak.org.uk](mailto:yc@cleanbreak.org.uk)



# What do we mean by “lived experience of the criminal justice system or who may be at risk or on the fringes of it.”

The term “lived experience of the criminal justice system” means you have had personal contact with probation, prison and/or the police.

At Clean Break, our Members include women who have experienced the criminal justice system, but also those who are at risk of entering it due to the challenges they are facing, or have faced in the past. Examples of life challenges may include issues with drugs and alcohol, mental ill health or experiencing the care system, to name just a few. This means they may be “at risk of or on the fringes of entering the criminal justice system.”

You may relate to one or more of these experiences, or have other relevant lived experiences which are not listed. We know there are many combinations of lived experiences and unmet needs that could impact someone’s “risk” of entering the criminal justice system.

Clean Break is a community of individuals with diverse life experiences and we welcome, champion and celebrate everyone on our Membership programmes.

We particularly acknowledge the systemic oppression that Black, Asian and global majority young women and young women with experience of the care system as groups are overrepresented in the criminal justice system, so we would encourage applicants from these backgrounds to apply.

If you have any questions about your eligibility for the Young Company, please contact us [yc@cleanbreak.org.uk](mailto:yc@cleanbreak.org.uk). You can either speak with one of our team members directly, or we can send you some additional information about eligibility.



## Self-Care Tips

We know that completing applications can be challenging and can bring up different emotions. That's why we have included some self-care tips below.

The concept of self-care comes from the Black Feminist movement, it is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives despite difficulties we may experience.

### Try and Grounding Exercise

Grounding exercises can help to bring yourself into contact with the present moment to relieve distress. There are many ways you can do this, here are some examples:

- Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
- Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
- Wash your hands, have a shower or drink some water.

### Watch Clean Break's Creative Wellbeing Video Series

In these videos available for free on Clean Break's Knowledge Hub, three community members share some of their favourite exercises which combine wellbeing tools with creative expression. Click the boxes below to watch:



## More About Clean Break

Clean Break is a women-only theatre company making transformative theatre in prisons, in the community, and on stage. We were founded in 1979 by two women in prison who believed in the power of theatre to change lives and tell the often unheard stories of women in the criminal justice system.

Our vision is of a society where women can realise their full potential, free from criminalisation.

Today, Clean Break runs life changing theatre programmes in prisons, in women's centres, and from its centre in North London, providing creative workshops and 1-to-1 support.

On stage, Clean Break inspires playwrights and captivates audiences with ground-breaking new plays. Our plays share authentic stories which reveal the damage caused by the criminal justice system, and help audiences reimagine ways of thinking about women and criminalisation.

## Our Values



## Contact

If you would like to learn more about the Young Company or have any questions at all, please email:

[yc@cleanbreak.org.uk](mailto:yc@cleanbreak.org.uk)

# CLEAN BREAK YOUNG COMPANY

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