



## *Cannonballista* Workshop Programme

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*Cannonballista Workshop, 2015*, Image by Vonalina Cake Photography

## Invitation

*Come and Discover your Super Hero Alter Ego!*

To accompany her solo show *Cannonballista*, Liz Clarke is inviting women to take part in a three-day group workshop; she will take participants on a journey of self-discovery through experimenting with performance and devising techniques, and exploring the concept of the *Super Hero Alter Ego*. Each person will create their own Super Hero character, based on the amazing parts of themselves, that might not usually see the light of day!

*Cannonballista* examines themes of 'ordinary women living extraordinary lives'; it looks at grief, mental health and coping strategies (all interwoven with humour, explosions and glitter cannons!).

## Who is it for?

The workshop works well with a mix of participants, with and without lived experience of mental health. It is aimed at:

- [those who identify as] women, of all ages and backgrounds.
- theatre makers at any stage of their career or those with an interest in theatre, who would like to experience a safe space to experiment.
- those living with mental health issues including depression/isolation\*
- those who would like to gain confidence and explore a route to recovery that involves creative practice

\* Due to the nature of the work, we are working with peoples' autobiography. It isn't suitable therefore for people who are experiencing a high level of mental ill health, who need support with daily living for example; or who may be experiencing current trauma.

## Workshop Outline

### *Day One: Permission*

During the first day Liz sets up a safe, playful and inclusive space where people are given the permission to embark on a collaborative journey. Through performance exercises and live art processes we share our own stories and witness others. The bond of the group is established on day one, which builds trust, creates laughter and

### *Day Two: Discovery*

Day Two sees characters begin to emerge. Our *Super Hero Alter Ego* takes their first tentative steps. We meet them and find out more about them, their history and what special gifts they can bring us. We give them a Name and a Voice. This can be an extremely powerful and empowering experience. Having set up a supportive group relationship we can delve a little deeper into our personal stories, hopes and dreams, in the knowledge that we are safe to do so. We use physicality, character work and writing to make our discoveries.

### *Day Three: Celebration*

On Day Three the fully fledged characters show themselves in all their glory! They tell their story, they pass on their knowledge and have a riotous time! We create small performance gifts for each other and the group, using the skills and techniques we have learned to create devised pieces, both solo and collaboratively. We spend the afternoon of Day Three saying *Au revoir* (not Goodbye!) to our creations- safely decompressing from this special time together and creating a supported ending.

## **One Day Workshop Offer**

Where a three day commitment may not be possible we have a one day session which touches upon the elements outlined above. The day is about making connections and getting in touch with our playful selves. We will explore one method of accessing character and create short tableaux.

## **Liaison and Support**

In 2017 we are working with Frances Bossom to pilot the role of *Participant Liaison*. Frances is responsible for the pastoral care of participants throughout the project.

The role can involve independently identifying participants or liaising with a partner organisation, who may have an existing group they would like us to work with. Fran will make initial contact with potential participants to discuss the workshop, and fill out an information form about their specific experience, needs and interests. This information is shared with Liz, to enable her to create a bespoke workshop for the group. Frances is present at the workshops, to meet participants. The workshop process can open up sensitive subject matter. Fran will be on hand to take time out with participants who need to and maintain contact with everyone afterwards.

## **Participant Feedback**

Participants taking part in a taster session at The Riverfront, Newport in February 2017 described the benefits of taking part as:

*'You meet parts of yourself you haven't encountered before'*

*'You can just come out of yourself. It's a place where you can be yourself'*

*'It's about having that time to connect (with yourself) in a safe environment.'*

*'It is great to be able to meet other people through creative practice... More of it please!'*

They describe the workshop as:

*'freedom of expression'*

*'a space where you can just be yourself'*

*'uplifting'*

*'magical and inspiring'*



## Technical Requirements

The ideal workshop space includes:

Sprung floor

Natural light

Sound system

Mirrors at one end with shutters

Accessible

Tea and coffee making facilities

Private – booked exclusively for the workshop

Break Out space for breaks and lunch; a garden or outside space would be an advantage

## Further Links

Facebook: [www.facebook.com/Cannonballista](http://www.facebook.com/Cannonballista)

Website: [www.lizclarke.org](http://www.lizclarke.org)

Short Promo film of 2015 Performance

Cannonballista: 2 minute documentary

Betty's 'Run to the Cannon'

Cannonball Animation

Documentary about Liz's work with Drastic Productions

## Contact Info

Frances Bossom (Participant Liaison): 07796014195

Liz Clarke: 07748805674

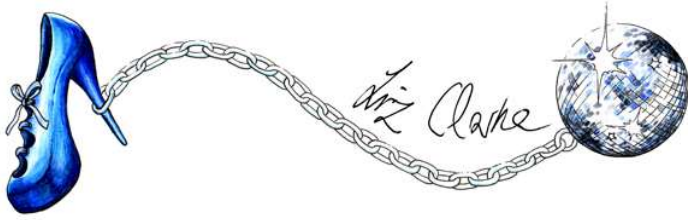
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