



**'On the Inside'**  
**A project facilitated by Geese Theatre Company**

**Information for participants**

**Introduction to Geese Theatre Company**

Geese Theatre Company present interactive theatre and run drama workshops and residencies with men and women in prison or on probation. The company uses theatre, drama and active methods to encourage individuals to explore issues and to promote personal development.

**On the Inside**

This project invites women to share their own experiences of being a mother whilst being within the Criminal Justice System and how that impacts on them. Using a mixture of theatre, drama and informal chats, the aim is to create a piece of 'Theatre of Testimony'. Don't worry if you have no experience of performance and have no desire to act! It is more about an opportunity explore your own story.

**What is Theatre of Testimony?**

Theatre of Testimony is the retelling of an individual's account of their experience. It creates opportunities for people to tell their stories anonymously, potentially leading to greater openness and understanding about their experiences.

Key themes explored in '*On the Inside*' are 'motherhood', needs of mothers in prison, how the prison meets those needs and exploring how that experience may have changed throughout history. It will also have a focus on goal setting, building resilience and self-

esteem. The company strives to create a safe and supportive environment in which participants feel able to share experiences

**Who is 'On the Inside' suitable for?**

The project is aimed at women who are interested in sharing and working creatively around their experience of being separated from their children whilst in prison.

**Ground rules**

Participants should be willing to abide by ground-rules around confidentiality and working drug-free. They should be able to attend all sessions but should feel free to leave the project at any time.