



A MESSAGE FROM
OUR ARTISTIC DIRECTOR



ANNUAL REPORT 2024 - 25

KEY STATS

AREAS

CHESTER | LIVERPOOL
ELLESMERE PORT
NORTHWICH | LEIGH | SALFORD
MANCHESTER CENTRAL

1,794,171 POTENTIAL ONLINE
PRESS AND MEDIA REACH

INCLUDING BBC | MANCHESTER WIRE
CHESHIRE LIVE | THE MIRROR

"Everyone's energy radiates and the positivity spreads"

FADT IMPACT 2024-25 OUR REACH IN NUMBERS

211

individuals
engaged
in recovery
projects

371

participation
sessions
delivered

49

outreach
sessions
delivered

10

participants
benefitted in
progression
pathway

17

performances for

841

live audiences

80.5K

social media reach

2 x ONE DANCE UK AWARDS:

COMMUNITY CHAMPION AND DANCE CHANGEMAKER

Local press: BBC radio Merseyside,
Chester Chronicle, and Chester Standard



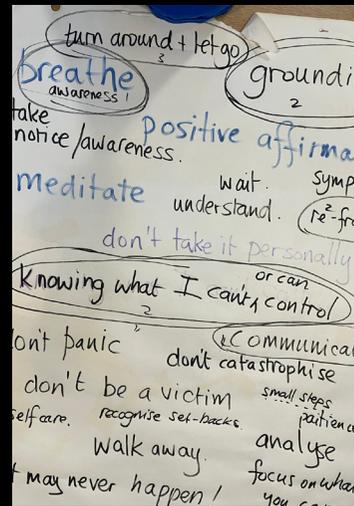
COMMUNITY PROJECT

FEATURED

MENTAL HEALTH RECOVERY COURSE: MOVEMENT FOR CHANGE

Movement for Change course has been developed through the Fallen Angels collaboration and support of NHS and Cheshire West Mental Health Alliance. "Movement for Change" course includes goal setting, weekly check in on goals, active learning: Recovery themes, meditation, movement and engaging discussion.

What to expect: Movement for Change workbook, 1:1 with engagement worker, and group work.



Quotes from participants:

- "I have fully enjoyed the last six weeks. The encouragement and guidance have been amazing"
- "I have enjoyed the positive social contact, and it has helped me express my thoughts and feelings"
- "Attending these sessions has kept me on an even keel when I needed it most"
- "With the support I've received from this course, I have managed to find myself a job and gained extra mental health support"

FALLEN ANGELS
LIVERPOOL HUB
GROUP



OUR IMPACT

FROM THOSE WHO COMPLETED SURVEYS THIS YEAR WE UNDERSTAND THE FOLLOWING:

Our recovery community was made up of:

- 32.9% In recovery from addiction
- 23.87% Living with a mental health condition AND in recovery from addiction
- 3.87% Living with a mental health condition and affected by addiction in some other way
- 22.58% Living with a mental health condition

Additionally we understand:

- Participating artists were mainly 'mid-life' age groups – e.g. 30-55 years
- Over the year we engaged 7 minority ethnic groups incl. Black, Asian & Gypsy Roma Traveller groups
- Roughly two-thirds identify as female

The above information was gathered during this year through surveys in the community and at performances and events.

FADT uses a bespoke Theory of Change compiled by Dr Samina Zahir to measure the impact of all our activities.

End of term surveys showed:

- over 90% of participants were 'feeling optimistic about the future'
- 100% of participants said they felt supported in the workshops by other participants and the workshop leader
- 93% of participants said they find it easier to talk about their feelings
- Over 99% of participants said they feel better connected to their body
- 87% of participants say the groups helped them to take part in other types of movement and physical activity

In 2024-25 our audience insights:

- Audiences were 84% female
- 95% of audiences rated our shows as 4 stars or above, with 80% giving 5 stars
- 63% of audiences were aged under 30
- 28% were aged 30-50 years
- 9% were over 50 years of age

**READ MORE ABOUT
THEORY OF CHANGE**



ANGEL JOURNEY

MEET DEBBIE

FADT have given me a safe place, ways to manage my mental health and opportunities beyond my wildest dreams. They have given me the chance to hopefully make a difference of some kind to other people who have experienced issues with addiction and mental health and to help to raise awareness of how much of an impact movement can make to people.

