

## Workshops for Further & Higher Education

**BandBazi** is an award-winning, multicultural performing arts company based in Brighton. We are a professional touring company playing at venues throughout the UK. We aim to give voice to disenfranchised groups and to challenge stereotypes. We use a dynamic approach incorporating aerial and circus skills, dialogue and music to create new and original plays that draw on real-life human dilemmas. We strive to increase access to theatre for all.

### Workshops

In addition to dramatic performances **BandBazi** runs a diverse educational outreach programme throughout the year. We work in schools and colleges to teach a combination of interactive theatrical skills that can link to Further Education courses both in a subject-specific and a cross-curricular way.

**trapeze    circus skills    movement    improvisation    creative writing**

- Workshops can be one-off introductory sessions or planned as a series of activities over a longer period, culminating in a presentation.
- Workshops are structured or we can have a flexible approach and tailor sessions to your needs and interests.
- Workshops can also be offered in conjunction with block bookings for **BandBazi** performances and can be formatted to explore a show's themes and techniques.
- All workshops include introductory exercises to establish positive expectations within the group.
- Where physical activities are planned, appropriate warm-up and warm-down exercises are included to aid comfort and safety for participants.
- At the end of a workshop participants are encouraged to reflect on their learning and to evaluate the success of the session.
- All workshops promote *inclusion* – **BandBazi** recognises that each individual has the right to an equal and worthwhile education regardless of age, gender, SEN, disability, social, cultural and linguistic background. Through appropriate differentiation we aim to provide a unique learning opportunity for all participants.
- Training sessions for educational staff are also available.
- Workshops are facilitated by experienced theatre and circus professionals with full CRB checks. **BandBazi** has comprehensive policies on Equal Opportunities, Child Protection, Health and Safety and Insurance - all available on request.
- Our work is informed by an established steering group of teachers and educational experts throughout the Key Stages and levels of Further and Higher Education.

## Workshops for Further & Higher Education

### An Introduction to Trapeze

#### **Aims and Objectives:**

**The aim of this workshop is** to develop confidence, concentration and self-control in the participants. They will be required to observe demonstrations of moves and then follow instructions whilst working to achieve the moves themselves. Participants will be encouraged to experiment and to challenge themselves physically.

**The workshop will explore** strength, co-ordination, poise and flexibility. All levels of confidence and ability will be supported. Participants will be encouraged to achieve and be proud of their own personal effort.

#### **The workshop will include:**

- Warm-up activities appropriate to the age and ability of participants.
- Ice-breaking, trust and team-building exercises will help promote self-awareness, expression and confidence..
- Hanging under the trapeze bar by the arms and legs ('hox', 'pike', 'bird's nest').
- Sitting on the bar and executing specific moves ('mermaid' 'round the world').
- Standing on the bar and executing specific moves ('lean out'; 'spider', 'star').
- Practice of transitions from under the bar to sitting, sitting to standing, and back again, with the emphasis on fluidity of movement.
- Presentation of a sequence of moves to an 'audience' will be discussed.
- Evaluation of own work and success of workshop.

A crash mat will be under the trapeze at all times. We can provide this if necessary.

**Age Group:** Recommended for students of **Further & Higher Education**

**Tailored to specific coursework of National Curriculum KS5, HND, BA etc. as appropriate**

## Workshops for Further & Higher Education

### An Introduction to Circus Skills

#### **Aims and Objectives:**

**The aim of this workshop is** to learn and develop new skills through observation and practical application. These unusual skills can key into and extend cross-curricular work e.g. how do participants respond to `challenge`? There is the opportunity for all to succeed, creating a sense of personal achievement.

**The workshop will explore** specific techniques required to achieve a range of circus skills helping to improve concentration and hand-eye co-ordination, encouraging all participants to reach their full potential.

#### **The workshop will include:**

- Introductory games, appropriate physical warm-up and brain-gym exercises.
- There will be a choice from a wide range of theatrical skills e.g. plate spinning, poi, diablo, devil sticks, juggling.
- Participants will be supported to set personal and group goals and to evaluate their learning.

