

## **New drama project for former Emergency Responders at Macrobert Arts Centre**

### **About Macrobert Arts Centre:**

Located at the heart of the University of Stirling, Macrobert Arts Centre is a cultural hub for Stirling, the Forth Valley and Scotland, making active connections with people communities and ideas, for entertainment, well-being and understanding.

### **We Believe:**

- in the power of the arts to make the world a better place
- in supporting creative people and ideas, to build a creative sector that is more vibrant, nourishing and sustainable
- that an arts centre should be for everyone

As part of our community work, in 2018 Macrobert Arts Centre established an arts programme for Armed Forces Veterans and their family members. Over the course of this programme we have become aware of strong links and similarities between the Military Veteran community and the Emergency Responder community – most notably in terms of the trauma they may have been exposed to in through their work, and the mental health challenges they may experience as a result of this trauma. For this reason we are developing a similar project aimed at retired or former Emergency Responders.



### **Who is the project for?**

This project is for anyone who has worked in the Emergency Services – this includes:

- Police Scotland
- Scottish Fire and Rescue Service
- Scottish Ambulance Service
- Mountain Rescue teams
- Coastguard teams

The project is not limited to frontline, operational staff; we are also keen to work with people such as Police staff and call handlers. We also welcome those who worked with any of the emergency services in a volunteer capacity – for example, as a Special Constable. The project is open to those who have left the services for any reason including retirement, medical retirement, discharge or career change.

The project will focus on working with those who may be experiencing poor mental health and/or isolation, however it is open to all.

### **What is the aim of the project?**

The primary aim of the project will be to create a safe, supportive and creative space where individuals can come together to explore their own experiences, have fun and form connections.

We believe that many of the skills which are highly valued in the emergency services are also the skills needed in drama – teamwork, discipline, courage, hard-work and the ability to think on our feet – we aim to add creativity to this list while improving confidence and mental well-being.

The project will build towards a small scale, informal performance to friends and family, this piece will be based around the stories and experiences of those in the group. It should be stressed that you can still be part of the group even if you don't want to perform.



### **How can I join?**

We will be holding online information sessions for anyone interested in finding out more, this includes individuals who'd like to take part in the project and professionals working with retired emergency responders. These sessions will give you a chance to meet the artists leading the project and hear about their plans. We'll also discuss practicalities like the days/times of sessions. Initially sessions may need to take place online and/or outdoors, however we hope to introduce face-to-face sessions next Spring.

The information sessions will take place on Zoom on the dates/times below:

**Tuesday 26<sup>th</sup> January @ 2.30pm**

**Friday 5<sup>th</sup> February @ 4.30pm**

If you have any questions or you'd like to attend either session please email Hannah Uttley, [hannah.uttley1@macrobertartscentre.org](mailto:hannah.uttley1@macrobertartscentre.org) to register your interest. If you're interested in the project but cannot attend either session please let us know, we may be able to schedule further sessions.