

Inspire, motivate and educate. Invite Listening to Voices to your next training or event. (creativity empowering people.)

Full Performance (theatre or conference setting)

- Increase capacity of communities to understand diverse narratives in mental health and to explore what helps.
- An adaptable and powerful way to bring communities together.
- Honest and intelligently crafted, personal accounts.
- Drives initiatives and conversations about mental health between community stakeholders.
- Reduces stigma of voice hearing and psychosis.
- Tackles tough topics and inspires hope in recovery.
- Shifts perspectives, creates empathy and connection.

Professional Development

- Unique stories inspire reflection and bespoke responses through information, workshops and performance.
- Listening to Voices can adapt performance scenarios to topics relevant in your workplace or study.
- The scenes act as a catalyst to conversation and workshops provide education and inspiration.
- Professionals or those training have an opportunity to reflect on their practice and “unpack” the conversation around mental health and what helps.

Lived experience drama workshops

Evidence based health intervention for wellbeing and participation as well as an active space for advocacy.

The activity and the sharing through performance is part of a broader vision for increasing:

- Community driven initiatives for mental health.
- Peer support and mentoring.
- Develops the lived experience into a valued social role.
- A creative space to listen and develop diverse, appropriate and compassionate responses to distress and social injustice.

For more information:

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or on facebook [@listeningtovoices](https://www.facebook.com/listeningtovoices)



A W A R D W I N N I N G

listening to voices



See, feel and hear ordinary people taking the lead role in their own story, sharing experiences of voices, depression, anxiety, trauma and of diagnosis, life, loss, and ultimately hope. This powerful performance is something rare and important that balances humour alongside tough topics such as bullying, self-harm and suicide, to ultimately build empathy and unite us all in the human journey.

P R O G R A M

our performers



Kelly Bayley

Performer, advocate and expert by experience. Kelly joined Listening to Voices with a purpose of helping those who were less able to speak up about their experiences, particularly childhood trauma. Kelly is a talented flautist and adds her music and her determination to delivering the pertinent messages in this arts/health work.



Sarah Sewell

Performer, advocate and expert by experience. Sarah is both an original member of Listening to Voices and the lead facilitator of the Albury-Wodonga Hearing Voices Group. Sarah has contributed her lived experience and further training to the pursuit of inspiring and educating others.



Ben Pearson

Growing up in the small town of Glenrowan, Victoria, Ben discovered his love of storytelling at an early age. His love of heroic narrative became a source of strength through being bullied. Performing with Listening to Voices brings Ben's affinity for story, together with the opportunity to tell an authentic human tale, in a forum that can change minds and inspire hearts.



Yomal Rajasinghe

Yomal is a self taught musician and has collaborated as composer and sound scape artist within various event and theater contexts. Yomal responds by composing music and sound that supports and honours people and the telling of their stories. He has composed original music for projects such as: Listening to Voices, Light in Winter Festival, Big West Festival and Asylum Seeker Resource Centre. As one audience member aptly said "The music was the healing thread that connected us all".



Jain Thompson

Jain loves going to the theatre and taking part in amateur theatre, particularly performing with the Listening to Voices theatre group. She appreciates the opportunity to use both drama and comedy to express life's journey, hope, growth and recovery, and to break down social prejudices and barriers.



Kate Fiske

Kate is the project manager for Listening to Voices Theatre. Her passion for an acceptance of diverse narratives of 'mental illness' was seeded through studies in anthropology and sociology and inspired by the Hearing Voices Movement. As a mental health professional and manager for Listening to Voices, Kate aims to increase the community dialogue that builds greater connection and compassion.



Ros Thomas

Ros offers the entire crew her pearls of wisdom and many years experience in mental health recovery. Ros is passionate about creating a paradigm shift in mental health services by sharing her knowledge in trauma informed practice and the hearing voices approaches.

our creative director



Catherine Simmonds

Catherine is one of Australia's leading community cultural development theatre makers. As an artistic director, her focus is the space between the 'lived experiences' of marginalised communities and the language of art. The result is powerful theatre that heals profoundly on a personal level, and in so doing, creates strong social and political advocates. For more than two and a half decades, Catherine has provided workshop participants with a creative space in which to 'discover the need to speak, and to speak the unspoken'. The community become the actors, the devisors, the consultants and protagonists of their own and each other's stories.