



VOLUNTEER WITH US!

WHO WE ARE

We are **Theatre Troupe**. We reduce distress and help build the confidence of disadvantaged children and young people, giving them the opportunity to **flourish and thrive**, and steer them towards a **successful future**.

"It is the most rewarding experience I have ever had. It has given me more confidence in my work supporting young people with adverse experiences, both in 1-1 mentoring and supporting a play that platforms their creativity and joy."

MSc. Psychology student, QMUL, 2026

WHAT WE DO

We work with children and young people with mental health problems as a result of adverse childhood experiences. We use all the theatre arts and the skills involved to help children become part of a close-knit community, helping them feel better, build self-esteem, and be the best they can be.

HOW WE DO IT

YOUTH TROUPES

Our after-school community programmes give children and young people the chance to take part in one or more of the **theatre art forms**. The artistic process is guided by the needs of the children and the experience in the room. We provide door-to-door transport, refreshments, art drop-ins with our project therapist, and of course - the chance to take part in the **magic of theatre!** Whether it's drama, arts, crafts, creative writing, dance, music, media, or any other performing arts form, we provide the opportunity for children to **develop their talents** in a creative way and to shine.

At the end of the project, we put on a production in front of a **live audience**, involving everyone on our shared journey.

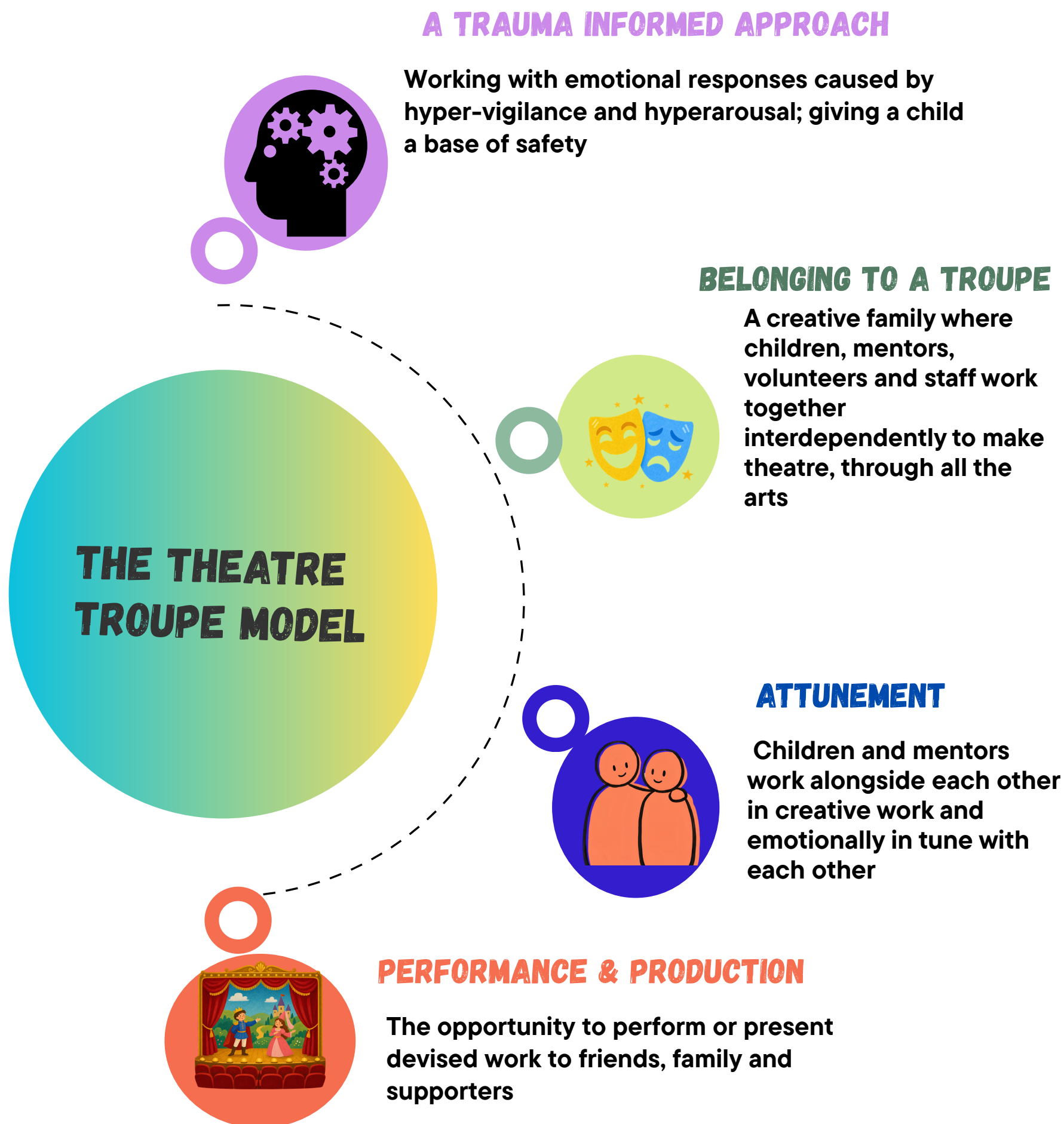
BESPOKE INTERVENTIONS

We offer tailored projects for schools, hospitals, youth clubs, community hubs, or even one-to-one at home. We use a broad range of creative arts: animation, art, cooking, or audio recording. In the past we've worked with pupil referral units, adolescent psychiatric units, and housebound children –we're very flexible!



