



An Introduction to Acting and Performance Skills

A ten week course for learning disabled people

Do you want to find out more about the skills connected to performance in a friendly and supportive environment with theatre professionals?

The course will be created specifically for the participants based on their interests and existing skill levels. And it's fine if you don't have any experience – that's what we're here for. We will help you find out:

- How to develop physical skills and use your body correctly on stage
- How to train and control your voice just like an actor
- How to use your imagination and creativity to tell stories
- How to develop good expression and be convincing
- How to have fun while developing new skills
- How to work together as a team in a professional way



As well as being creative, this course will also develop skills and qualities in the following areas:

Personal Development
Getting to know everyone
Confidence
Cooperation and compromise
Flexibility in thinking
Empathy

Communication
New friendships
Teamwork
Decision making
Expression
Group work

When: One day per week from Wednesday 13 September – Wednesday 22 November (off 1 Nov)

Times: 10.15am-2.30pm on Wednesdays (you will need to bring a packed lunch and a drink)

Where: ARC Stockton

Who: Vici Wreford-Sinnott is the Artistic Director of Full Circle and Little Cog. She is a professional playwright and director for stage and TV. She is also a filmmaker. Alex Dechbamrung is the contact person for the course.

Cost: This course is free as it is being subsidised. It is important to be able to attend all classes throughout the course.



Contacting Us and How to Apply

Places are limited and so we advise you to get in touch as soon as you can. We are asking possible participants to complete an application form – see below - and to come and meet us so that we can both work out if we think it's the right thing for each of us.

Please email us at alex@littlecog.co.uk marking your email Acting Course

Full Circle

Introduction to Performance and Acting Course

Wednesdays at ARC Stockton from 13 Sept – 22 Nov 2023 (not 1 Nov)

10.15am-2.30pm

Information

Thank you for your interest in our performance course. So that we can work out if it is the right course for you we would like you to complete this form and also invite you to come in for an informal chat so that we can find out a bit more about each other.

What happens at the Performance and Acting Course?

We will all work together to make the acting course a positive experience for everyone involved. This means being on time, being respectful of each other and being enthusiastic about learning new things. We are experts in performance and will explain all the activities we do as we go along – all our games and exercises help us develop our performance skills. We will gradually introduce you to several different kinds of performance activities in very supportive ways – acting, vocal work, comedy, improvisation, using our imaginations, and working together on scenes of different kinds. Sometimes we chat about things, and other times we use music or drawing to help get ideas. Who is in the group will depend on exactly what we do.

Being active and what to wear

It can be an active day although we do want it to be accessible and comfortable for you and so we'll keep checking in with you. We recommend wearing trainers so you don't slip on the floor and comfortable clothes for movement. You don't need to buy anything new for this, just what you already have is fine.

Who will I work with?

All existing Full Circle members and staff will be part of the training and we will all work together as one big group most days.

Staff Team

You will meet Vici who runs Full Circle and the sessions, and Alex, Ruth and Max who are all support staff. We are all friendly and supportive people.

Full Circle

There are currently 8 experienced members of the Full Circle Group, two of whom are original founder members.

Who Can Come With You

You are welcome to bring a support worker with you if you would like to, but you are also welcome to attend independently if that is what you usually do.

Personal Care

We are not able to offer any support with personal care.

What Will We Do

We do lots of games and drama exercises that are used by actors in theatre to develop their skills. These include a gentle physical warm up to get moving, sometimes we do some voice work to strengthen our voices and we play some fun games which are really enjoyable and help group work and confidence. We will also do a variety of drama and acting activities in the afternoons.

Breaks and Lunch time

We have a short water break for ten minutes in the morning and afternoon for everyone to get a little rest and stay hydrated with a drink.

We usually have an hour for lunch which usually begins around 12.00pm but is not always bang on time if we are in the middle of something creative. We all bring a packed lunch which can be stored in the fridge. We are asking people not to go out to the shops for anything and not to buy anything food from No 60 cafe at the moment. Please don't bring anything that will need heating up as we don't have the facilities, although we can manage pot noodles which some group members sometimes bring.

Our expectations of you

We do expect you to attend as many of the ten sessions as possible to get the most out of the place on the course. You would need to tell us in advance if there is a date you cannot make, or let us know on the morning if you are unwell and not able to attend. We expect everyone to have a positive attitude and a willingness to try new things, and to work hard at becoming a positive and respectful group. We're very proud of our group and do look forward to welcoming people in to find out how we work.

Fees

There are no fees for this ten week course.

Travel

We are not able to offer any support with travel costs so you would need to be able to get to ARC.

Contacting Us – the best way to contact us is either by email alex@littlecog.co.uk or Tel 07543304535 – we are part time though so please be patient with us.

Application

Please complete the application form below. Let us know if you need our support to complete it – we're really happy to help.

We will try to meet everyone who applies for a chat and so please ensure we have contact details for you or your support staff / family support. See below.

Full Circle
Introduction to Performance and Acting Course
Application Form

Any information you share with us will be stored securely at ARC Stockton or on computers with security passwords on them.

This information is required for your safety and the safety of everyone involved in Full Circle.

Name	Date of Birth
Address	Telephone Number
Support Staff / Family Support Who can we be in touch with about your place at Full Circle and for general admin and information sharing about our activities and schedules? Name Organisation Telephone Email address	Do you have a social worker? Please give us their contact details if different to support contact details. Name Telephone Number Email Address
Why would you like to do this course?	

Have you got any experience of performance and acting? Please tell us of any other groups you have been or are still a part of, or if you have done it at school or college. It's not essential so don't worry if you don't have experience.

How would you describe your group and co-operation skills? If you're not sure ask someone who knows you to tell us about this here.

Do you have a medical condition that we should be aware of?

Are you currently taking any medication? You don't need to tell us what it is at this stage but we will need to know if you are accepted onto the course. This is for your safety in case of medical emergencies.

Wellbeing and mood

Do you think there is anything we should be aware of with regards to your wellbeing and any mental health or mood based conditions that would help us to keep you and other people safe, and ensure you are supported effectively?

Thank you – we'll be in touch as soon as it possible for us to do so but please bear in mind that we work part time.