

**EMPOWERING CHANGE  
THROUGH MOVEMENT**



The UK's leading movement programme for addiction recovery and mental health. An expert-led, ambitious charity dedicated to empowering individuals in recovery.

**[fallenangelsdt.org](http://fallenangelsdt.org)**

# Movement for Change

At Fallen Angels Dance Theatre we harness the power of movement to empower individuals and communities. Our innovative approach, **Movement for Change**, uses creative expression and movement to inspire progress and well-being.

Through group sessions and classes, participants connect, express themselves and embrace positive change. This practical, evidence-based approach focuses on healing, empowerment, creativity, and building a supportive community. It's ideal for those seeking recovery from addiction and those living with mental health conditions.

Founded in 2011 by dancers Paul Bayes Kitcher and Claire Morris, Fallen Angels Dance Theatre is a leader in creative health and participatory arts. Based in Chester, we have an active regional presence in the North West of England, with national and international reach through training programmes, performances and advocacy.

## What to expect in a Movement for Change session?

Movement for Change sessions are small group classes lasting 1-2 hours for 3-15 participants. No prior experience is needed. A structured approach ensures participant safety and wellbeing. Movement to music awakens the body and quietens a busy mind. Movement exercises get the body active and foster self-expression. Group discussions build support and community. Incorporate recognisable 'check in/check out' structure used in recovery and mental health therapies.

### Typical structure

- **Check in, Warm-up & Connect:** Welcome and settling in. Creates a supportive environment and gently prepares to get moving.
- **Mindfulness & Breathwork:** Practical exercises for relaxation for use anywhere, anytime to enhance self-awareness.
- **Themed Movement & Exploration:** Through creative movement and dance-based exercises, sessions explore personal narratives and recovery journeys in a safe and supportive space.
- **Sharing & Check Out:** Sessions conclude with shared reflection to encourage mutual support and community building.



## DISCOVER MORE

- **Paul's Story:** Witness the power of movement in [BBC3's "Amazing Humans" documentary](#), "Addiction Nearly Ruined My Life," featuring Fallen Angels Dance Theatre's Artistic Director, Paul.
- **Transformative Impact:** Hear from participants themselves about the positive impact of Fallen Angels' "Movement for Change" programme on their recovery journeys. [Discover more](#)
- **Why Dance & Recovery?:** Explore the powerful connection between dance and recovery in Fallen Angels Dance Theatre's [blog post](#).
- **Community Workshops:** Watch a film showcasing [Fallen Angels' workshops in action](#) within community-based projects (Salford/Bolton).

# Our services and projects

Fallen Angels Dance Theatre (FADT) harnesses the power of movement to empower individuals on their recovery journeys. Our unique approach, Movement for Change, personalizes support, focusing on physical and emotional well-being, personal expression and growth.

## **Flexible and Inclusive Services:**

We offer a range of activities to meet diverse needs and settings. These include:

- **Weekly drop-in sessions:** Open and welcoming spaces for ongoing support.
- **One-off workshops:** Introductory sessions exploring movement and recovery.
- **Regular classes (3-12 months):** In-depth programs for sustained growth.
- **Tailored sessions:** We customise programmes for criminal justice providers, mental health secure settings and Tier 4 services.

## **Combining Movement and Recovery:**

FADT's award-winning approach blends creative movement with evidence-based recovery techniques. We adapt contemporary and classical dance for all abilities, using movement to explore memories, emotions and self-empowerment. Breathwork and visualisation techniques promote inner calm, while storytelling through movement addresses trauma and fosters healing. Physical activity is also a key component, supporting overall well-being.

## **Supportive Environment:**

Group sessions incorporate check-in and check-out practices, encouraging reflection and mutual support within recovery programmes. Our expert facilitators are joined by Supporting Angels, volunteers with lived experience who offer additional guidance and connection.

Recovery is not a one-size-fits-all process so we offer programmes designed for different stages and levels of engagement:

- **Movement for Change Sessions (1-2 hours):** Taster classes, outreach workshops, and regular sessions tailored to individual needs (2-15 participants). These sessions explore the connection between movement and recovery, promoting better physical and mental health. No prior experience is necessary.
- **Projects and Community Performances:** For those ready to deepen their experience, our projects create performances fostering teamwork, problem-solving and a sense of accomplishment. Witness personal transformation as participants share their stories and recoveries through impactful performances.
- **Films and Professional Performances:** Be inspired by our professional presentations based on recovery themes. Our work has been showcased on screen and performances at Storyhouse Chester, The Black-E, the Royal Opera House, and International Film Festivals. We offer outreach workshops for community groups and educational audiences linked to performances to know knowledge and understanding of recovery
- **Continuing Professional Development (CPD):** We provide training sessions and conference presentations for healthcare professionals, arts practitioners, applied theatre students which explore our methodology and share valuable tools.



# Our impact: Powerful stories, Real Change

Participants are the heart of Fallen Angels Dance Theatre. Their inspiring journeys shape our approach, and their successes fuel our passion. We go beyond anecdotal evidence, collaborating with researchers to track participant progress through our Theory of Change framework. This structured pathway, featuring workshops, creative projects, artistic training, and culminating performances, fosters a sense of accomplishment. Participants celebrate personal milestones and build lasting skills – a powerful foundation for sustained recovery.

