



# Our Mission

**Trestle is a mask and physical theatre company: our mission is to inspire creativity through participation and dialogue and we do this by approaching opportunities with an open mind, playful approach and our ever surprising and engaging masks.**

Trestle is an educational arts charity with a focus on using drama to enhance well-being; we work in partnership with schools, FE colleges, PRUs, Universities, community organisations, councils, CCGs and Artists to deliver the skills and resources needed to encourage high quality learning and development through the arts.



Shows  
Events  
Live Music  
Gallery  
Cafe  
Parties  
Meetings  
Weddings  
Workshops  
Classes

# Trestle Masks Sets

BASIC MASKS

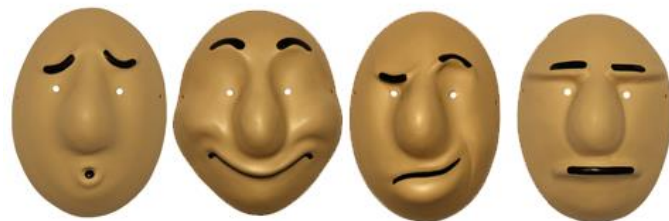
MINI MASKS

INTERMEDIATE MASKS

ADVANCED MASKS

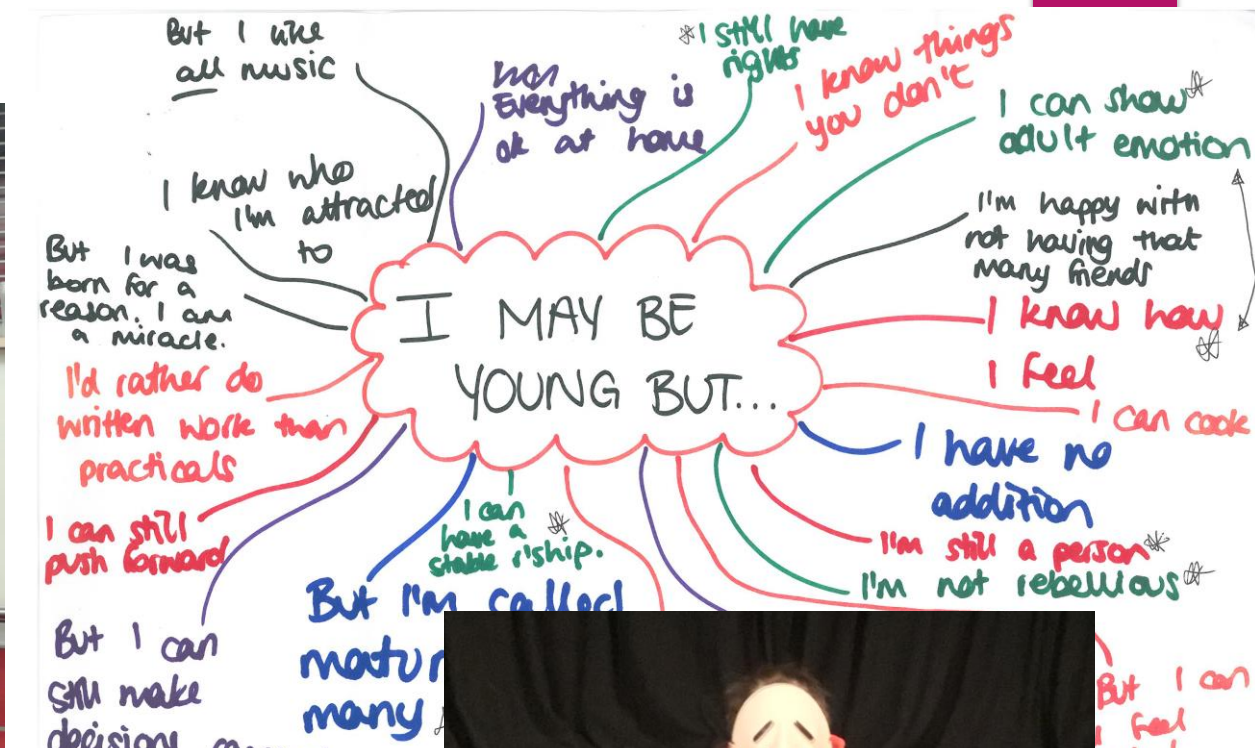
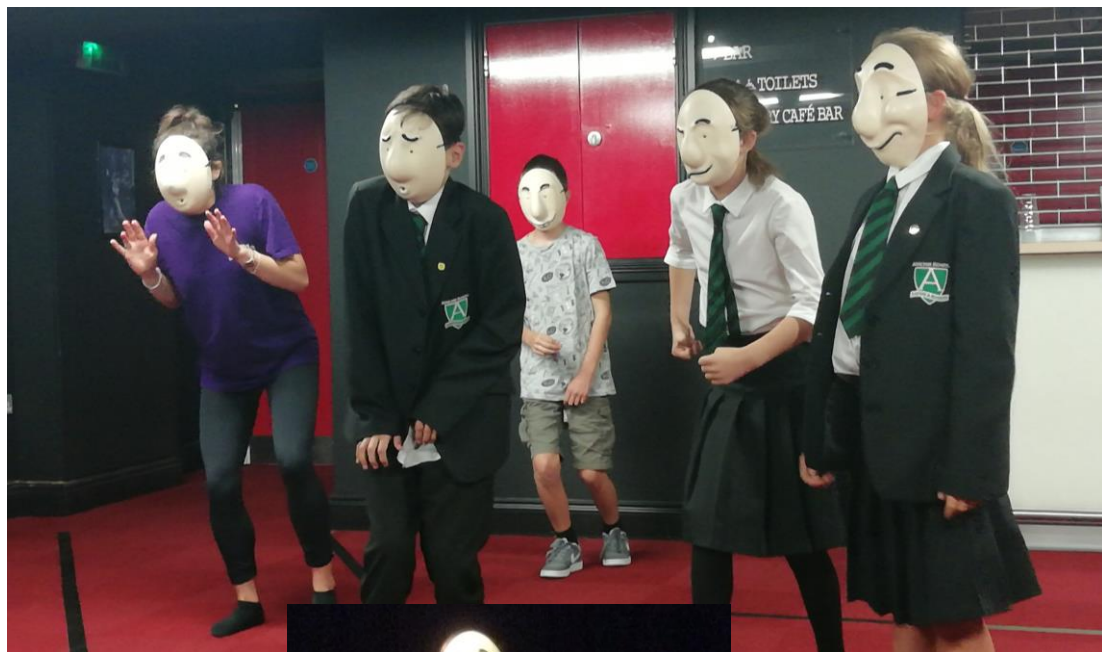
HALF MASKS

