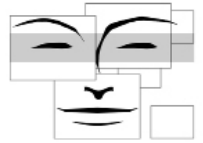
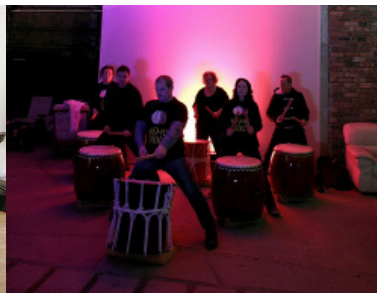


theatre nemo



promoting good mental health and wellbeing through the performing arts

Annual Report 2013-2014



Taiko Drumming
George Square July 2014



Chairperson Statement

I first came in contact with Theatre Nemo in 2012, when they were researching the 130 years history of Barlinnie, I volunteered my services as this sounded like a really interesting project. During this time I came to realize the depth of the work Theatre Nemo do and knew this was a charity that I wanted to stay involved with.

Last year I came on the board as chair and have witnessed first hand just what this small team achieve in giving so much to people who really need this kind of creative person centered support. Engaging and giving confidence and hope to some people who had been sidelined by society and left feeling isolated, stigmatized or worthless. Taking part in Theatre Nemo Projects helps people build social and practical skills. Our new member of staff Gordon Liddle is employed as Business manager and has brought great energy and commitment to the team. I would also like to mention the dedication of Hugh McCue who still finds time to facilitate many workshops as well as his position as Project coordinator.

There is a great excitement as we see the company grow and expand into new ventures, always striving to assist in providing as many opportunities for the sometimes very vulnerable people Theatre Nemo engage with, in the community, psychiatric hospitals and prisons and since the summer there have been many opportunities for more people to engage with Theatre Nemo under the leadership of Isabel McCue. On behalf of the Directors we would like to thank the Theatre Nemo community for the range of opportunities they provide.

Jacqui Lamont
Chair Person

Cheif Executive Statement

This year we will celebrate our 15th year working creatively in the community, psychiatric hospitals and prisons. We have come far in these years developing from a Sunday workshop with around 6 people attending to where we are now supporting and encouraging many people to take control, feel good about themselves therefore breaking down stigma and reducing feelings of isolation.

After 15 years of developing and planning and singing my way through the worries the frustrations of starting and maintaining our small charity I will be stepping down and this is my last year as Chief Executive.

On this note I have to thank and give praise to my son Hugh McCue who has supported and worked so hard to build up our reputation as an arts organisation and has over the years managed accounts, workshops, filming, social media, project co-ordinator and constantly learning new skills to make sure we always provide exciting stimulating projects that will suit all the participants who pass through our doors.

This year has been a rollercoaster with many new ambitious projects being launched, thanks must go to our new Business development manager Gordon Liddle who truly understands what we are trying to achieve and has brought a new passion to our small team.

We are also very fortunate in the artistic facilitators new and old who have worked with us through the years I am grateful to them for all they have done to promote the good reputation of Theatre Nemo.

I pass it on to all of you and know you will take care of this excellent provision we offer our participants in all the institutions and communities we work in – and don't worry as I will not be disappearing and will continue to support Theatre Nemo.

Isabel McCue
Cheif Executive

Community Projects

Our work in the community has over the years gone from strength to strength with many self referrals and from social work and other organisation. Funding is vital to keep these community projects alive.

There are two changes happening around health care that provide opportunities for Theatre Nemo. The first is a move from primary responsive care to preventative medicine. We have to be able to demonstrate that our community work reduces costs to the NHS by keeping people out of hospitals and in the Community.

David Walker (Director) has provided introductions to the relevant heads of Mental Health for the three Glasgow divisions and we are currently seeking meetings with them to try to get a coherent approach to projects. We have also recently met with the Head of Mental Health Governance for Lanarkshire NHS who is a fan of our work and is helping us to network into the various relevant council and third sector organisations

Participant Comments

"You get to try a lot of different things, like tasters, and it gives you the opportunity to do things,. So you get to realise things that you're actually quite good at. Normally you don't get the opportunity to do that"

"I think it's the sense of something keeping going, and being part of the family, and I never used to have confidence, but coming to TN and putting on the shows gives you confidence"

"It has enabled me to socialise more, be creative and keep me well"

"Gave me Self worth , and helped me with a condition that had made my life hell. I now feel confident to explain what its like if it comes up in conversation, now I don't hide it"

"It's helped me to get out and about more, because at the beginning, coming here I found hard, just the traveling in and out, I don't really like large groups of people, but I just try focusing on the things that I like"

Prison Projects

Mental health stigma in prisons. The Project Seeing the Person, Seeing Ourselves has just started in HMP Edinburgh

It is funded by the See Me anti stigma in Mental health programme. This project is about enlightening prison officers about the stigma surrounding mental health and is key to our future with the SPS.

We are working in partnership with Positive Prison? Positive Futures and HMP Edinburgh itself. That we are working with them in a positive way, not just within the establishment is vital.

HMP Cornton Vale is keen to work with Theatre Nemo and a partnering agreement has been started. We intend to apply to the Big Lottery for Young Start funding to be matched by the prison and other funders with an interest in Criminal Justice. It is intended to work with both YO's and adults first and principally with Taiko drumming. A piece of Theatre exploring the experiences of YO's in particular has also been mentioned by HMP Cornton Vale staff.