My first workshop was at the end of February 2023. I was in the fortunate position of having seen a demonstration and already knowing a couple of members who had recommended FADT to me, however I was still very nervous about meeting a lot of new people and trying a form of dance I had not experienced before. However, as soon as we did the first check-in I realised that this was exactly what I needed. I had never done breath work before and was amazed at how much such simple exercises can de-stress you and make you feel lighter. I have always been nervous about improvisation so to try that at the end of the session could have been nerve-wracking, but the way PBK went about explaining it actually resulted in it being exactly the opposite



and it became a way to get a lot of issues out of my system. I came away from that first session feeling incredibly relaxed and happy.

I think this depends on how people define a “performance”. For me a performance is anywhere when we are moving in front of people, so my first one would have been at the convention at Liverpool Hope University in June 2023.

**READ MORE ABOUT
DEBBIE'S JOURNEY**



ARTISTIC WORK

ROH CREATIVE EXCHANGE

Fallen Angels most recent collaboration with New Note Orchestra (See Traces Through Time for our earlier collab) developed our creative relationship through a project with the Royal Ballet and their Royal Opera House Creative Exchange. This project culminated in a sharing of dance and music performance called “Inertia” in Royal Opera House’s prestigious Paul Hamlyn Hall of the final work.

The event was part of ROH Live at Lunch on the 21st June 2024. Made possible with funds from Arts Council England, Foyle Foundation.

During the event there were insights into the collaborative development process. This project is all about the process of making music for dance, and for FADT dancers having the opportunity to experience Royal Ballet repertoire. They have explored it and created their own choreographic response.

Fallen Angels was inspired by the Royal Ballet repertoire “Infra” this production was a reaction to the London 7/7 Bombings and the aftermath of the atrocities. This narrative resonates with our recovery communities who have experienced personal trauma, its aftermath and in recovery moving to healing and reconciliation.



ARTISTIC WORK

SAMADHI

The Fallen Angels “Digital Project” was an initiative born from a call to action by the Turnpike Gallery in Leigh, Greater Manchester. Its primary aim was to realise an art exhibition that would immerse the gallery in positive visible recovery art.

“It feels like we can make a difference, we are people that have been through stuff and are making art that people going through this stuff now can recognise and relate to and feel that they are not alone.”

Recovery Dancer

The project uniquely blended dance, digital art, and community engagement to destigmatise addiction, amplify voices of those in recovery, and showcase the transformative power of movement and dance.

Emerging from “Creative Exchange” **Fallen Angels** artists worked with **Noel Jones**, a digital dance creative technologist. With a focus on cross-disciplinary arts practice and exploring digital dance potential, where they produced a **digital asset** for an immersive digital installation “Samadhi”.



EXHIBITIONS & OUTREACH

“It connected creativity and recovery so beautifully and poignantly. We need to feel. Feel to heal.”

“Recovery Month Exhibition” & “Samadhi” at Chester Visual Arts Space: Visitors: 1,139

“Beyond the Surface: Journeys from Within” Art Exhibition at Turnpike Gallery, Leigh: Visitors: 1,092

Marketing promotion during Recovery Month in partnership with Portraits of Recovery: GM Recoverist Month through Press, social media, web:

Potential Audience Reach: 1,543,320

**WATCH SAMADHI
ONLINE**



**READ MORE
ABOUT SAMADHI**



**CREATIVE EXCHANGE
PROJECT**





CHAIR'S REPORT

As a charitable arts organisation, Fallen Angels exists to support people in recovery from addiction and mental health adversity, through the median of movement and dance theatre.

We believe dance is enriched by including a diverse range of participants and by placing recovery stories centre stage in the recovery process. The creative arts are accustomed to speaking the language of the soul and through dance we aim to provide effective processes to improve well-being, enable self-discovery, offer personal growth and achievement and rebuild social networks, contributing to sustained journeys of recovery.

To achieve these aims Fallen Angels delivered 371 participation sessions, including weekly workshops in Chester as associate company with Storyhouse and in Liverpool, with the development of a new partnership and move to the Everyman Theatre.

Projects undertaken during the year included, an 18-month partnership programme with Theatre Porto in Ellesmere Port, which culminated with a celebration and performance.