TONAL VARIATIONS



- 6 COHORTS
- 58 YOUNG PEOPLE
- 6 PERFORMANCES
- 45 BRONZE ARTS AWARDS





But I can feel hated

“

*“I’ve improved my people skills and I like how happy it makes me feel as I can approach people now”*

*“Putting on a mask made me feel much more confident because no one can see my face.”*

”

*“I’ve learnt I can trust more people and that I can make friends”*

- 3 WEEKLY SESSIONS
- 90 SESSIONS A YEAR
- AROUND 60 PARTICIPANTS A WEEK
- ENGAGING WITH AROUND 11 DIFFERENT DAY CENTRES AND SUPPORTED LIVING SERVICES AS WELL AS INDIVIDUALS.



**SING | MOVE | CREATE**



## Trestle Inclusive Community Groups

### Weekly sessions for everyone 16+

**DANCE NOW | ACT UP | SING OUT** are three fully inclusive groups run by Trestle Theatre Company, a charity that works with local communities to inspire creativity through participation.

**DANCE NOW**

*"Dance is the hidden language of the soul"* – Martha Graham

**Integrated Dance Group | Mondays, 1pm – 2.30pm**

Dance Now is a dance session which encourages movement of all types, for all abilities.

Each session we will introduce and explore different dance techniques and styles from all over the globe. No experience necessary just the desire to dance.

**Cost: £5 per session (No need to book) | Carers/Support workers always FREE**

DANCE NOW is supported by The Neighbourly Charitable Trust and Councillor Dreda Gordon.

**ACT UP**

*"All the world's a stage"* – William Shakespeare

**Integrated Drama Group | Tuesdays, 1pm – 3pm**

Act Up is a drama session which uses playful theatre games and exercises to encourage those who may not usually want to perform to be part of creating and delivering a show.

We believe everyone has a story to tell so join us to explore yours through playful mask work, drama games and exercises.

**Cost: £5 per session (No need to book) | Carers/Support workers always FREE**

ACT UP is supported by The National Lottery Community Fund and a St Albans Community Grant.

**SING OUT**

*"Where words fail, music speaks."* – Hans Christian Andersen

**Integrated Choir Session | Thursdays 1pm – 2.30pm**

We believe that everybody can sing, so if you want to try then please come along. Everyone is welcome!

**Cost: £5 per session (No need to book) | Carers/Support workers always FREE**

SING OUT is supported by The National Lottery Community Fund, Jarvis Group and Behan Surveyors.



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t: 01727 850950 | [www.trestle.org.uk](http://www.trestle.org.uk)

Trestle is a fully accessible venue.

Sessions run during term time please check the website for dates.





“when I sing I feel happy.”

“I’m feeling confident because I’ve made a new friend.”

“Act Up has helped me maintain my speech, meet new friends, and improve my mental and physical wellbeing.”

“[The group is] very good for interaction and especially peer interaction, as otherwise [participant] would be at home with just her support worker.”

- **Evaluation evidences Trestle's Arts & Health programmes:**

Improving emotional well-being

Supporting increased social networks that provide positive support leading to greater inclusion

Empowering participants to voice their opinions and personal reflections

Reducing isolation

For more information contact [helen@trestle.org.uk](mailto:helen@trestle.org.uk)