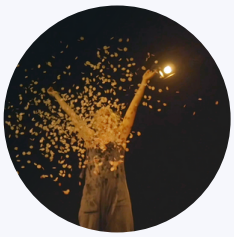
# Portfolio

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Tale Be Told Theatre



## About Us

Tale Be Told Theatre is a West London-based company that uses theatre and the creative arts as a powerful tool to support mental health, amplify underrepresented voices, and combat social isolation. At the heart of everything we do is a commitment to community storytelling- our work celebrates lived experiences, builds connections, and invites people to become co-creators of meaningful, socially responsive art.



We believe everyone has a story worth telling. Through workshops, performances, and participatory projects, we empower communities to find their voice and tell their tales.



## Our Mission

To create inclusive, collaborative, and impactful theatre and creative arts projects that foster well-being, creativity, and community.



## Community Engagement

We partner regularly with local services, youth organisations, arts networks, and health providers. Our work is rooted in listening, co-creation, and placing lived experience at the centre of the creative process.



## Media & Recognition

Our projects have been featured in local press and national showcases such as the Festival of Homeless Arts, and are recognised for their innovative, grassroots approach to community engagement through theatre.















# Key Projects:
# 2024 - Early 2025

**Access Support - The Wellness Canvas**

A psycho-educational course for adults aged 18+, using the creative arts to support well-being, explore mental health topics and build social connection. Funded by Hounslow Council's Mental Health Fund. Some of the topics we covered across the courses includes:

- Understanding the messages behind emotions
- Exploring shame and why it is different to guilt
- What are psychological and biological benefits of boundaries?
- How stress impacts our bodies, feelings and relationships?
- Identifying and challenging negative thought patterns
- The power of goal setting

**Impact of Programme:**

Improved general wellbeing, mood and emotional resilience among isolated residents.

**Comments Captured:**

- ***"This course has helped me to establish a routine. It has also allowed me to realise the importance of perspective and how to deal with negative and intrusive thoughts. The art was a great way to express myself and helped to focus and relax my mind"***
- ***"This course allowed me to not over think by learning to create without worrying of judgement"***
- ***"This gave me a safe place to talk and just be myself"***
- ***"I have throughly enjoyed these weekly session and have made new friends"***
- ***"The staff have shown compassion and understanding. They have made a safe space that I am very grateful for"***
- ***"The sharing of knowledge has really helped me to feel happier and connected to my environment and people"***
- ***"I have looked forward to each session. I have noticed a shift in how I deal with my hectic day to day. Its been creative and a powerful experience."***
- ***"I now welcome emotions and don't feel uncomfortable about checking in with myself and communicating how I am feeling or what I need"***
- ***"I have kids and have loved sharing my experience with them and showing them what I have created in each session"***
- ***"Thank you to the staff team, your energy and transparency has been so powerful"***
- ***"I enjoyed being in this group"***
- ***"It was nice to be heard and to know that I'm not the only one going through stuff. It has been a welcoming, understanding and non-judgemental environment"***

# Key Projects:
# 2024 - Early 2025

**Create Programme**
Our partnership programme with the NHS West London Trust and Hounslow Council uses the creative arts to support mental health and wellbeing. The Create programme is funded by WLT Specialist Community Forensic Teams and our sessions are for Forensic service users aged 18+. This ongoing project helps participants to use the arts as way to:

- Explore their identity and understand themselves & others,
- Gaining the confidence to find and use their voice,
- Begin to shape/reshape how they interact or wish to interact with their community

The project is designed for participants to engage in regular and structured creative sessions, where they can grow new skills (both personal and professional) and explore their interests. Sessions enables participants to connect through team building exercises that create a sense of belonging and community.
Cycles of work have explored hair, makeup, sculpture, photography, mixed media and many more. Funded by NHS WLT Specialist Community Forensic Teams and Hounslow Council.

**Impact of Programme:**
Offered a non-clinical, affirming space for participants to explore their stories and begin creating roots in the community.

**Comments Captured:**

- ***"Have become more confident in myself and happy"***
- ***"Taking photos has helped me to be more aware of my surroundings, appreciate it more, the colours, the beauty"***
- ***"These sessions helped me to understand the different ways of expressing myself"***
- ***"It has got me out to see other people and try something new"***
- ***"Looking forward to attending the sessions well ahead of actually walking into the room"***
- ***"These sessions have really helped me to overcome my fears of being in a group"***
- ***"Interacting with other people. Gets my mind working in different ways. Is a break from my daily routine. Learning new skills"***
- ***"These sessions have gone a long way to inspire me to be more creative which has led to me feeling more positive about life in general. My future has become more exciting"***
- ***"My creative juices are flowing again, and felt like a part of a community, enjoyed a lot, learned a lot"***
- ***"Being in a group, it felt good to share and did not feel I was being judged"***
- ***"I experimented for the first time with a medium I never considered before and I really enjoyed it"***
- ***"I have learnt to believe in myself. I am capable of more than I ever thought before"***
- ***"Much more confident in my own skills and I'm doubting my ability less"***
- ***"These sessions are giving me good vibes. I love you guys"***
- ***"Things are easier this week, I smashed through it"***
- ***"Learnt about creating happy mistakes and that nothing is actually rubbish, It's the value that you place on it"***

# Key Projects:
# 2024 - Early 2025

**Find your Scene**
An adult (18 & over) drop-in drama group, using theatre and the creative writing to help participants to express themselves, build positive connections, boost their confidence and have fun. We explored:

- Understanding self through roles and characters,
- Improvisation and the creative problem solving,
- Ensemble exploration and team work,
- Rehearsing real life situations and scenarios to practice innovative ways of being.

**Impact of Programme:**
Improved general wellbeing, mood and emotional resilience, growing confidence and creative skills.

**Comments Captured:**

- ***"Challenging, thinking ideas on the spot, it gets easier as it goes on. I've learnt to try to not get stuck in my own head but feed off the energy from others and listen to them and then react"***
- ***"Here I allow myself to be free"***
- ***"I realised how much I have censored myself in my day to day life, realising I don't say what is on my mind or feel like I'm going to be seen as silly if I do speak up, it's a long journey but this place gives me a chance to try something different and hopefully I can start to put more of this into my day to day"***
- ***"It was liberating for me to say what I want without being judged and being able to express myself without feeling silly"***
- ***"It's been a great chance to show off our childlike self and feel in touch with that side of us"***

**Access Support – Family Bonds**
Creative, therapeutically-inspired sessions to strengthen relationships and mental well-being within families through storytelling, drama, and shared activities. Sessions Funded by Inspire Hounslow.

**Impact of Programme:**
Fostered connection and support among families through creativity.

**Comments Captured:**

- ***"This came at the right time, I felt so alone and I was struggling but you guys have given me so many strategies and I feel empowered"***
- ***"Having parent/carer only sessions was so helpful and it was such a non-judgmental space. The family unit sessions were so much fun and I got to see the world through my child's eyes"***
- ***"This really should be set up with every school in the area. I learnt so much about myself and my children. It really was benefical for everyone"***

# Data Capture:
# 2024 - Early 2025

**Across our programmes last year:**

- **We engaged a total of 232 people through all of our projects, workshops, events and performances.**
- **92% of participants reported an improvement in their general well-being and mood as a result of the project.**
- **100% of participants reported that they feel significantly more connected to others and feel less isolated as a result of attending the project.**
- **96% of participants have reported a significant increase in their confidence levels to explore and articulate their own view, thoughts and feelings.**
- **92% of participants reported that they have significantly developed their creativity during their time with us.**
- **100% or participants have said “yes” to wanting to take part in another Tale Be Told Theatre Project.**







