

## GSC ANNOUNCE NEW WELL-BEING PROGRAMME

The award-winning Guildford Shakespeare Company (GSC) are launching **EVERYDAY MIRACLES**, a programme to encourage well-being and reduce social isolation during lockdown. Everyday Miracles is a 6-week course of online content, to cover the gap left by their outreach projects which have been postponed due to Coronavirus pandemic.

GSC's Outreach programmes are designed to promote social mobility and combat social isolation for some of Surrey's most disadvantaged corners of the community. Fearing these challenges would only be exacerbated by the current situation, GSC have created a 'bridge' project, to provide a valuable connection for their participants in this uncertain and worrying time.

The programme, co-created by **FRANCESCA McINALLY** (Education & Outreach Operations Manager) and **ANT STONES** (Head of Education & Outreach Development), runs Monday 1 June - Friday 10 July, with free content premiered throughout the week. All content will be available in multimedia format (video, audio and text) and will remain on our website, and will be initially available to those groups with whom GSC have been working with since 2018 with their Brave New World projects.

Ant Stones: *"We were devastated not to be able to deliver our programmes to the people with whom we have been establishing such a positive relationship and achieving great results. The current situation will make what is for some an already vulnerable time, even more fragile, and we're delighted that GSC has received funding to be able to make this programme happen."*

The theatre-making sessions are led by Ant Stones, through videos that will open up the writing process of *The Tales of Hans Christian Andersen*, GSC's upcoming family show. Weekly tasks will provide participants with everything needed to write their own piece of drama. Wednesday wellbeing sessions are led by Louise Best, a registered dramatherapist and GSC actor/facilitator, offering interactive exercises to improve mental health.

Every Friday Francesca McInally will be hosting live chats with participants, a separate virtual coffee morning for GSC's participants of their mental health project participants and curating all the creative work produced. The live chats will also host a rotating line-up of theatre practitioners. These sessions will provide participants with a unique shared and supported experience.

Everyday Miracles was made possible through funding from The Community Foundation for Surrey and Arts Council England, and is part of GSC's ongoing programme of work within the community, *Brave New World*.

For more details contact Fran McInally, [eo@guildford-shakespeare-company.co.uk](mailto:eo@guildford-shakespeare-company.co.uk) ([www.guildford-shakespeare-company.co.uk](http://www.guildford-shakespeare-company.co.uk)).

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### Note to Editors

**Guildford Shakespeare Company** is an award-winning, site-responsive theatre company. Established in 2006 by actor-managers Sarah Gobran and Matt Pinches, it has produced over 40 shows in unique venues including Guildford Cathedral, Watts Gallery, West Horsley Place and a Flemish Spiegeltent. In 2015, Brian Blessed OBE played the title role in *King Lear*. Its Education and Outreach works with over 5000 people young and old every year including free-to-access social inclusion programmes. GSC is one of the largest producers of home-grown theatre in the region.