

|NORWICH|THEATRE|ROYAL|

TAKE PART

Adults

Creative Activities for Everyone



Spring/Summer 2019

Welcome

Engage, Explore & Challenge

Here at Norwich Theatre Royal, Stage Two and Norwich Playhouse we are committed to delivering excellence and providing the very best opportunities for everyone to engage with Theatre and the Performing Arts. Through our participation programme for adults we are able to offer an ever expanding selection of activities placing an emphasis on the transformational and positive effect that the arts can have on people's health and wellbeing.

By bringing together professional artists, creative companies and productions across our three stages, we offer a diverse and exciting participation programme. This year sees an introduction of new opportunities such as Silver Swans® Ballet, and The Joy of Dance. These new dance activities support our growing artistic program of diverse dance performances across our three stages. Our Theatre Cares program continues to develop, offering dementia inclusive opportunities for both those living with dementia and their carers. In 2019 this includes workshops facilitated by Eyebrow Arts, Les Chappell, and Matthew Bourne's New Adventures.

By continuing to broaden our program of activities we wish to make a positive difference; to enrich people's lives through offering them access to the arts and a chance to discover their own creativity which they might otherwise never have.

But more than anything else, we want to inspire all those who take part with the magic of theatre and performance!



Stephen Crocker
Chief Executive



 NTRTakePart
 @TheatreRNorwich
 norwichtheatreroyal

Adults

Our Adults programme offers participants theatre based workshops, events and discussions. Discover and explore new horizons by sharing opinions, expanding learning and meeting new people.

Theatre Café

AGES: 16+

DAY & TIME: Fridays
10.30am - 11.30am

COST: Free, booking not required.

VENUE: Circle Lounge,
Norwich Theatre Royal

INFO: ntr.org.uk/TheatreCafe

Theatre Café is an informal monthly discussion group that explores theatre, inspired by a show on one of our three stages. Each session will begin with our guest speaker and people then have the opportunity to discuss, debate, ask questions or sit back and enjoy the conversation.

DATES:

5 April

Masculinity in Dance:

Inspired by Matthew Bourne's
Swan Lake

3 May

Stars of the show:

The resurgence of celebrity
performers. Inspired by The
Bodyguard

7 June

Theatre as social commentary:

What power does Theatre have to
explore contemporary themes
and issues?

Inspired by Educating Rita

5 July

**Adaptation, from page to stage
and screen:**

What do works gain and lose by being
adapted from book form to the stage?

Inspired by The Girl on the Train



Community Choir

AGES: 26+

DATES: 25 April – 11 July, 19 September – 5 December
(12 weeks)

DAY & TIME: Thursdays 1pm – 2.30pm

COST: £40 per term

VENUE: Stage Two

TO BOOK: ntr.org.uk/CommunityChoir

Our Community Choir is made up of an energetic group of individuals who enjoy making music, having fun and meeting new friends! Singing is good for the body and soul - improving health and wellbeing, whilst learning songs from pop, rock, the musicals to world music. No previous experience is necessary and we'll ensure you feel most welcome in our range of abilities, voices and ages.

"I just long for it every week, I think everybody's the same. [...] It just gives you a big, big boost."

Participant



Limelighters 50+ Drama

We believe in the intrinsic value in engaging older people in the arts. We have a specific programme of activities especially for people ages 50+. This is designed to engage their experience and enthusiasm, celebrate their talents, and also challenge the stigmas of being older.

Drama Workshops

DAY & TIME: Thursdays

10am - 12noon

COST: £10 per session

VENUE: Stage Two

TO BOOK: [ntr.org.uk/
LimelightersDrama](http://ntr.org.uk/LimelightersDrama)

DATES:

28 March - Inspired by Rough Crossing

18 April - Inspired by The Worst Witch

16 May - Inspired by Norfolk and Norwich Festival

20 June - Inspired by Let It Be

18 July - Inspired by Matilda the Musical

19 September - Inspired by Kinky Boots

A creative and enlightening chance to engage in one-off monthly drama sessions inspired by productions on one of our three stages. The focus is on having fun while at the same time exploring the skills and techniques of the performer, and spending time with likeminded people. No experience necessary, just a curiosity about performance.



Silver Stage

DATES: 24 April – 26 June,
18 September – 20 November
(10 Weeks)

DAY & TIME: Wednesdays
10am – 12pm

COST: £90

VENUE: Stage Two

TO BOOK: ntr.org.uk/SilverStage19

A creative course for those with an interest in theatre and performance. Explore and develop performance skills through exercises, improvisation and text, as well as exploring some theatre techniques. Whether you have previous performance experience or just want a new challenge, come and discover with us.