**Age Group:** Recommended for students of **Further & Higher Education**

**Tailored to specific coursework of National Curriculum KS5, HND, BA etc. as appropriate**

## Workshops for Further & Higher Education

### An Introduction to Movement

#### **Aims and Objectives:**

**The aim of this workshop is** to develop co-ordination, imagination, concentration, creativity and confidence whilst promoting awareness of individual and group identity.

**The workshop will explore** expressive movement i.e. to convey emotions non-verbally, as well as movement and character. Whilst discovering and extending their strengths in character-building and self-expression participants will be encouraged to experiment and challenge themselves physically. All physical abilities will be supported.

#### **The workshop will include:**

- A warm up and cool down.
- Ice-breaking, trust and team-building exercises.
- Techniques to enable students to move efficiently and safely from lying down to standing and back to the floor again – ie. different levels.
- Use of different speeds in movement.
- Use of different movement qualities e.g. flowing, staccato.
- Exploring ways of expressing emotions through physicality.
- Developing character through movement – how physicality can reflect personality.

**Age Group:** Recommended for students of **Further & Higher Education**

**Tailored to specific coursework of National Curriculum KS5, HND, BA etc. as appropriate**

## Workshops for Further & Higher Education

### An Introduction to Dramatic Improvisation

#### **Aims and Objectives:**

**The aim of this workshop is** to extend imagination, concentration, creativity and confidence whilst promoting awareness of personal and social responsibility.

**The workshop will explore** the notion of effective communication and the need for positive inter-personal relationships – encouraging co-operation within the group as well as independence of personal identity. Role play requires enthusiasm and can generate a wealth of ideas through personal response. This is a challenging but safe format in which to develop these ideas, problem-solve and have fun! The work will provide the opportunity to extend students' ongoing drama training.

#### **The workshop will include:**

- Ice-breaker sessions and trust exercises.
- Spontaneous improvisation.
- Forum theatre.
- Vocal warm-ups and soundscapes.
- Non-speaking improvisations.
- Characterisation work.
- Prop work.
- Team-building drama games.

**Age Group:** Recommended for students of **Further & Higher Education**

**Tailored to specific coursework of National Curriculum KS5, HND, BA etc. as appropriate**

## Workshops for Further & Higher Education

### An Introduction to Creative Writing

#### **Aims and Objectives:**

**The aim of this workshop is** to use creative writing and storytelling techniques to develop 'scripts' devised from the interests and issues expressed by the students.

**The workshop will explore** how to create characters, dramatic situations and a driving narrative. Participants will have the opportunity to explore monologue work, writing from personal experiences, experimenting with dialogue and character hot-seating. We will also consider genre and style, examining how a theatre script is formatted.

#### **The workshop will include:**

- Writing exercises based around six questions addressed to participants:
  1. Where and when were they happiest?
  2. What makes them angry?
  3. Which piece of music could they not live without?
  4. Who inspires them?
  5. Where do they see themselves in ten years time?
  6. If they could change one thing about themselves what would it be?
- Participants will work in pairs. Together they will share their writing with a partner then bring their answers to the bigger group.
- They will write a monologue from one of their answers and then go on to write a scene.
- Those listening to the writing will be encouraged to expand on what they have heard to create new scenes through improvisation.

**Age Group:** Recommended for students of **Further & Higher Education**

**Tailored to specific coursework of National Curriculum KS5, HND, BA etc. as appropriate**

## Workshops for Further & Higher Education

### Case Study Workshops/ Residency/Performance Northbrook College, Worthing HND Students

#### **Creative writing and improvisation workshops:**

**John Binnie** led a highly successful day of workshops in creative writing and improvisation with Year 2 HND Music and Theatre students, building on and extending their current knowledge and understanding of devising plays.

#### **Trapeze residency:**

**Emma Taylor** taught two days of intensive trapeze skills to students from the Physical Theatre course. The trapezes were rigged by **BANDBAZI** in the College's own theatre.

#### **Performance:**

**BANDBAZI**'s dramatic production *In Audrey Hepburn's Arms* – a one-woman show performed by **Philippa Vafadari** - played at the Northbrook Theatre.