**Beyond Individual Recovery** Fallen Angels Dance Theatre dismantles the stigma surrounding addiction by promoting compassion and understanding. We foster collaboration and knowledge exchange in the arts and health sectors. Our evidence-based approach delivers real results.

**85% of participants report feeling better connected to their bodies** and **80% experience positive life changes**, like:

- Reduced anxiety and depression
- Improved self-esteem and body image
- Increased social connection and belonging
- Enhanced coping skills and emotional regulation


**Recovery professionals and service partners** tell us this approach:

- **Improves client outcomes** in emotional & physical well-being
- Promotes self-reflection and expression for clients
- Offers a safe, **welcoming space for diverse participants**
- Compliments other mental health and recovery approaches

*“Creative movement gave me purpose and belonging I never thought possible.” Sarah*

*“Fallen Angels helped me build confidence and express myself in new ways.” John*

*“That first session brought me to tears, something had happened deep within me and the feeling of freedom and relaxation was something new and lovely for me.” Tom*

**Learn more about our Theory of Change, academic partnerships and inspiring user testimonials at [fallenangelsdt.org.uk](https://fallenangelsdt.org.uk)** 



# Meet the team



**Fallen Angels Dance Theatre is a charity led by experienced professionals, supported by a passionate team of volunteers and governed by an engaged board of trustees.**

## **Paul Bayes Kitcher: Artistic Director**

Paul's journey with Fallen Angels Dance Theatre is deeply personal. He trained at the Royal Ballet School and performed for Scottish Ballet and Birmingham Royal Ballet. Paul's own experience with addiction and recovery fuelled his curiosity and passion to use movement as a tool for personal development. In 2009, he began exploring participatory arts workshops, helping individuals in recovery tell their stories through movement and creativity which culminated in founding Fallen Angels Dance Theatre in 2011. Paul teaches Movement for Change sessions and outreach projects, leads artist training and is choreographer for the films and performances. Paul's artistic practice recognises that trauma and tension held by the body can be released through creative activity. He understands the unique challenges faced by participants, including mental health issues, disability and neurodiversity. Paul's story has garnered national attention, featuring in a BBC3 "Amazing Humans" documentary. Paul advocates for the power of recovery arts at public events like the Houses of Parliament, universities, health conferences and TEDx talks.

## **Claire Morris: Creative and Strategic Director**

Claire is an experienced teacher, choreographer and arts manager who trained at the London Contemporary Dance School and has worked for the Royal Ballet School and Rambert Dance Company. Claire has worked with Paul since 2009, from the early beginnings of the company's ambition and devised and developed a dynamic and flexible operating model which reaches into both arts and health sectors. Claire leads on organisational development including strategic partnerships within healthcare, local authorities and drug and alcohol services, partnerships with academic researchers and producing new projects and productions with arts organisations. Claire co-leads artist training and CPD sessions and teaches the Fallen Angels Women's activity including performance and presentations at Storyhouse Women Festival.

## **Supporting Angels**

Fallen Angels Dance Theatre benefits from the dedication of Supporting Angels, a passionate group of participant volunteers and peer mentors who assist in workshops and share their own stories of recovery, further enriching the supportive and inclusive environment.

## **Engagement Support and Outreach Team**

A dedicated team of Engagement Support Workers, Outreach Coordinators and Administrators warmly welcomes potential participants and guides them in a smooth transition into our programmes.

**Visit our website to learn more about our volunteer Supporting Angels, our Engagement Support Workers, office team and our dedicated trustees [fallenangelsdt.org.uk](https://fallenangelsdt.org.uk)** 

# Get involved with Fallen Angels Dance Theatre

- **Commission a Movement for Change project or course:** Visit a session and/or meet our team to discuss how we can tailor our approach to your setting, community or group.
- **Refer Someone to Our Services:** If you have been affected by addiction, are in recovery or are facing mental health adversity, you can refer yourself to one of our programmes.
- **Watch our films and performances:** view our films or visit a live performance which explore themes of addiction and recovery.
- **Artists toolkit & CPD:** dance artists and practitioners can explore our practice and develop essential skills with our Toolkit and Continuing Professional Development (CPD) programmes.
- **Engage Schools:** Enhance student learning with interactive workshops which explore creative ideas from our productions and introduce concepts of recovery to students.
- **CPD for Creative Health/recovery professionals:** Deepen your understanding of Fallen Angels methods and practice through dedicated CPD sessions for healthcare professionals, recovery service providers, mental and social prescribing link workers.
- **Specialised settings:** Explore our tailored Arts in Criminal Justice and Mental Health Settings inc. 8 week goal setting and physical wellness course, developed for specialist settings including prisons, mental health secure units and Tier 4 rehab provision.
- **Invest in the Future:** Provide hands-on learning opportunities for students studying applied theatre, public health, addiction studies or community dance with our interactive lectures for FE and HE.
- **Presentations and Guest Speaking:** Invite Fallen Angels Dance Theatre to present or give mini-performances at your conference, festival or event.



**Contact** [Hello@fallenangelsdt.org](mailto:Hello@fallenangelsdt.org)

[www.fallenangelsdt.org](http://www.fallenangelsdt.org)

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 <https://www.youtube.com/@fallenangelsdancetheatre3919>

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