

**MORTAL
FOOLS**

WHAT'S ON OFFER AT MORTAL FOOLS



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@mortalfoolsUK

www.mortalfools.org.uk

A guide for youth workers, education professionals, community groups, creative practitioners, parents, home educating families and anyone connected to children and young people.

WE ARE AN AWARD-WINNING THEATRE, DRAMA & CREATIVE LEARNING CHARITY, BASED IN NORTHUMBERLAND

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We've created this resource for folks working with children and young people and outlined some of the ways you can engage with our work in your setting. There are lots of ways to engage with Mortal Fools – using our resources and digital content in your setting, watching our work and attending our events and referring a young person into one of our youth theatre groups are all great ways to start.



Without Mortal Fools, the young people they co-create with would not be the confident and inspiring people they are. Mortal Fools are a vital arts organisation that have understood what young people need to thrive. Their impact is enormous.

Wendy Scott
Cultural Development Manager
Northumberland County Council



OUR OPEN INVITATION

We want folks that are passionate about children and young people, to join our Mortal Fools community, to join us in working with courage and care, to make the world a better place to grow up in.

The world is an increasingly scary place, and young people need us to step up! We believe we owe young people this and that scaffolding safe spaces in which young people can be creatively brave and make sense of the contemporary world is part of the solution.

At Mortal Fools, we believe access to creative interventions and equitable youth spaces are fundamental to unlocking and enabling happy lives, fruitful futures and dynamic employability.

Everyone who works with children and young people, has a part to play and it's an urgent and collective responsibility. Together, we can engage, enable and empower young people and join forces in scaffolding a better world to grow up in – one in which they feel safe, empowered, seen and heard.

If you're working with or supporting young people, we'd love you to join our Mortal Fools community and to sign post young people to our work and organisation.

You can engage with us by:



- By referring a young people into our Youth Theatre (based in Northumberland and online)
- Engage with our digital resources and content in your setting
- [Attend our performances and events](#)
- [Join our mailing list](#) to keep up to date with all things Mortal Fools – including receiving information straight to your inbox about our projects, performances and other events.
- Following and sharing our content on social media – we are [@mortalfoolsuk](#) across all channels
- [Subscribe to our YouTube Channel](#)
- Reach out to us to chat via: info@mortalfools.org.uk

GET TO KNOW MORTAL FOOLS

We co-create dynamic, socially relevant, high-quality performance-based work and creative projects. We do this equitably with children, young people, communities and professional arts and youth practitioners.

As a theatre company, we mostly use drama and theatre-based approaches – inter-personal by nature – to support people to build the skills and knowledge to form and maintain better relationships. We support our beneficiaries to learn about themselves and then to use that knowledge to collaborate better with others, to share their stories more articulately and confidently, to problem-solve with others and to lead or teach more effectively.



It's been a year of exciting new experiences at Mortal Fools. I've gained confidence, been back on stage performing, learnt how to facilitate sessions with young people and made a short film with a professional film company! These projects have really inspired me – I have memories I will never forget.

Ensemble Young Company Member

OUR WORK WITH CHILDREN & YOUNG PEOPLE

We specialise in co-creation with children and young people aged 7-25, delivering a variety of activities and projects throughout the year. Our sessions take place in various settings, including school and educational settings, out-of-school groups and youth work settings, and community events like Northumberland Pride.

We work with 1,000s of children and young people every year, mostly in the North East, holding safe spaces for young people to be creatively brave – our work is high impact, responds to contemporary needs and can be transformational.

We have grown a reputation as a regional leader in co-creation practice with children and young people (CYP), supporting their engagement in cultural activity in deep, meaningful, and impactful ways, in accessible, place-based settings. Evidence from our work demonstrates that theatre and drama have the power to change and enrich lives.

We advocate for high-quality, fun, and relevant arts experiences for the development and wellbeing of children and young people. We platform and amplify the voices of young people and support them to explore who they want to be, to find their voice, make sense of the contemporary world and scaffold towards a healthy, fruitful future.



HOW MORTAL FOOLS IMPACT YOUNG PEOPLE'S LIVES

As a charity and a cultural organisation, we want our work to be relevant and matter in society, for it to make a demonstrable and measurable positive difference to all the people who are involved with our organisation.

Our work is high impact, meaningful and makes a demonstrable difference to the young people we support.

Mortal Fools approach brings about changes in behaviour and outlook, increases confidence, enables experiences of personal accomplishment and autonomy, builds personal resilience, shapes a more positive self-image and builds towards a fruitful future in which success (whatever that looks like for each individual young person) is possible.

