**SPEAKUP SURVIVORS: A PLATFORM FOR SURVIVORS WHO WANT TO BE HEARD**

**In brief**

We are SpeakUp Theatre. We’re a theatre company who tell the stories that don’t get told.

We are also Izzy and Verity, two survivors of abuse looking to make something creative with other survivors.

This brief is an invitation for survivors to join us on a creative journey.

**To expand further**

“SpeakUp Survivors” is a project we have been running for the last year, working with survivors of abuse to talk, listen and create together. As survivors ourselves, we hold the space, stories and people with the support, understanding and dignity we all deserve.

This project amplifies the voices of women and non-binary people who are comfortable in a space that centres the experiences of women. It is for those who want to be heard, and who want to support each other to find the voice of our lived experience. We also really enjoy just having some creative fun!

So far, our work has been targeted to organisations, spaces and places working with people in their care. We are now at a stage in this journey where we would like to invite members of the public who identify as having experienced abuse, in any form, to join us.

**The offer:**

For this first set of workshops we are looking for women and non-binary people who identify as survivors of abuse to join us for a free, 10 week workshop programme that will be run on Zoom on a weekly basis every Thursdayevening from 6-7.30pm.

These workshops will focus on creativity, writing, performance, having fun and, most importantly, they will be a space to form connections with fellow survivors. At the end of the 10 weeks we will decide collectively what you would like the outcome of the journey to be. Previous participants have created a performance night, poetry recitals, illustrations and written scenes.

It’s so important to us that we create a supportive, relaxed environment for the people we work with. We do not expect anyone to have any writing or acting experience (but if you do – equally great!). Within this project we hope to build a space where you are empowered to feel like an artist in your own right.

For transparency, our intention this year is to create a touring theatre production that will tell the stories we (as a collective) want to tell, provoke conversation and instigate change. This piece will be co-created by all the survivors that take part in the workshops, and you will have full control of your own stories that are (and are not) told. Consent can be withdrawn at every and any stage of the process, and you are not obligated to perform in the work or share anything you do not wish to.

**To get started:**

We know it can be really daunting to sign up to something like this, so we are offering an introductory zoom where you can come and meet us, hear more about the project and ask any questions you may have. If you’d like to come along, please send us an email. You don’t have to share any details about yourself or your story in the email, but just let us know that you’d like to attend the first workshop and we’ll send over a password protected zoom link.

**DATE OF INTRODUCTORY ZOOM:**

Thursday 31st March, 6-7.30pm

**SESSIONS ON ZOOM:**

Weekly on Thursday evenings from 7th April.

We would like to share some of the words and experiences of those who have taken part previously:

* "Change is coming and you are boldly carrying the torch. I feel so proud and privileged to be a part of it."
* “When I started this journey, my confidence was a minus 3. Now it is a 7 – I can’t believe it”
* "It was an emotional evening but so amazing and it gave me so much confidence. Everyone was brilliant and I am  feel so proud, lucky  and special to be part of such a wonderful group”

**If you have any questions at all, please pop us an email – we would love to hear from you.**

**Izzy and Verity x**