

Theory of change

Vision

Fallen Angels Dance Theatre promotes recovery from addiction through dance theatre. Our vision is to provide high quality dance theatre experiences for people in recovery from addiction and those experiencing poor mental health where they are accepted, valued, and realise their potential.



Taster and regular **dance workshops** in community & arts spaces



Performance opportunities in a range of places and spaces



Volunteering which supports others and grows new skills



Progression through creative projects and cultural events



Advocacy for recovery-arts to dismantle stigma and champion new voices

Key activities

Individual Transformation Outcomes

Feeling more positive and confident after dance workshops and performances

Improved mental wellbeing

Access to a broader support circle and build social networks

Self-discovery through movement

Growing recovery capital

Improved body awareness and physical fitness - strength, balance and flexibility

Improved lifeskills

Artistic Practice Outcomes

Unique recovery-inclusive dance practice developed

Audiences exposed to high quality dance performances by people with lived experience of addiction or mental health adversity

Recovery stories placed centre stage

Clear pathway for participants to progress as artists, developing movement and creative skills

Insight into Fallen Angels Dance Theatre's methodology shared via CPD and resources

Arts and Recovery Sector Outcomes

Evidence of the benefits of recovery-arts practice

Wide range of referral pathways

Stories of addiction diversified

Change perceptions of addiction and recovery

Practice shared with local, national and international professional networks

Awareness and advocacy

Longer term

Dance as an ongoing coping mechanism supports recovery maintenance

Improved quality of life with increased confidence, resilience, pride and a sense of community

Regular access to social and arts experiences

Longer term

Greater visibility for recovery-inclusive dance practice

Non traditional pathways into dance created

Longer term

Dance becomes more inclusive

Addiction and recovery services do more work with dance and performing arts