

Safer Spaces  
Staging Rehabilitation  
Rebel Voices  
Rewriting Justice  
Unlocking Potential  
The Lab

# Training Programme

November 2019 - April 2020



# Clean Break

Clean Break is a women's theatre company established by two women prisoners in 1979 at HMP Askham Grange in Yorkshire. An Arts Council National Portfolio Organisation, Clean Break produces groundbreaking theatre which puts women's voices at its heart and challenges injustice within and beyond the criminal justice system. Our collaboration with leading female artists and women with criminal justice experience alongside our partnerships across theatre, criminal justice and the women's sector means we are uniquely placed to engage with audiences who are trying to make sense of the world and looking for new and inspiring narratives.

Clean Break uses theatre in prisons and with women in community settings, and commissions playwrights and produces plays which compellingly reveal to audiences the hidden stories of women and crime. We achieve this in collaboration with theatres and other organisations including the Donmar Warehouse, Soho Theatre, Theatre Clwyd and the Royal Court.

Over the past 40 years Clean Break has proven itself to be a trailblazer in both theatre and the criminal justice system; creating bold work, innovating best practices and creating lasting change. With a wealth of unique knowledge and experience, Clean Break's training programme offers participants an insight into its unique approach and practical skills from across the breadth of its work offering half day to three day options for theatre artists, criminal justice professionals, front line workers, and community activists.



Photo: Ali Wright

## Safer Spaces

1 November

Safer Spaces is a one-day training course for theatre artists, criminal justice professionals and early career front line workers interested in developing their tool kit for working with young women in the criminal justice system and young women at risk of offending.

## Staging Rehabilitation

21 November

Staging Rehabilitation is a Clean Break masterclass in association with Geese Theatre Company. It is for theatre artists and criminal justice professionals interested in the specialised field of arts in the criminal justice system.

## Rebel Voices

4 December | 15 January

Rebel Voices Actor Training is a half-day actor training course with Artistic Director Róisín McBrinn which uses its recently published book of monologues, *Rebel Voices*, to help female actors choose monologues and work on their audition technique.

## Rewriting Justice

30 January

Rewriting Justice is a one-day training course for theatre artists and emerging playwrights as well as criminal justice professionals with an interest in how to use playwriting with women in prisons and in community settings.

## Unlocking Potential

19 March

Unlocking Potential is a one-day training course for theatre artists, and early career group work facilitators interested in the art of creating safe and transformative women-only spaces. Drawing on the practice from Clean Break's current Members Programme and former award-winning Education Programme, this day will provide participants with a rich toolkit to develop inclusive practice.

## The Lab

30 March - 1 April

The LAB is a three-day intensive workshop for theatre artists interested in a more comprehensive, deeper engagement with Clean Break's practice, encompassing both how we work with women to how we produce theatre for different audiences. The three days will incorporate working closely with Clean Break Members in a collaborative process which is central to how Clean Break fulfils its mission.

# Safer Spaces

Friday 1 November | 10:00 - 16:30

£85 full price | £55 concession

Safer Spaces is a one-day training course for theatre makers, criminal justice professionals and early career front line workers interested in developing their tool kit for working with young women in the criminal justice system and young women at risk of offending. This course will be led by Clean Break's Participation Manager, Lorraine Mayer and guest co-facilitator, Cassandra Conteh.

Over the course of the day participants will be introduced to the working practices of Clean Break 's work with young women.

Through drama exercises, group work and discussion participants will:

- Learn creative ideas for creating safe working environments for young women
- Explore best practice in engaging and sustaining attendance to programmes
- Gain confidence and skills in responding to challenging behaviour
- Explore setting and maintaining boundaries
- Explore best practice when working with young women who are living chaotic lifestyles
- Explore exercises to support young women from vulnerable backgrounds in reaching their full potential

**"The best course I have ever attended in 15 years of working with children and young people."**

- Clean Break workshop participant

## About Guest Co-Facilitator Cassandra Conteh

Cassandra is a Well-Being Practitioner and group facilitator. She devises and facilitates personal development programmes using therapeutic communication skills and the arts to support the needs of her clients. She is a specialist in working with children and adults who are either on the fringes, have been in contact with and/or involved with the criminal justice system. She also works with adults with mental health illnesses in forensic settings and in the community.

# Staging Rehabilitation

**in collaboration with Geese Theatre Company**

Thursday 21 November | 10:00 - 16:30

£85 full price | £55 concession

This masterclass is for both theatre artists and criminal justice professionals interested in the specialised field of arts in the criminal justice system. The day will be an introduction to the work of two of the leading organisations in this field: Clean Break and Geese Theatre Company.

Anna Herrmann, Joint Artistic Director at Clean Break and Andy Watson MBE, Artistic Director/CEO of Geese are long-standing members of the National Criminal Justice Arts Alliance steering group and are regular visiting lecturers on a range of Applied Theatre undergraduate and post-graduate courses. With a combined track record of 39 years with these Companies, this training day will give participants a unique insight into the successful approaches of Clean Break and Geese in both prison and community settings.

Through a practical learning setting involving drama and theatre exercises, group work and discussion, participants will:

- learn about the companies different working practices
- understand the principles and theory underpinning their work
- explore best practice in this field

## About Guest Co-Facilitator Andy Watson MBE

Andy became a practitioner with Geese in 1997 and has been the company's Artistic Director and CEO for the last 16 years. Geese is a team of theatre practitioners who present interactive theatre and facilitate drama-based groupwork in the criminal justice system. Andy specialises in developing and delivering a range of theatre based interventions in prisons, secure hospitals and with vulnerable groups in the community

**“A warm and supportive atmosphere with a brilliant approach, bringing clarity to complex issues.”** - participant

# Rebel Voices

Wednesday 4 December | Wednesday 16 January

10:00 - 13:00

£35 - includes the one copy of *Rebel Voices*

Following on from a collaboration with The Mono Box, Clean Break have developed Rebel Voices for this course. In this 3.5 hour workshop Róisín McBrinn will work with actors to bring to life one of the characters from Rebel Voices, alongside sharing insights into how these incredible plays were made, how the company works with artists and how you can best utilise the work.

