

Stratford East Youth Theatres: Case Studies

Stratford East's Junior Youth Theatre and Youth Theatre are weekly sessions that give young people in Newham the opportunity to play, socialise and explore drama and theatre in a fun and welcoming environment.

Bellow are some case studies that celebrate our impact:

Micaela, Junior Youth Theatre: Improving Confidence through Getting Involved

Micaela has been a part of the Junior Youth Theatre for many years. When we first started working with Micaela, she chose to sit out and observe games and exercises rather than taking an active role. Micaela shared with us that she felt nervous at her first Junior Youth Theatre session and wasn't sure how she was going to make friends.



We noticed Micaela's engagement changing through her time at Junior Youth Theatre. Through support and encouragement, she began to participate with more passion and energy in warm up games and group activity. Over time she developed a greater sense of confidence, enthusiasm and focus. She now volunteers to lead games, running warm-ups for the group and developing her brilliant leadership skills.

Micaela enjoys performing and has begun exploring larger roles. Micaela actively contributes to group discussions, taking part in developing a Junior Youth Theatre behaviour charter. Micaela has helped other participants in the group stick to the charter they all agreed to and encourages respectful behaviour amongst her peers.

In January 2024, Micaela won the Jack Petchey Achievement Award, nominated by her fellow Junior Youth Theatre members. Her peers noted that she always helps others and is a good role model.

Micaela has fed back to Stratford East that being a part of the Junior Youth Theatre has supported her with exam stress, and that she 'looks forward to Mondays and being able to come into the theatre'. She finds that Junior Youth Theatre calms her down after a stressful day at school and has improved her mood and wellbeing. She shared that she feels 'more confident and outgoing' and enjoys performing in front of people and finds it rewarding. Micaela described Junior Youth Theatre as 'a place to grow and learn from the people around you'.



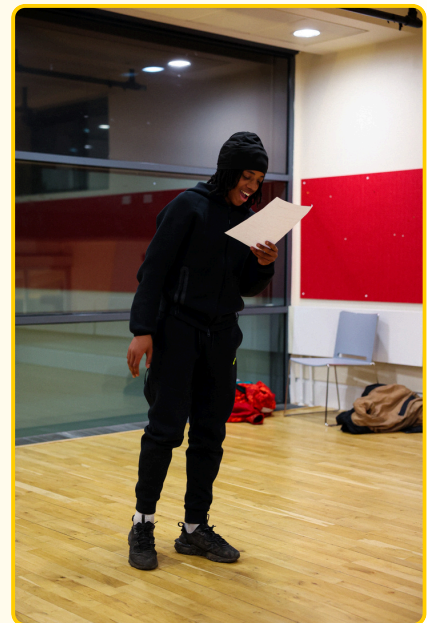
We're very proud of the progress that Micaela has made as a part of the Junior Youth Theatre and can't wait to see what she does next.

Elijah, Youth Theatre: Finding a Place to Perform at Stratford East

Elijah has been a part of Youth Theatres at Stratford for four years. Elijah initially joined Youth Theatre at the suggestion of his teacher at school and has found a love for theatre. Elijah wanted more opportunities to act and perform, and through finding them at Stratford East's accessible Youth Theatre, he has flourished into a brilliant young performer.

Elijah shared with us that he has 'quite a close connection with Stratford East Theatre' and feels like 'part of the theatre'. Being part of Youth Theatre and being invited to shows at Stratford East has facilitated this feeling. Elijah highlighted that his favourite part of Youth Theatre was working with other people to 'create something you care about' and that coming here has helped him manage school stress. When asked to describe the significance of Youth Theatre to him, Elijah shared:

'I think it just means a place where I can perform, I can act, and it isn't, not that it doesn't matter, but there's not pressure to perform and act and it's significant because there's no other space I really go to, especially every week, that I can do that.'



We're proud to offer accessible spaces for young people to perform and explore theatre and of the work that Elijah put into his time at Youth Theatre.



Tia, Youth Theatre: A Community and Family Affair

Tia has been coming to the Youth Theatre for a few years and has really blossomed in their time with us. They always speak up and contribute to group discussions. Tia has performed in multiple shows and sharings with the Youth Theatre, always contributing to theatre making and enjoying their time performing. Tia has a passion for theatre that has spread further than performance, also completing our Young Technicians course, engaging in technical theatre and taking part in Work Experience on the Young Company show, 'we all know how this ends.'

Tia now works at Stratford East as part of the front of house team, talking about Stratford East, they shared that working at the theatre was 'a way to get to know your community better', highlighting that they've told friends to join Youth Theatre, Young Techs and start working at the theatre.

Tia recommended that their Mum, Aunt and Cousin join the new Adult Drama Workshops at Stratford East. We've been delighted to welcome some of the parents, grandparents and other family members of some of our Youth Theatre members to our Adult Drama Workshops. It's been very special seeing multiple generations of one family at the theatre. Tia shared that their family would chat after they all got back from the theatre about the show they'd seen or what they'd done in workshops that week. They shared that coming to Stratford East and taking part in Youth Theatre improved their mood and well-being greatly, noting that they saw the same change in their family members.



Stratford East is proud to be a multi-generational venue and will continue to support families and young people in getting involved.

All photos by Aaron Imuere @poetic.photo
For more information about our Youth Theatres please email
getinvolved@stratfordeast.com

STRATFORD EAST