



## Total Insight Theatre - Changing the Lives of Countless Young People Across the UK

**Total Insight Theatre** has been helping young people in the UK improve their mental health and escape from often complex social issues through Arts initiatives since 2014 and in 2021 looks to reach out even further. With a strong belief that the Arts should be open to all, regardless of their background and abilities, they have so far helped over 15,300 young people through over 1,300 regular and one-off workshops both from their base in London and at schools, libraries, youth centres and pupil referral units across the UK. With the physical, mental and emotional impact of COVID affecting millions of young people and exacerbating already existing socio-economic issues, 2021 is a momentous year for Total Insight Theatre and the invaluable, life-changing work they do.

Founded by **Adam Tulloch**, Total Insight Theatre is the award-winning charity which allows children and young people to develop self-confidence and learn life-long skills through the Arts, allowing them to express themselves in workshops and schools around the country. Whether it be theatre; music; film or dance, EVERYONE is encouraged to get involved, no matter what their background, abilities or previous experience. Many issues affecting young people are well-documented in the media – knife-crime; economic and social problems – others less so, such as bereavement and mental health difficulties and the opportunities for help can often seem prohibitive or even non-existent. Total Insight Theatre has helped people across London and beyond, from Nottingham to Manchester and even throughout lockdown has operated virtual hubs to give as many as possible the reassurance, escapism, fun and life-skills that the Arts offer.

The Arts have the power to fundamentally change lives, something Total Insight Theatre is utterly committed to – who better to demonstrate this than the people who have benefitted over the years!

*“Listening to everyone else talking about their experiences and realising I wasn't as alone as I thought I was.”*

*“I felt connected with new young people something which I hadn't in so long and hadn't realised how much I'd missed it and just how valuable it is. This energy, inspiration, relief/release was so present and set us all up to go away and CREATE!”*

*“During the workshop we had to look back on our time in isolation and it really helped me process everything that happened. A massive anxiety was taken off my shoulders and I also came to the realisation that I should embrace change rather than fear it. It really helped my mental health and I loved being around people who felt the same to me, it made me feel so less alone in these scary times.”*

*“The most amazing experience, I feel so lucky to have been part of a project that has helped me creatively and mentally. A very special opportunity which I am so proud of.”*

*“This project was an AMAZING way to connect to other young creative people who shared the same passion and feelings. Not only did it make me feel less lonely but being surrounded by these people empowered me to start creating even more. I felt the process was more rewarding than the end product because it taught me how to value and importance of a creative process and how many possibilities you can unlock from workshopping and playing with different ideas.”*



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