Click on the below links and hear from some of Mortal Fools young people about their experience with the company:



- [Watch Digital Theatre Projects Making A Positive Difference to Young People Video](#)
- [Watch How Mortal Fools Changed My Life Video](#)
- [Watch Sparked our educational, practice sharing video series about working in co-creation with children and young people – presented by Mark & Maisie Mortal Fools Young Leaders](#)
- [Read What did I learn during my time at Mortal Fools' Youth Theatre? – blog post by Mortal Fools' Youth Theatre alumni Eliza](#)
- [Watch BBC Children in Need: Theatre project improving young people's confidence news item](#)

HOW WE MEASURE OUR IMPACT

Across all our work, we have embedded The PERMA™ Framework – a model developed by Dr Martin Seligman and the studies in Positive Psychology to represent the presence of wellbeing.

Being involved has done wonders for their confidence and they bubble with enthusiasm. They've made new friends and gained a better understanding of their identity. One of the best things they've shared is that the Mortal Fools' staff team treat them like people and not just teenagers.

Mortal Fools Youth Theatre Parent

PERMA™ is an acronym of five building blocks that enable flourishing: **Positive Emotion, Engagement, Relationships, Meaning, and Achievement**. In our work with children and young people, we plan activities and integrate mechanisms for the delivery of those activities to deliberately increase the presence of PERMA™ in our settings, consequently, improving their wellbeing.

By tracking specific indicators, we can evidentially demonstrate that our activities increase the presence of each of the five PERMA™ building blocks. By collecting data and continuously monitoring, we can measure the type of contribution that participating in our activities is making to CYP's lives and use this data to tangibly demonstrate that our work contributes to nurturing young people towards more fulfilling futures.



MORTAL FOOLS YOUTH THEATRE GROUPS

Mortal Fools Youth Theatre is open to young people aged 7–19 years; we run weekly Youth Theatre groups split by age in Ashington – Northumberland, Tyne Valley – Northumberland, and Online (open to young people across the North East).

Interested new members don't need any experience of drama to join.

Our groups focus on supporting children and young people's creativity, wellbeing and self-belief using the medium of drama. Our sessions are accessible safe spaces, responsive to the interests of young people and our practitioners specialise in co-creating with young people with a wide range of intersectional needs.

Our practitioners are artists **AND** highly experienced facilitators, many with experience in youth work settings, alternative education settings, creative settings and schools. Mortal Fools Practitioners are recruited due to their specialist skill set and passion for our work, they receive training, learning and development opportunities, access to artist workshops, peer feedback and mentoring.

Across each term, youth theatre members will work on a different creative project; our projects are varied, exciting, loads of fun and suitable for all! You can see some of the projects our young people have worked on via [our YouTube](#) and on our website.

In sessions, young people work with professional artists to develop their theatre-making and performance skills, and create their own original theatre shows for public performances or closed sharings for friends and families. What they create is always fun, original, and stems from contemporary topics and issues, with young people's ideas at the heart.



JOINING MORTAL FOOLS YOUTH THEATRE

Across the year, our [Mortal Fools Youth Theatre groups](#) are open to new members – we will always advertise when that is on our website and across social media. However, you can get in touch with us at any time to register your interest in joining and will be added to a wait list.

Young people can join themselves directly, parents/carers can sign up, folks can sign post a young person to Mortal Fools Youth Theatre and we also take referrals into our groups from mental health professionals, young people's services, other children's charities, youth workers, schools, etc.

If you're interested in Mortal Fools Youth Theatre, click on the below links for more information:



- [Download our new member resource](#) – to get a sense of what a youth theatre session is like.
- [Register an interest joining](#)
- [Find out more information about the groups](#) – how they are split by age, where they meet, days and times

If you have any other questions about Mortal Fools, please get in touch via: info@mortalfools.org.uk or give us a ring via: 0191 580 1250

The following MELVA resources are available for folks to use at home or in your own setting.

MELVA is a fun and accessible creative intervention, supporting children (aged 7-11) and the adults in their lives to talk openly about – and better understand – their mental health, emotions and wellbeing.

MELVA

Buy Melva Mapletree and the Quest for Barnabas Boggle

Play Melva Mapletree and the Quest for Barnabas Boggle – our online, interactive storytelling game with engaging activity booklet – perfect for families to use as a tool to facilitate mental wellbeing.

In this fun choose-your-own-adventure style game, users take on the role of Melva's niggling voice – making decisions about what she says and does. When Melva's best friend, Barnabas, doesn't turn up to meet her after school, users must help Melva search Scratchicle Town for clues and complete games and activities along the way to help keep Melva's worrits (worries) under control.

Melva Mapletree and the Quest for Barnabas Boggle leans into gaming as a play and learning tool, with loads of practical fun activities which explore relationships, mental wellbeing and supporting others, whilst still looking after yourself, scattered throughout the game for children to enjoy.

1 x Family license includes up to 4 user profiles and costs £9.99.