“Challenging, creative, [a] tremendous opportunity for finding another side of oneself.”

Participant

Silver Stage Company

DATES: 24 April – 26 June,
18 September – 20 November
(10 Weeks)

DAY & TIME: Wednesdays
1pm – 3pm

COST: £90

VENUE: Stage Two

TO BOOK: ntr.org.uk/SilverStageCompany

Our Silver Stage Company is the newest addition to the Limelighters programme. The company will devise new work and further their drama and performance technique, whilst working towards small scale productions. Playful and experimental, the company will be led by the participants with the support and guidance of an experienced practitioner.

Please note: Participants wishing to join the Silver Stage Company need to have attended at least two terms of Silver Stage.



Limelighters 50+ Dance

We believe in the intrinsic value in engaging older people in the arts. Dance has emerged over the years as one of the most therapeutic ways to improve physical and mental wellbeing. Our dance programmes offer fun, friendly and affordable activities for anyone aged over 50 and are a great way to meet new people!

Silver Swans® Ballet

DATES: 26 April – 28 June
(10 Weeks)

DAY & TIME: Fridays 10am – 11.30am

COST: £80

VENUE: Stage Two

TO BOOK: ntr.org.uk/Limelighters

Designed by the Royal Academy of Dance, these classes are taught by Silver Swans® licensed teachers.

Specially designed for older learners, these ballet classes will help improve your mobility, posture, coordination and energy levels.

Most importantly, you'll have fun and enjoy the sense of wellbeing that dance brings! Whether you've never danced before or want to get back into the swing of it, Silver Swans® classes have something for everyone.

FREE TASTER SESSIONS FOR SILVER SWANS®

DATES: 15 March, 22 March & 29 March

DAY & TIME: Fridays 10am–11am (1hr)

COST: FREE, but tickets must be booked.

VENUE: Stage Two

TO BOOK: ntr.org.uk/Limelighters



The Joy of Dance

DATES: 3 June – 22 July (8 weeks)

DAY & TIME: Mondays 1.30 – 3pm

COST: £68

VENUE: Stage Two

TO BOOK: ntr.org.uk/Limelighters

Dancing is a great way to express yourself, exercise and have fun. Whether you're a regular mover or completely new to dance, these open level movement workshops are for anyone who simply enjoys moving to music. Each workshop will include basic contemporary dance exercises, to build balance, flexibility and strength as well as working on movement memory.

Dance Fitness

DAY & TIME: Every Wednesday
6 – 7pm

COST: Drop-in £7 per class.
First class £5

VENUE: Stage Two

TO BOOK: ntr.org.uk/DanceFitness

Dance Fitness Norfolk is a wonderful way of gaining health and fitness through movement. The focus is on having fun and enjoying learning to move your body in new ways to gorgeous music from all around the world. For more information or to book classes visit dancefitnessnorfolk.co.uk

FREE TASTER SESSIONS FOR JOY OF DANCE

DATES: 13 & 20 May

DAY & TIME: Mondays 1.30pm – 3pm
(1.5hrs)

COST: FREE, but tickets must be booked.

VENUE: Stage Two

TO BOOK: ntr.org.uk/Limelighters



PEPPERLAND

Mark Morris Dance Group

DATE & TIME:

Tuesday 23 - Wednesday 24 April,
2.30pm & 8pm

COST: Tickets from £10

VENUE: Norwich Theatre Royal

TO BOOK: ntr.org.uk/Pepperland

★★★★ "... a truly joyous, celebratory work of art...brilliant homage to one of the great rock albums." The Telegraph



Theatre Cares: Dementia Inclusive Programme

Theatre Cares is a participatory programme for people living with dementia and their carers. We provide a safe space for people to have fun through one off activities led by experienced practitioners. All workshops will be very relaxed and set to a leisurely pace with a small number of participants to allow for maximum contact with practitioners.

Swan Lake workshop by New Adventures

DAY & TIME: Tuesday 2 April, 2 – 4pm

COST: £5, Personal Assistants FREE but places must be booked.