The get-in was assisted by first year Stage Management students co-ordinated by the Stage Management course leader and **BANDBAZI**'s own Stage Manager, thus providing students with the opportunity to add to their practical experience and skill-base under the tutelage of a professional theatre company.

All students who had been involved in this extensive training week, the stage management team plus other students and staff from the Drama Department attended the performance and completed voluntary monitoring and evaluation questionnaires provided by the company.

## Workshops for Further & Higher Education

### TRAINING WORKSHOPS FOR EDUCATIONAL STAFF

#### Team-Building Proposal

#### **IN A CIRCLE – 30 MINS**

##### **Warm Up:**

Gentle stretch out/vocal exercises.

##### **Name Game:**

Create a single-action mime to describe your personality. Explain the mime to the group; ie: how it sums up your personality. Go round the circle a second time with everyone saying their own name and doing their mime.

Cross the circle to another participant saying the name of the person you are walking towards and doing their mime. It builds up in speed until people are running across the circle to each other and have stopped saying the names, just doing the mime.

##### **Ball Patterns:**

Participants throw a ball around the circle in a specific order. This is repeated several times. Then a second, third and fourth ball is introduced, the pattern of throwing remaining the same.

#### **TWO TEAMS – 10 MINS**

##### **Game: Samson/Delilah/Lion** (a version of 'paper/scissors/stone')

Two teams each with a team leader separate to either side of the room. They choose whether they are Samson, Delilah or the Lion. Then the two teams walk towards each other to meet in the centre. On cue they mime their character. Samson beats the Lion, Delilah beats Samson, and the Lion beats Delilah.

#### **IN PAIRS – 45 MINS**

##### **Creative Writing/Storytelling:**

The pairs decide who is A and B. A tells B about a time when they felt different to everyone else about them and vice versa.

In circle, everyone tells their partners story as if it was their own experience.

##### **Improvisation:**

Some of the stories are acted out by members of the group, but not the person whose story it actually is. The person whose story it originally was gives feedback on how their story was presented.

#### **TWO TEAMS – 30 mins**

##### **The Chair Act:**

Two teams of 5 are given 4 chairs each. Workshop practitioner demonstrates the chair act to the group with 4 volunteers. They sit on the chairs in a particular formation; lie back on each other and then the chairs are carefully removed, one by one, without the participants falling on the floor.

The two teams work on their own to practise and then present to the group.

#### **IN A CIRCLE – 5 mins**

##### **Final Relaxation:**

Lying on the floor, the group will be taken through a yoga-based final relaxation.

## Workshops for Further & Higher Education

### WORKSHOP PRACTITIONERS – CVs

#### **Philippa Vafadari – actress/aerial choreographer/movement director**

Performing, choreographing and writing experience includes:

Trained as an actress at the Royal Scottish Academy of Music and Drama. Created the roles of Regan, **Seven Lears**, and Goodgirl, **Golgo**, for Howard Barker's The Wrestling School at The Royal Court Theatre, London, going on to work in rep at The Sheffield Crucible, Leicester Haymarket, the Royal Lyceum, Edinburgh and with Asian theatre company, Tara Arts.

After training in aerial skills at The Circus Space, London, Philippa toured the UK with doubles trapeze act, **Moonglo' 2 (1997/8)**. She has worked as an actress, aerialist and choreographer in Boilerhouse Theatre Co's **Circus (1999/2000)**, V.amp Productions' **Burning Bright (2001)**, and the Communicado/Sounds of Progress production **Brave (2002)**. Philippa wrote and performed her one-woman show, **Pussy Galore's Flying Circus (1999)**, directed by John Binnie, which was a sell-out success at the 1999 Fringe Festival, and has subsequently toured the UK and Germany.

She received a R&D Grant from the Scottish Arts Council in order to work on a new piece of aerial theatre, **Suzy=Soraya**, combining film, narrative and aerial skills. The piece was researched in Scotland and Iran.

Philippa performed in and choreographed the aerial production, **Cirque des Spectacles** which was commissioned for the Streets of Brighton, Brighton Festival (2002).