The workshop will be led by Clean Break's Joint Artistic Director, Róisín McBrinn. Róisín became Joint Artistic Director of Clean Break in 2018. Prior to this she was Head of the Artistic Programme since 2014, with responsibility for commissioning and developing writers and artists. She has directed many productions including shows at The Abbey Theatre, The Gate Theatre (Dublin), West Yorkshire Playhouse, The Donmar Warehouse, Sheffield Theatres, The Bush Theatre and Sherman Theatre.

Participants will receive direction and advice on a monologue of their choice. They will leave with a better understanding of who they are as a performer, a monologue that they can use for future auditions and a book of wild, ugly, beautiful women who may help you to understand yourself better.

**"I felt really safe to explore and be brave. It gave me confidence to approach challenging monologues."**

- participant

# Rewriting Justice

Wednesday 30 January | 10:00 - 16:30

£85 full price | £55 concession

Rewriting Justice is a one-day training course for theatre-artists, early career playwrights and criminal justice professionals with a particular interest in how to facilitate playwriting workshops in criminal justice settings as well as examining the personal and social value of this work. The day will be facilitated by Clean Break's Joint Artistic Director, Anna Herrmann and playwright Vivienne Franzmann.

Through drama and playwriting exercises, group work and discussion, participants will:

- Learn creative ideas and exercises for facilitating playwriting with women in criminal justice settings
- Identify best practice when working creatively with adults in vulnerable circumstances
- Hear insights about working in prisons as a playwright for Clean Break
- Explore next steps for those interested in pursuing this field as a career

**"Illuminating and interesting for writers of all levels. It was hugely creative and inspiring – Excellent"** - participant

## About Guest Co-Facilitator Vivienne Franzmann

Vivienne was a drama teacher for 13 years and has taught playwriting around the UK and internationally. In 2008, she won a Bruntwood Playwriting Award with her first play *Mogadishu* and went on to be awarded the George Devine Award for Most Promising Playwright in 2010. Vivienne was Resident Playwright for Clean Break Theatre Company in 2012. In 2014, Vivienne's fourth play, commissioned by Clean Break, *Pests* was co-produced by the Manchester Royal Exchange and the Royal Court, followed by a national tour.

# Unlocking Potential

Thursday 19 March | 10:00 - 16:30

£85 full price | £55 concession

This one-day training course is for theatre artists and early career group work practitioners interested in the art of creating safe and transformative women-only spaces. Drawing on decades of practice from Clean Break's current Members Programme and former award-winning Education Programme, this course will explore setting clear boundaries, facilitation skills and managing challenging situations. Ultimately it will provide participants with the space to build their confidence and develop a rich toolkit to improve their practice.

Through drama and theatre exercises, group work and discussion, participants will learn:

- The principles underpinning Clean Break's practice
- Explore setting and maintaining boundaries
- Best practice when working with vulnerable adults
- How to manage challenging situations

**"Empowering - really valuable for any theatre facilitator."** - participant

## About Guest Co-Facilitator Sam Adams

Sam is a Freelance Dramatherapist, Performer and Storyteller with well over two decades of experience as a Theatre Artist Practitioner. As well as using theatre practice, and creative expressive art forms to promote health and wellbeing at Clean Break, Sam also teaches at Roehampton University, and Central School of Speech & Drama as a Visiting Lecturer on the Dramatherapy MA and Applied Theatre course respectively.

# The Lab

Monday 30 March - Wednesday 1 April

10:00 - 16:30

£250

The LAB is a three day training course in Clean Break's practice and philosophy. It is for theatre artists who are passionate about women's experiences, committed to social justice and interested in theatre practice in prisons, criminal justice, and community settings.

It is a unique opportunity to work over three days with Clean Break's Joint Artistic Directors, Anna Herrmann and Róisín McBrinn, to learn in depth about Clean Break's specialised approach to theatre and criminal justice.

Working collaboratively with Clean Break Members, participants will develop new skills through a combination of practice and presentation whilst exploring the central themes of resilience, voice and inclusion through theatre: what does empowerment look like? Whose voices are being fore-fronted and how do we enable individuals from diverse backgrounds to thrive in the theatre industry and beyond?

Dedicated sessions will focus on:

- theatre in prison settings
- trauma-informed practice

Throughout the workshop the group will draw on Clean Break's best practice, developed and refined over our 40 years in the industry.

**"Insightful, engaging and powerful. I feel very inspired, motivated and like I've gained loads of skills which will help me."** - participant

# Booking Information

## Book Your Place

[www.cleanbreak.org.uk/events/](http://www.cleanbreak.org.uk/events/)

Rebel Voices, Unlocking Potential and The Lab are open to any participants who identify as a woman. All other courses are open to participants of any gender.

A limited number of bursary places are available to anyone who has had direct personal (not professional) experience of the criminal justice system. To apply for these, please write explaining your interest in the training event to [general@cleanbreak.org.uk](mailto:general@cleanbreak.org.uk) marking your email FAO Anna Herrmann.

Concessions Include: Students, 65 and over, people in receipt of disability benefits, people in receipt of unemployment benefits, Theatre union members and Freelance artists.

### How to Find Us

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West

Bus: C2, 24, 46, 134, 214, 393



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### Find Us Online



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