



Community Recovery Projects and Activities Welcome Pack

Contents:

1. Introducing FADT Recovery Community
2. About Fallen Angels Dance Theatre
3. Angel Code
4. Together While Apart Community activities.
5. Ground Rules

For further information contact:

Claire Morris, Director
claire@fallenangelsdt.org
www.fallenangelsdt.org
m: 07801 478 548

Introducing Fallen Angels Dance Theatre (FADT) Community Projects 22-23:

We hold regular community groups in:

- **Chester:** Storyhouse on Mondays 12-2pm
- **Liverpool:** The Black-E on Thursdays 1-3pm
- **Leigh (GM):** The Turnpike (Autumn only)

And Projects:

- **Recovery in Motion:** Salford and Bolton

These sessions are designed to explore recovery from addiction and/or mental health challenges through dance theatre.

Where you can expect a high quality dance theatre experience including:

- Physical Warm-up
- Exploration of our stories through creative movement
- Cool-down and stretches
- Fun and laughter

The sessions are led by professional dance artists from Fallen Angels Dance Theatre through the Artistic Direction of Paul Bayes Kitcher - himself in recovery from addiction, with over 30 years professional experience in dance.

Performances:

Performances are optional. The emphasis is on the group experience and achieving something special together.

Social:

Additionally we encourage participants to get involved in peer led social activities. These can vary from group to group.

At FADT we actively seek opportunities to further your dance theatre/community experience such as going to the Theatre, and recovery/community events.



About Fallen Angels Dance Theatre

Mission, Vision & Values

Fallen Angels Dance Theatre (FADT) exists to support people in recovery from addiction to transform their lives and share the recovery journey with the wider public, through dance, performance and creativity.

FADT believe that people in recovery should feel included, accepted and valued and have the opportunity to realise their potential.

Background - Brief background current achievements

Fallen Angels was founded in 2011 by Professional Dance Artists Paul Bayes Kitcher and Claire Morris. Paul himself in recovery, an ex-soloist at Birmingham Royal Ballet, began working in rehabilitation in 2009. We now deliver dance workshops for people in recovery in Liverpool, Cheshire and Greater Manchester. In the last 12 months, FADT has worked with more than 100 people who are in recovery through key partnerships including recovery services, homelessness charities, services for armed forces veterans and at HMP Berwyn.

Over the last 10 years, we have built our reach and reputation for providing a structured programme of dance workshops for people in recovery from addiction/mental health challenges, and developed a participant-led practice where they become collaborators in the art that we make.

Since 2014 we have performed at prestigious venues such as: The Lowry Salford Quays and the Royal Opera House London (ROH). We completed a year of organisational development support from ROH on their Links programme and have performed at UK Recovery Walk annually since 2015. In 2018 we met and performed for Her Majesty the Queen and HRH Duchess of Sussex.

We have been instrumental in supporting 459 individuals through our participatory workshops. These are currently delivered in 3 communities across, Liverpool Merseyside, Chester Cheshire and Leigh, Greater Manchester.

The workshops help to build participant confidence and self-esteem and reduce their social isolation on their pathway to recovery. Our workshops are designed to support and enhance addiction and mental health recovery programmes.

FADT has grown organically. At its heart is Paul's original desire to provide people in recovery with a safe place to express their relationship with addiction and develop a practice that supports their well-being and journey to recovery. Over the past year we have invested in developing a more coherent fundraising strategy which targets arts, health and social justice funding opportunities. We work hard in growing as a resilient organisation able to sustain both participatory workshops and a performance programme.

Angel Code: **Fallen Angels changes lives.**

To change and to be creative we need to be bold and face our fears. To do this we will work together to create a safe space.

We encourage group members to be:

- Respectful, Supportive, Positive, & Encouraging in behaviours and communication.
- Mindful of others in the group:
 - Allowing others to have their say,
 - Be confidential.
- During the “check in” and group work to help the group run smoothly, we speak one voice at a time, please feel free to ask for help if needed or if any personal issues come up, or you are triggered in anyway we'll do what we can to support you.

We expect people:

- Not to come under the influence of any mind-altering substances, including alcohol
- Come with an open mind
- Be willing to give it a go.

Every group/project will develop its own ground rules for and with the members.

Our Promise to you is to give you a high-quality dance theatre experience:

- Physical Warm-up
- Exploration of our stories through creative movement
- Cool down and stretches
- Fun and laughter
- Sensitivity to your needs, including advice of where to go for help.

Ground Rules in Venue:

Each project conducts a session for ground rules using a Flip Chart, to be typed up and given to group members in the next workshop. The workshop leader will keep a copy.

If you have any concerns about yourself or another group member talk directly to an FADT workshop leader.

If the workshop leader feels that a participant for whatever reason is unable to conduct themselves in the appropriate manner they will:

1. Take them to a safe place away from the group.
2. Discuss the issue and allow the individual to respond referring to the ground rules.
3. Write up any agreed outcomes on an incident report form.
4. Check we have up to date contact details in the folder, update if necessary and agree a time to call each other later to follow up and support.
5. If this is not appropriate, agree a way forward.

*Any members under the influence or “acting out” inappropriately may be asked to leave for the safety of others. Members to always be mindful of behaviour with peers both within and outside of FADT activities. Any concerns will be dealt with.

Confidentiality and data protection:

FADT are committed to comply with relevant UK General Data Protection Regulation (GDPR) laws to respect privacy and the protection of the “rights and freedoms” of individuals.

If for safeguarding reasons we feel that an individual is at risk of harm we will act according to FADT’s Safeguarding Policy and protocol.

- If you have read this document and are participating in a FADT workshop/project, you agree to adhere to this Angel Code.

We hope you have an Inspirational Journey with Fallen Angels Dance Theatre!

Fallen Angels Dance Theatre Online/Offline Community - General Ground Rules

In response to the C-19 Pandemic, Fallen Angels Dance Theatre Community recovery group members can access the following private groups on Facebook ~

1.A localised closed group where information will be posted specifically for their group project

2.Fallen Angels Family - A group for all the Fallen Angels to communicate, share experiences and creativity “Together while Apart” through challenging times.

In order to maintain the "Safe Space" at Fallen Angels the group have developed "Ground Rules" for these online platforms and we will use these also as we move back into our community groups (Sept 2020):

- Supportive
- Respectful
- Be positive
- Encouraging
- Let others have their say
- Confidentiality
- Be mindful of others on this group inc use of language
- During the Check in to help the group run smoothly, we speak one voice at a time, please feel free to ask for help if needed or if any personal issues come up and we'll do what we can to support you.

*No recording or pictures to be taken besides Workshop Leaders unless requested and agreed as a group.

Disclaimer:

Peer led activity - is an offering from a peer and not a professional at Fallen Angels.

Be aware they are not covered by insurance and not professionals therefore you are responsible for your safety when taking part and if this is online be aware of your home furniture and lights!! Be aware, Be mindful, Be sensible :)

The Facebook online platforms will be monitored during working hours (Mon-Fri, 9am-5pm), any posts that the team feel are not appropriate will be deleted and if we are really concerned we will talk to you.

If you would like more information contact: claire@fallenangelsdt.org m: 07801 478 548