THE WAY WE WORK

We use the **Theatre Troupe Model (TTM)**, developed through a doctoral project, completed in 2020. The TTM uses an established methodology, offering **opportunities for change** through attachment theory, neurobiological attunement and theatre pedagogy



WHO YOU ARE

You are the single most important factor in our success. Whatever walk of life you're from, you're welcome and wanted. Our volunteers hail from every continent (except Antarctica).

GENERAL VOLUNTEERS

You might be an artist, a professional, someone rooted in the communities we work in, or perhaps you just want to see what therapeutic arts are all about. Maybe you're looking for a career change or personal development. Perhaps you just want to make a difference in the world. Whatever your reasons; you're perfect!

PLACEMENT STUDENTS

Whether you're an undergraduate or postgraduate, undertaking specific placement hours, or engaging in a work-based learning capacity, you'll be part of an interdisciplinary environment, where students of the arts, education and science work together and **learn from each other**.

WHAT YOU CAN BE

As one of our wonderful volunteers, you'll fill one of two roles:

MENTORS

As a mentor, you'll work one-to-one with a child throughout their entire journey. You'll provide critical attachment and attunement opportunities. You'll travel with the child to and from venues. You'll give focused artistic and emotional attention: this could be joining in drama-based games, creative artwork, or sometimes just being there for the child until they're ready to join in. You'll deepen your relationship with them as they develop their skills in the creative arts, and make that all-important connection with parents, guardians, and carers.



"It was a pleasure to be doing my placement with you, and it was wonderful to be working together like one family. The kids were amazing."

BSc. Health & Social Care student,
ICON College, 2026



CHORUS MEMBERS

You're part of the ensemble! You help sustain the troupe as an extended family member. You might be an experienced artist, using your creative skills to help the child bloom, whether through creating short theatrical scenes or visual art pieces. You may be just highly organised, and bring structure to the child's routine. Either way, you're flexible and adaptable, able to respond to the needs of the group. You'll step up if there's a mentor absence, or if the child needs deeper support

WHAT YOU'LL GET OUT OF IT

We hope the experience of volunteering with us will be as meaningful for you as it is for our children. Our volunteers say the impact of working with us has left a lasting personal, educational, or professional effect on their lives.

- The chance to make a real difference to a child in need
- Hands-on experience with complex and exceptional children
- Weekly group supervision from a qualified psychotherapist
- Specialist training in our methodology
- Refreshments!
- References and employment support, where relevant
- Fun volunteer events

"It's a wonderful opportunity to support young people to step into their power and creativity through informed mentorship that is expertly supported by the Theatre Troupe team. It will challenge you to step into your own creativity to grow your own practice in youth-centred support"

MA Theatre, Performance & Participation student, Goldsmiths College, 2026

COMMITTING TO THE TRAUMA-INFORMED ATTACHMENT APPROACH

The children we work with have experienced multiple trauma and loss. They have experienced fear or abandonment in relationships or are coping with home circumstances that deny them space and time with safe adults and peers.

Whether you are a chorus member or mentor, you become part of a child's relational world. You provide unique attachment opportunities, a safe base to regulate emotions, and provide consistent care and unconditional positive regard.

For this reason, we ask our volunteers to make a solid, declared commitment to fully engaging in the work they do, before they join us.

This involves:

YOUTH TROUPES

- Committing to at least two school terms (6 months)
- Committing to all sessions involved in the project. This is usually 20 sessions
- Attending training once a term
- Attending post-session group therapeutic supervision every week

BESPOKE PROJECTS

Bespoke projects have their own timescale, attendance at which will be agreed before the project begins.

Because these are so essential to the particular needs of our children, we reserve the right to terminate a volunteering role if these commitments aren't able to be met

There are some exceptions. Sometimes we take volunteers who aren't able to commit to more than one school term. If this is you, you'll need to contact us to discuss this before you apply.



CURRENT PROJECTS

EAST LONDON YOUTH TROUPE (ELYT)

Where: Queen Mary University London (QMUL)
Mile End Road, E1 4NS

When: Wednesdays, 3.30-7.30pm

Autumn term Starts: 14th October (with training on 12th October)

Sessions will run continuously **including** half term

Final session: 16th December

Spring term starts: Wednesday 27th January



SOUTH LONDON YOUTH TROUPE (SLYT)

Where: Southwark Playhouse / University of the Arts London
Elephant & Castle, SE1 6SB

When: Mondays, 3.30-7.30pm

Starting Monday 25th January



EAST SUSSEX SCHOOLS' PROJECT

We are currently arranging a project for children with emotionally-based school avoidance in Brighton. Dates and details are TBC, but it is likely that this will run:

Tuesday afternoons from January.

If you are interested in this project, please contact
info@theatretroupe.org



READY TO APPLY?

Go to our website:

WWW.THEATRETRUPE.ORG/VOLUNTEER-WITH-US

Click on the link at the bottom of the page to access our application form

THE APPLICATION PROCESS

1. Fill out the application form online
2. Application assessed
3. Interview with a member of the Theatre Troupe team
4. We'll take up your references & arrange a DBS
5. You'll attend a training day
6. Your volunteering begins!



For more information, please email our Volunteer Director
cherlynn@theatretroupe.org