



CLEAN BREAK

Looking to build skills & confidence?

We are Clean Break, a theatre company for women who have experienced the criminal justice system, or are at risk of entering it due to drug, alcohol or mental health needs.

Our Member's Programme is **free** and is available to women aged 18 and over. We provide learning and skills in theatre performance, writing, creativity and wellbeing.

All our workshops are led by brilliant women theatre artists and have our trauma-informed approach at their heart. Our unique, holistic practice means we can support you to reach your full potential.

**“I was pretty broken when I came here,
now I am starting to see hope and a future”**

Clean Break Member, Spring 2020



What could you do on our programme?

Health and Wellbeing

A space to creatively explore your emotional and physical wellbeing.

Creative Space

An opportunity to develop confidence and creativity. No previous experience in theatre or performance is necessary, the aim is enjoyment.

Theatre Makers

A space to develop performance skills, with an opportunity to perform at the end of the season.

Writers Room

A supportive creative space for women who write or would like to write.

Support

All Members have access to our dedicated support team, free lunch, childcare contributions, therapy and travel costs to our women only space in Kentish Town.

Get in touch

If you are interested in joining Clean Break, we would love to hear from you!

You can contact us directly or if you have a keyworker, they can refer you:

Call us on **020 7482 8600** or email participation@cleanbreak.org.uk

**CLEAN
BREAK**

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