HMP Barlinnie has seen theatre Nemo provide many different and varied projects engaging with some of the most hard to reach men. These creative interventions make a real difference to how people feel about themselves and give them the understanding that they can change their life paths.

"The Drumming helped with my anger, it made me feel good and lifted my mood the whole day"

"It's a chance to be creative. It helps you become more confident. I suppose it helps you manage better. You can get stuck inside yourself, this doesn't help you achieve, you need a bit of confidence".

"I had made up my mind to kill myself, I have been lonely all my life never worked always been in prison I did the first workshop with Nemo and enjoyed it and thought I'll wait till the next one and now we have finished the show that's all in a distant past of bad memories so it was that creative way of getting out of that place"

Hospital Projects

Our work in hospitals continues as planned with Drumming, Animation and Choir with some excellent feedback from patients. It is hoped that the very successful "From hospital to Community" projects will continue.

Parkhead Hospital Art Project



"For me it is a different group than when started the project a lot more communicative Talking and laughing which is unusual, I am surprised at their level of concentration and involvement" Hospital staff.

"Last year I was alone and now I have met new people and have enjoyed the group. Very interested in taking the group forward in a new group"

"I never enjoyed anything bit have quite enjoyed this and would do it again"

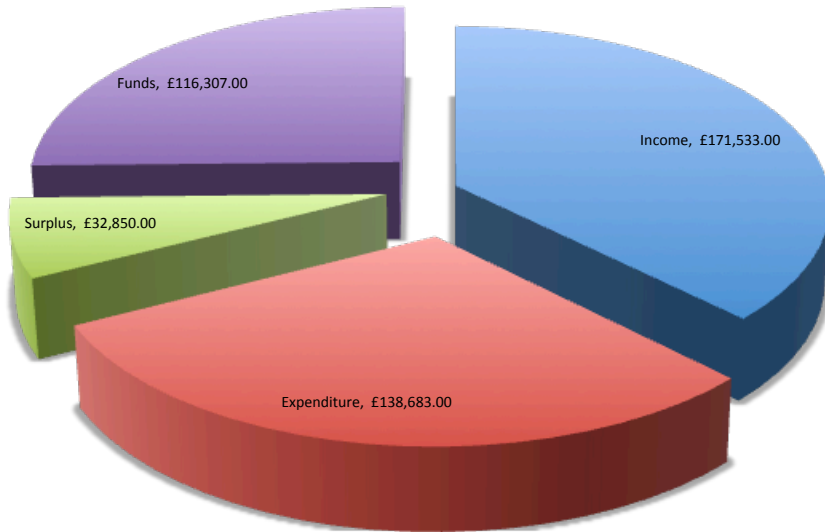
Partnership Projects

SAMH on their Reach Out Programme where a group that they recruit on our behalf take part in ten sessions of animation. This programme is fully funded by SAMH from monies they received from the Alliance. The first programme has proven both popular and successful and a second has just been started.

Young Carers film As a result of a previous small pilot project funded by the See Me programme, we made a short interactive educational film seeking to reduce stigma and create greater understanding of young carers. It is intended to be used in schools. As a consequence of a preview and consultative viewing we have identified improvements and additions that are required to make it more useful. We are seeking funding to re make the film along with a teachers pack into a really worthwhile educational tool for schools.



Financial Position



Funders and Supporters 2013 - 14

Lankelly Chase Foundation
The Robertson Trust
The Bromley Trust
The Barrack Trust
See Me
Foundation Scotland

Leverndale Hospital, Parkhead Hospital, Rowanbank Clinic, Yorkhill Hospital
HMP Barlinnie, HMP Edinburgh, HMP YO1 Cornton Vale, HMP Shotts
GAMH, SAMH, The Marie Trust, Lodging House Mission, Jobs and Business Glasgow,
Routes to Work South

Thank You



The Theatre Nemo Team 2013 - 14

The Board

Chair

Della Martin then Jacqui Lamont

Treasurer

Stuart Fair

Secretary

Doris Williamson

Directors

David Walker

Andrew McCarle

Jason Dawes

In the office

Cheif Executive

Isabel McCue

Project Coordinator

Hugh McCue

Administrator

Jules McCahill

Artists

Music

Gregg Muir

Matt Regan

Drama

Rikki Traynor

Hannah McLean

Mark Traynor

Hugh McCue

Visual Art

Bev McClusky

Simon Richardson

Volunteers

We would like to thank all of the volunteers who assisted us throughout 2013 - 14 and who continue to support Theatre Nemo



Community Projects

Music Hall Rendezvous featuring Harry Lauder
Music Hall Delights
Life
Rewind
Bag of Worries
Music @ The Marie Trust

Animation
Drama
Drama
Drama
Drama
Guitar

Hospital Projects

Yorkhill Hospital
Rowanbank Clinic
Stobhill Hospital

Animaiton
Animaiton
Visual Arts

Prison Projects

HMP Barlinnie 130 Years
HMP Barlinnie 130 Years
HMP Barlinnie
HMP Shotts
HMP Edinburgh
HMP Cornton vale

Visual Arts
Drama
Taiko Drumming
Drama
Taiko Drumming

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