- [Read what North East Family Fun thought of the game.](#)
- [Read what home school family Monkey & Mouse thought of the game.](#)

Download the Get to know the Human Brain with Melva & Feggis

A downloadable resource to support young people aged 7-11yrs and the adults in their lives understand the human brain, what happens to it when we feel fear or anxious and some stress busting activities to have a go at.

This resource contains biological facts and neuroscience shared in a child friendly way, discussion prompts and activities that folks can use to support young people explore the human brain and our emotional responses during times of stress.



Download the Pandemic Worrits resource

A downloadable resource with ideas and activities to support young people explore how the pandemic has impacted their wellbeing.

COVID-19 has (and continues to be) a really challenging time; it is important to help young people explore how this unprecedented time has affected their lives and the impact on their mental health and wellbeing.



Access Melva Digital for schools

MELVA is a creative digital package supporting KS2 children to talk openly about and better understand their mental health, emotions, and wellbeing. It is an impactful investment into mental health education, an innovative way to deliver RSHE curriculum AND enhances The Thrive Approach.

With Public Health England estimating 1/6 children have a diagnosable mental health condition, it has never been more important to find new ways to support young people; MELVA is a new practical, revolutionary way to do just that.

Melva was created in response to the current urgent mental health crisis for primary school settings, as a tool to engage children in conversations about mental wellbeing. It focuses on early intervention supporting development of resilience pathways, positive emotional responses, and relationships.



Click on the links below to access and download Melva information: 

- [Visit Melva Website](#)
- [Watch Melva Information Video](#)
- [Watch Melva Feature Film Video](#)
- [Watch Melva Mapletree and the Quest for Barnabas Boggle teaser video](#)
- [Download Melva in Primary Setting Information Pack](#)
- [Download Melva Outline & Pricing](#)

To book in a chat to explore Melva in your setting – email: melva@mortalfools.org.uk



Watch Melva the Feature Film Trailer & Programme a Screening

To get a flavour of Melva - watch the Feature Film Trailer.

The Melva film tells the story of Melva Mapletree: a boisterous, mischievous and funny young girl on an adventure to find out what she's really capable of... it's time for Melva to learn that brave isn't how you feel, it's what you do.

This gorgeous film has been programmed for screenings by the likes of Gosforth Civic Theatre & NE1 as part of their Screen On The Green programme. Melva is available to programme for a screening by community groups, community venues, youth clubs and alternative education settings.

To express an interest in hosting a screening email: melva@mortalfools.org.uk

DIGITAL CONTENT AVAILABLE ON DEMAND



Watch
#Flux2022
and/or host
a screening

figuring it out
and fitting in;
what makes you, you?

flux

12 unique young voices come together, to explore what it means to question your identity in a world that feels determined to put you in a box.

Devised and performed by [Mortal Fools Ensemble Young Company](#) 2021/22, showcasing an original soundtrack, bold set design, and the incredible talent, insights and lived experience of young people. **#Flux2022** toured in April 2022 and is now available to watch as a 70 minute filmed version of the stage show.

#Flux2022 is for young people aged 11yrs+ and folks supporting young people and/or interested in contemporary youth issues.

Downloadable Flux Resource Pack available - contains discussion prompts and activities exploring the film's themes and characters.

Download Flux Screening Pack - Find out how to access the film and host your own FLUX screening!

We have lots of creative content and digital resources that you can use in your setting or sign post to the young people in your lives. Using our resources are a great way to facilitate creative activities, to support well-being, to inspire, to connect with the lived experience of young people and the contemporary world.

You can explore, enjoy and engage with the following content by clicking on the links:

[Download Mortal Fools Wellbeing Support for young people and the Mortal Fools Community](#)

A downloadable resource signposting to a wide variety of mental health and wellbeing support organisations, inspirational influencers, and courageous and colourful content creators.

This mental health resource is for young people aged 11yrs+ and folks supporting young people and/or interested in contemporary youth issues.

WHEN THE WORLD
IS LOUD

Listen and immerse
yourself in When
The World Is Loud

An audio theatre experience to help you drown out the noise of the modern world.

Accompanied by original music and soundscape, the real-life voices of young people and communities from across the North-East, take you on a journey of discovery, escape and hope for the future.

Anybody, any age, anywhere can listen - all you need is a phone and headphones, and Mortal Fools will take care of the rest.

How to guide/resource is available to download to enrich your experience.

MY
PEOPLE

Watch My People

Four bitter-sweet, poignant film shorts from Mortal Fools' Ensemble Young Company, following a group of young people navigating the reality of friendship in the modern world. What if growing up means growing apart?

Co-created with young people and professional artists, each film short explores the belonging that stems from finding your people.

My People is for young people aged 11yrs+ and folks supporting young people and/or interested in contemporary youth issues.

Downloadable My People Resource Pack available - contains discussion prompts and activities to help explore the film themes and characters.

