

STEPPING OUT

Theory of Change



INPUTS

- Secure funding
- Project Coordinator and a wider staff group
- Group members working with professional writers, directors, actors
- Creative theatrical spaces and social environments

ACTIVITIES

- Produce high-quality, challenging theatre productions
- Organise community social trips
- Deliver inclusive acting workshops and creative rehearsals
- Mentoring - writing, personal support
- Associate Artists Scheme

OUTPUTS

- Diverse groups of participants actively engaged
- Plays staged for public audiences
- Safe, practical emotional support networks established

OUTCOMES

- Expanded friendships
- Reduction in loneliness
- Increased confidence, self-esteem, and new skills
- Improved mental health and clearer life purpose
- Lowered risk of psychiatric hospitalisation
- Decreased dependence on alcohol and drugs

IMPACT

- Transform mental health and validate personal well-being
- Participants sense of identity develops beyond being service users
- Shift public awareness and reduced community mental health stigma