VENUE: Stage Two

TO BOOK: ntr.org.uk/TheatreCares

Get your bodies moving and learn a few moves from Bourne's legendary production of Swan Lake. The workshop will begin with a gentle warm up and then you will have the chance to creatively explore the movement and enjoy the music of Tchaikovsky from the company's version of Swan Lake, which has thrilled millions worldwide and has received over 30 awards.



Matthew Bourne's SWAN LAKE

DATE & TIME: Tuesday 2 -
Wednesday 6 April, 2.30pm &
7.30pm

COST: Tickets from £10

VENUE: Norwich Theatre Royal

TO BOOK: [ntr.org.uk/
MBSwanLake](http://ntr.org.uk/MBSwanLake)

Thrilling, audacious, witty and emotive, this Swan Lake is perhaps still best known for replacing the female corps-de-ballet with a menacing male ensemble, which shattered convention, turned tradition upside down and took the dance world by storm.

Eyebrow Arts- 'An Invitation' Workshop

DAY & TIME: Tuesday 21 May, 2 – 4pm

COST: £5, Personal Assistants FREE
but places must be booked.

VENUE: Stage Two

TO BOOK: ntr.org.uk/TheatreCares

Eyebrow Arts bring their unique creative skills and the content of their studio to Stage Two. You can play, experiment and connect through bespoke materials, props, costumes and objects that feature in their sensory performance 'An Invitation'.

'An Invitation'- Interactive Performance

DAY & TIME: Tuesday 28 May, 11am

COST: £5, Personal Assistants FREE
but places must be booked.

VENUE: Stage Two

TO BOOK: ntr.org.uk/TheatreCares

Through music, movement, making and magic, Eyebrow Arts invite you to take part and enjoy the unexpected. This performance responds to the wonderful imaginings and happenings of a group of people working together. The show lasts one hour, with time to explore the props and talk to members of Eyebrow Arts afterwards.

Sounds and Rhythms Workshop

DAY & TIME: Tuesday 4 June,
2pm – 4pm

COST: £5, Personal Assistants FREE
but places must be booked.

VENUE: Stage Two

TO BOOK: ntr.org.uk/TheatreCares

Join musician, Les Chappell, for a playful experimenting with sounds and rhythms, using a weird and wonderful selection of instruments, to take participants on a journey to places you never dreamed about, but now - let's go!



Further Information

HOW TO BOOK

Online - theatroyalnorwich.co.uk

By Phone - 01603 63 00 00

In Person - Box Office,
Theatre Street, NR2 1RL

Opening Times - Mon - Sat
9.30am - 8pm (Non-performance
days the Box Office closes at 6pm)

Postage - £1.50 P&P per order
(including FREE events).

Refunds - No refunds will be given
unless the activity, workshop or
performance has been cancelled.
In exceptional circumstances, at
the discretions of the Learning and
Participation Director, we may be able
to offer a place on a future activity of
the same value used within 6 months.

ACCESS INFORMATION

Stage Two - Level access to entrance
door and auditorium. Stairs and lift
to Studio & Training Room on upper
floors. Induction Loop & Sennhesier*
hearing enhancement headsets.
Accessible Toilets & Shower.

Norwich Theatre Royal - Level access
to entrance door. Level or ramped
access to Box Office, Stalls, Bar,
Cloakroom, Stairs & Lifts to Kemps
Restaurant, Circle Lounge and Bar.
Certain seats in the Stalls & Circle are
removable for people in wheelchairs.
Circle has steps between each
row & no lift access to rear circle.
Induction Loop & Sennhesier* hearing
enhancement headsets. Accessible
Toilets.

*If using a hearing aid, please check
it's loop-enabled.

Funders and Supporters

Norwich Theatre Royal's Learning
& Participation programme
is generously supported and
funded through a range of grants,
sponsorship and corporate
partnerships alongside donations
from individual Trusts and
Foundations and the Theatre's own
Supporters schemes ensure our
venues work for everyone.

Funders

 **Norfolk** County Council

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Foundation, Norfolk Music Hub,
Norfolk Opera Trust, Norwich Town
Close Estate Charity, Paul Bassham
Charitable Trust & Shelroy Charitable
Trust.

Supporters

Individual Members of Norwich
Theatre Royal's Major Donor
schemes the Mavericks, Angels and
Ambassadors.

For more information about
supporting our work, please contact
our Development Team on 01603
598556, or visit ntr.org.uk/SupportUs

“The workshops are fabulous fun - you can come along and sing, dance or act to your heart’s content with like-minded people who fast become new friends.”

Participant



NORWICH
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STAGE
TWO

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