In 2001, Philippa founded circus theatre company, BandBazi. The company has been in regular receipt of ACE (south east) funding to tour the region. It produced the critically acclaimed, **In Audrey Hepburn's Arms (2003/5)**; the sell-out success, **The Persian Cinderella (UK Tour 2005/6)** and Fringe First Winner, **Breakfast at Audrey's (UK and German Tour 2005/6)** - a co-production with Clyde Unity Theatre, Glasgow.

Drama/Creative Writing workshops – Portsmouth High School for Girls (Nov 2005), Sudanese and Arabic Speaking Elderly Association (Since March 2003)

Since 2001 Philippa has taught adult trapeze at The Dome and worked as community outreach practitioner for The Circus Project, Hangleton.

She was trapeze instructor - Y7 Blatchington Mill School, Hove and for the youth circus at The Brighton Dome. She was also director of **Iconoclastic** and **The Dark Side** for Eastbourne College and **Whippersnapper Circus, Toys** and **Roundabouts** for The Circus Project, Hangleton. In 2002 Philippa was trapeze instructor at Northbrook College, Worthing, movement director of **Medea/Lysistrata** for the BA3 students there and director of **Broken Icon** for HND2 students.

Philippa has been movement director -Scottish Youth Theatre Orkneys Project (10-14 year olds), led Physical Identity workshops with transgender adults in Surrey and Creative Writing workshops with Iranian women in Iran.

As movement director for West Lothian Youth Theatre – an inclusive group, she produced **Ticking**, Winner of the National Youth Theatre Award, performed in the West Lothian region and at The Cottesloe Theatre, London.

From 1997-2000, Philippa was visiting lecturer in Movement and Theatre at Queen Margaret University College, Edinburgh where she was movement coach on productions of

## Workshops for Further & Higher Education

### WORKSHOP PRACTITIONERS – CVs

*Metamorphosis* and *Beowulf*, as well as directing the 2<sup>nd</sup> year BA Movement assessment. She has also run workshops in performance art for MA Theatre Design students at Wimbledon College of Art and physical theatre sessions for the MA Directing course at Goldsmiths College, London.

#### John Binnie – writer/director

Writer/director with Glasgow's award-winning Clyde Unity Theatre. John has written over 20 plays, won 3 Edinburgh Fringe First awards and The Independent Theatre award. Currently he is about to open *Good Sister Bad* at the Traverse Theatre in Edinburgh for Lung Has theatre company. It is a large scale new play for 30 adults with learning difficulties and physical disability, written with input from participants and exploring their hopes and desires.

John is also mentor to 3 first-time playwrights with Dunfermline's Out of the Dark theatre company which works with people who have long-term mental health problems. They are currently touring their first plays in 5 venues throughout Scotland.

His aerial drama about Audrey Hepburn – *Breakfast at Audrey's* ( Edinburgh Fringe First award 2005) tours to Augsburg as part of an English-speaking theatre festival. There John will run workshops with German participants looking at how you begin the process of creating a new play. John has been a freelance writer/director/teacher since 1986. For 4 years he taught playwrighting at the University of Glasgow. He regularly teaches writing, acting and directing at the Royal Scottish Academy of Music and Drama and Edinburgh's Queen Margaret University. He has been playwright in residence at many universities over the years including Massachusetts, Namibia, Nigeria, Singapore, Strathclyde, Duisburg and Augsburg. He has also taught in many schools and further education colleges including Northbrook, Eastbourne, Melrose Academy and Inverurie. He regularly guest teaches and lectures for writer groups as part of the Scottish Book Trust Visiting Writers Scheme. He has worked with participants at all levels – including single mothers groups, youth theatre and SEN.