Empowering women to gain confidence, the Movement for Women programme delivered

two projects, one in partnership with Tomorrow's Women based in Chester and another at Trinity Hall in Blacon.

In Greater Manchester a 10-month project in Salford entitled 'Recovery and Motion' commenced with a collaboration and sessions taking place at the University.

A new six week outreach project was also undertaken with the drug and alcohol support service, VIA, in Northwich.

In total over 211 individuals were engaged in these recovery projects.

Highlights of the year included a collaboration with the Royal Ballet and New Note Orchestra (an award-winning recovery orchestra based in Bournemouth). As part of the Royal Ballet's community and outreach programme entitled "Creative Exchange", the project, culminated in a sharing of a dance and music performance open to the public called 'Inertia' and provided insights for the audience into the collaborative process. This exchange reached new audiences and raised the profile of recovery arts.

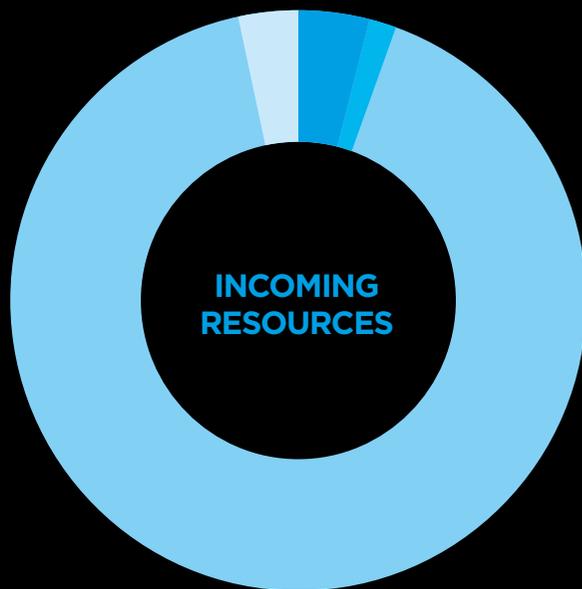


FINANCIALS

Fallen Angels Dance Theatre North West Statement of Financial Activities for the year ended 31 March 2025

■ EMPLOYMENT	£111,966
■ WORKSHOP AND PERFORMANCE COSTS	£88,631
■ OFFICE EXPENSES AND ACCOUNTANCY SERVICES	£4,288

Total expenditure for the year 2024/25
amounted to **£204,885** (2023/24 £236,090)



■ SALES	£16,669
■ DONATIONS	£6,826
■ GRANTS	£158,249
■ OTHER	£13,230

Total income for the year 2024/25
amounted to **£194,974** (2023/24 £236,929)



THANKS!

TO OUR FUNDERS:

Arts Council England
Avenue Services (NW) Ltd
Cheshire Community Foundation
Cheshire West and Chester
Cheshire West Voluntary Action
Chester Bluecoat Charity
Eleanor Rathbone Trust
Elizabeth Rathbone Trust
Hemby Charitable Trust
PH Holt Foundation
Pilkington Charities
Police and Crime
Commissioner for Cheshire
National Lottery Community Fund
Salford CVS - Achieve Asset Fund
Sanctuary Housing
Sir Donald and Lady Edna Wilson
Charitable trust
UK Government through
UK Shared Prosperity Fund
All our wonderful Guardian Angels

TO OUR PARTNERS:

Storyhouse
The Turnpike Gallery
Theatre Porto
Everyman & Playhouse
New Note Orchestra
Royal Ballet
THOMAS
Manchester CGL
BAC O'Connor
Via New Beginnings Cheshire West
Chester Visual Arts
Cafe 71 - Spider Project

TO OUR PHOTOGRAPHERS:

Fallen Angels Dance Theatre
Point of View Photography
Canteen Create
Andrej Uspenski



FALLEN ANGELS DANCE THEATRE

STAFF:

Founder/Directors: Claire Morris, Paul Bayes Kitcher
Amy Fox / Jude Miller / Laura Mutch
Diane Cooke/ Fiona Ross-Vick

TRUSTEES:

Susan Davies (Chair) / Laura Dunn / Dawn Greaves
Ronno Griffiths-Pearson / John Horton / Clare Owens
Richard Wilkinson / Wendy Dossett / Fiona Ross-Vick

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