Watch Let Us
Tell You



A coming together of young people's powerful voices in two inspirational and uplifting films; an invitation to step inside their thought provoking and sometimes imaginary worlds.

You'll learn what's important to Mortal Fools' Youth Theatre right now, and what they feel the world (and other young people) need to hear at this time.

Let Us Tell You is for young people aged 7yrs+ and folks supporting young people and/or interested in contemporary youth issues.

Downloadable Let Us Tell You Resource Pack available - contains activities and reflective prompts to help explore the film themes after watching.

Engage with
Come On In
digital content



Delve into the imaginations of young people from all over the North-East, as they shared what 'home' means to them.

'Home' isn't always a place, is it? Inspired by Northumberland author and illustrator Charlie Mackesy's book, *The Boy, the Mole, the Fox and the Horse*, Mortal Fools' Youth Theatre invite folks to consider that home can be wherever and whatever you make it; it just has to feel like home.

Come On In is for young people aged 7yrs+ and folks supporting young people and/or interested in contemporary youth issues.

Downloadable Come On In Resource Pack available - designed to support young people to explore the theme of home and what it means to them.

Engage with
When This Is Over
digital content



A celebration of possibility, hope and the power of stories - capturing the extraordinary, funny and surprising moments that can change our lives forever.

The digital content explores the importance of young people's voices, climate emergency, the future, friendship, the value of community, human stories and social action.

When This Is Over is for young people aged 7yrs+ and folks supporting young people and/or interested in contemporary youth issues.

Downloadable When This Is Over Resource Pack available - contains discussion prompts and activities that can support young people to think about their past, present and future.

SPARKED*

Watch
Sparked

An educational and practice-sharing video series about working in co-creation with children and young people.

The series walks through the experience of young people co-creating new devised pieces of theatre with Mortal Fools, including some examples of activities that you might like to try yourself. We share elements of our creative process - the tasks and activities we do to create new pieces of work - and the relational process - how we work together, and the environment we create.

Sparked is for folks working with young people - creative practitioners, teachers, youth workers etc.

[Watch Mortal Fools YouTube Content](#)

The logo for Mortal Fools, featuring the words "MORTAL FOOLS" in a stylized, bold, sans-serif font. The letters are white with a dark outline, set against a dark purple background that is part of a larger graphic element.

We also have LOTS of other delicious creative digital content too.

This content showcases creative outputs from projects and the impact of Mortal Fools work with young people's voices - front and centre.

Click the links below to engage with micro-workshops and watch spoken words, panel events and key note talks:



- [Watch Creative Catalyst: The Creative Industries](#) – this is an edited recording of a digital event featuring creative professionals sharing their career stories, industry tips, lessons learned, some real talk and to inspire young people aged 16-25years old into the creative industries.
- [Watch Learning Environments That Support Grit & Bounce webinar](#) – participatory digital session exploring supporting young people to be thought leaders, pioneers, imagineers and empowered thinkers.
- [Watch Creating a New Culture](#) – as part of Culture Bridge North East's Imagine If... conference 2020, Kiz Crosbie, Mortal Fools CEO and Artistic Director, presented this galvanising keynote about growth, purpose and creativity.
- [Watch Why do participatory arts matter?](#) – spoken word piece created during Art Works Alliance Gathering.
- [Take part in Writing For Mindfulness](#) – an online workshop with writer Danielle Burn.
- [Watch Resilience in Uncertainty Part #1](#) – a micro video wellbeing workshop exploring modern “tigers”.
- [Watch Resilience in Uncertainty Part #2](#) – a micro video wellbeing workshop exploring modern “caves”.
- [Watch SHE spoken word piece](#) – performed and written by Mortal Fools Ensemble Young Company alumni Eliza.
- [Take part in Upcycled Character Creation](#) – a micro creative workshop for young people aged 7-11yrs to try at home.
- [Watch Just Keep Swimming](#) – a video talk from Mortal Fools CEO Kiz Crosbie – exploring what wild swimming in cold water can teach us about training our bodies to be less stress reactive.

LET'S CONNECT & CHAT...

If you've got this far – well done!

We hope you have found the content and information useful and welcome to our Mortal Fools community. Feel free to share and signpost our digital work and youth theatre groups to the young people you're connected to and into your network.

Please keep in touch with us – we'd love to hear how you get on using the resources, we hope to see you at a Mortal Fools event or performance and we're always happy to chat, connect and share best practice!

Quick ways to engage with Mortal Fools:



- [Join our mailing list](#) to keep up to date with all things Mortal Fools.
- Follow and engage with our content on social media – we are @mortalfoolsuk across all channels.
- [Subscribe to our YouTube Channel](#)
- Reach out to us to chat or to arrange a meeting via: info@mortalfools.org.uk

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