

## Our Space Launches Inspiring Collection of Digital Creative Writing

Theatre Royal Plymouth's Our Space project members are launching a new digital collection of creative writing on Wednesday 13 January.

In March 2020 as the world ground to a halt, the Our Space programme transitioned, like so many, to an online existence, as they sought to stay connected and creative in lockdown.

They experimented with many kinds of games and exercises along the way, but what began to burn most brightly in the sessions was the weekly free-writing where they witnessed each other's highs and lows and throughout the year, they wrote it all down.

Lost and Found is a small selection of what turned up on the page - raw and, for the most part, unedited. Proud of what was collectively achieved, Lost and Found is a fitting tribute to the journey through 2020 with an extraordinary group of people.

Sara Rhodes, Engagement Manager at Theatre Royal Plymouth said: *"In an extraordinary year, where so many felt isolated and disconnected, Our Space provided a digital space for members to meet, share their highs and lows of lockdown and have a creative outlet, which mainly came in the form of free-writing. Lost and Found is a beautiful tribute to the incredible talent and creativity of this amazing group of people. We are really proud of this collection, and hope that people will join us to find out more about our process at our zoom event on Wednesday 13th January at 7pm."*

You can join members of Our Space on Zoom on Wednesday 13 January at 7pm to hear and learn about how creativity supports mental health and how lived experience, lockdown and isolation informed the process which lead to the creation of Lost and Found. The event, Words from Our Space, will last approx. 1 hour and is recommended for ages 15+. You can book your place for free [here](#).

Our Space is a creative programme that works with adults with multiple and complex needs. Members come from all walks of life and may have faced challenges involving homelessness, mental health issues, substance misuse, reoffending or they may feel isolated for other reasons.



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**Theatre Royal Plymouth (TRP)** is a registered charity providing art, education and community engagement in Plymouth and across the region. It engages and inspires with the aim of touching lives as the South West's principal centre for performing arts. Theatre Royal Plymouth presents a year-round programme of world class productions on all scales.

Theatre Royal Plymouth works with partners to understand the challenges people face accessing the arts, especially vulnerable and disadvantaged people. It creates pathways that are genuinely accessible to those who might otherwise never get to engage with the arts. They collaborate to co-create and co-author work that represents the community, creating the space needed for people to tell their story in their own way.

Theatre Royal Plymouth is the UK's largest regional producing theatre. With a focus on embracing the vitality of new talent and supporting emerging and established artists. It collaborates with a range of partners to provide dynamic cultural leadership for the city of Plymouth.