#### Emma Taylor – aerialist/actress

Trained in aerial skills and other circus skills at Sheffield's Greentop Circus Centre 1997. Performer/co-director with Munki- performing an aerial show in France, Portugal and Spain (1998 – 1999). Member of core creative team with Pitsch State Circus, performing doubles trapeze act (UK tour). Formed The Circus Project in 1999. Trapeze tutor at Sussex University, Brighton Dome Circus School, Northbrook College and Blatchington Mill School. With her trapeze act, Munki, she has performed in Fireraiser's production *This Rough Magic (The Tempest)* Brighton Beach 2000, at The Northern Green Gathering, Exodus Free Festival and Hangleton Festival 2000. Appeared in the International Women's Week Production *Stars*, (The Pavilion Theatre, Brighton), Deadpan Productions/ZuTribe's *TimeScare* (The Streets of Brighton Festival 2001). For The Circus Project, she wrote, co-directed, produced, and performed *Cirque Des Spectacles* (The International Circus Festival and Streets of Brighton Festival May 2002). Creative Director with European Social Fund's year-long circus arts training programme in Brighton & Hove. Co-wrote and directed *Whippersnapper Circus*, performed by 22 children aged 5 – 16 (The International Circus Festival, May 2003, Brighton Dome March 2004, The International Youth Circus Festival at Riverside Studios, Hammersmith, July 2004) and *Toys* (The Circus Project 2005) as well as co-ordinating and leading the company's two Global Grants projects with unemployed 16-25 year olds and unemployed adults.

## Workshops for Further & Higher Education

### WORKSHOP PRACTITIONERS – CVs

#### **Tamsin Shasha – actress/director**

Trained at Oxford School of Drama and L'Ecole Philippe Gaulier, Tamsin's skills are in physical theatre, ensemble playing and chorus work. She co-founded the Greek Tragedy specialist theatre company aod (Actors of Dionysus) in 1993. She has worked with them extensively as performer/director/producer/movement coach. Collaborated with prominent practitioners such as Thea Barnes (Phoenix Dance) and Marcello Magni (Theatre de Complicite) on **Oedipus** (2003). She directed **Trojan Women** for aod on a national tour (2005). For Penguin Audio Books (in collaboration with aod) she performed the lead role in **Medea**.

Tamsin has vast experience in running workshops for all ages and abilities, examining the relevant and timeless themes specific to particular Greek Tragedies and how they relate to modern day. Also skilled in various aspects of circus performance including poi, slapstick, tumbling and aerial work.

#### **Ben Edmonds – clown/circus skills performer**

Ben has been working with children and young people since 1993 when he worked as a facilitator with Pipsqueak Circus, a young person's community circus in Lewes. He has since then worked as a professional theatre clown **Mr Pineapple Head** who has performed a solo show and ran workshops in schools, theatres, festivals and private events. In 1998 he started eight years of work with Face Pack Theatre Company devising and performing award winning educational physical theatre shows and workshops in schools all over the South of England.

## Workshops for Further & Higher Education

### HOW TO BOOK A WORKSHOP FOR YOUR STUDENTS

#### **Availability**

Workshops are available throughout the year. **BandBazi** can make individual arrangements with colleges.

#### **Capacity**

All our workshops are for 1 group (max. 30 participants).

#### **Fees**

£100	for 1 hour	2 practitioners with 1 class
£200	for 2 hours	2 practitioners with 1 class
£600	for 1 hour/week for 6 weeks	2 practitioners with 1 class

#### **Structure**

Combination of 1, 2, 3, 4 or 5 of our key skills can be taught as detailed above.

#### **Requirements**

**Space:** Studio/theatre for **trapeze** (minimum height 4 metres)  
**movement, improvisation** and **circus skills**  
we can install temporary rigging points to existing fittings  
*or* we can bring a separate rig  
*or* we can work in **BandBazi's** fully rigged rehearsal rooms at Hangleton Community Centre

*and/or* Classroom/smaller study area for **creative writing**.

**Clothing:** loose, comfortable clothing and bare feet for physical work.

#### **Outside Brighton Area?**

We are happy to travel to other areas to teach. Educational workshops are held in conjunction with our touring plays at many other national venues.

#### **For further information and bookings please contact:**

**Colette Scott PGCE**

**Workshop Development Officer**

**Tel: 07899 808 708 Email: [col@colettescott.co.uk](mailto:col@colettescott.co.uk) [www.bandbazi.co.uk](http://www.bandbazi.co.uk)**

**It would be fantastic to forge creative links with your students!**