

ABTT Mental Health and Wellbeing Seminar Chat

17:00:55 From Elysia Moore: Hi everyone! Great to have you with us this afternoon!
Good afternoon and thank you to everyone who is joining us, it is great to have you with us

This webinar is part of the programme for ABTT Theatre Show Online and is presented by the Association of British Theatre Technicians.

Normally at this time of year we would be welcoming hundreds, indeed thousands, of colleagues to Alexandra Palace for the Annual ABTT Theatre Show. Designed very much as an opportunity for both exhibitors and visitors to get together and re-forge those essential introductions, connections and friendships.

For the second year we are unable to present an actual event in June BUT we are extremely excited to be co-locating the Theatre Show with PLASA Show at Olympia from Sunday 5th to Tuesday 7th September in the Autumn.

: Visitors may register their interest here <https://www.plasashow.com/register-your-interest>

For now we are very pleased to have been presenting a wide range of seminars across the two days of the what would have been the Theatre Show and extending into third day tomorrow.

You can find the remaining sessions we have available tomorrow here: <https://www.abtt.org.uk/wp-content/uploads/2021/05/ABTT-Online-Seminar-Agenda-Final-with-links-2021-1.pdf>

As with other Zoom Webinars, we recommend selecting gallery view so that you can see all panelists at the same time, the button for this can be found in the top right corner of your screen.

We do not have live Closed Caption subtitles this afternoon but the recording of this session will be posted on the ABTT website where there will be Closed Caption subtitles available by clicking the CC button.

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Please do let us know where you are joining us from today Would be great to know who we have with us!

17:07:04 From Tom H to Everyone : Hello from the wilds of Buckinghamshire!

17:07:12 From Elysia Moore to Everyone : Hi Tom, great to have you with us!

17:07:22 From Olivia Roberts to All panelists : Hi, London based DSM

17:07:26 From Martyn and Jenni to All panelists : Hello from GSA!

17:07:32 From Elysia Moore to Everyone : Hi Olivia! welcome!

17:07:39 From Nikki French to Everyone : Hello from Hertfordshire!

17:07:44 From Steve O'Brien to Everyone : Hello from sunny Cardiff. Allgoodhere today

17:07:49 From Elysia Moore to Everyone : Hi Marytn and Jenni thanks for joining us!

17:07:59 From Elysia Moore to Everyone : Our host for the session today is Mig Burgess.

Mig is currently a Senior Teaching Fellow at the Guildford School of Acting / University of Surrey and teaches lighting on the Theatre production course. She is very passionate about training the next generation of theatrical technicians.

She is an ABTT trustee councilor and is also the chair of the AAPTLE wellbeing working group. Mig is committed to promoting and advocating on mental health and well being and is the company director of Fuse Arts a not for profit design consortium that produces creative work that provokes social change and incorporates academic research.

She has designed and created many installation pieces exploring mental health as the subject matter. www.fusearts.org.

She prides herself on being current and up to date and remaining an active freelance designer, production electrician and lighting technician.

17:08:24 From Mig Burgess to All panelists : Hi Everyone - hope your well

17:08:31 From Elysia Moore to Everyone : Our first speaker today is Emma Chapman - AAPTLE wellbeing group, ALD Emma is a Lighting Designer working in theatre and co-founder of studio three sixty. Notable lighting designs include: Ghost Quartet, inaugural show at the Boulevard Theatre; The Mountaintop, Theatre 503/ Trafalgar Studios; The Painter, Arcola Theatre, London; Lungs, Roundabout, Il Turco in Italia, Nantes/ Luxembourg; Kiss Me Kate, Theatre du Chatelet, Luxembourg and Graz.

She is a co-founder of studio three sixty, a consultancy and design practice. Current studio three sixty projects include delivering the Public Art Strategy for Theatr Clwyd's refurbishment due to be completed in 2024, as well as client-side interior design.

Between 2017-2019 Emma worked with Theatre Consultants Charcoalblue as a team leader and stage lighting designer. Notable projects included team leading the refurbishment of Theatr Clwyd, team leading and auditorium design on Chelsea Theatre and stage lighting designer on the new Boulevard Theatre.

Emma was a recipient of The Stage Awards 'Theatre Building of the Year 2015', for the design of Paines Plough's 'Roundabout', the world's first flatpack theatre.

Emma is a member of the AAPTLE wellbeing group, was a founding member committee member of the Blue Team - Charcoalblue's Corporate Social Responsibility Panel. She is a judge for the annual ALD's Awards for Excellence which celebrate and recognise new talent coming into the industry across lighting, video and production electrics.

Emma is currently writing a book on the art, craft and process of lighting a show in collaboration with Rob Halliday.

17:09:29 From Elysia Moore to Everyone : Our second speaker today is Harriet Saffin – AAPTLE wellbeing group & SM wellbeing

Harriet is a freelance career ASM with 16 years experience, including working regularly for Chichester Festival theatre, along with westend credits like War Horse, The Curious Incident of the Dog in the Nighttime and Much Ado About Nothing with RSC.

She has also worked extensively in mid-scale touring across the UK. Last year she trained and worked as a covid compliance officer and is a founding member of the SM wellbeing group.

17:09:56 From Elysia Moore to Everyone : Now speaking is Dan Shelley - AAPTLE wellbeing group, PMF & Reset better

17:08:44 From Dan Shelley to Everyone : Afternoon everyone.

17:10:05 From Elysia Moore to Everyone : Dan Shelley is currently a freelance production and technical manager in theatre and live events. Before becoming freelance they were the technical manager for the Battersea Arts Centre in which they worked with the technical and production team to re-open the Grand Hall after it sadly burned down in 2015 as well as being production technical manager for events including The Offies 2019/2020, BBC Proms Launch 2019 and 'The Way Out' a collaboration between the BAC and BBC Arts which aired in April 2020.

Alongside this, Dan is also a committee member for the Production Managers Forum previously working on the website and resources before moving to campaigns, live streaming and video content.

Dan is part of the Reset Better working group which was started from a PMF town hall meeting discussion to see how we as production and technical managers can make the industry more human-centric and to put an end to burnout and mental scarring caused by our industry.

17:12:45 From Mig Burgess to Everyone :

<https://resetbetter.wordpress.com/?fbclid=IwAR0gQkeVz0izi9IPXBuNjAXKuixHRC5dYtz4icPCK32QAWQLHvd3jyY81lg>

17:12:48 From Elysia Moore to Everyone : Thank you everyone for doing the poll for us!

The Alliance of Associations and Professionals in Theatre & Live Events includes representatives who work in all aspects of the theatrical and events community including more than two hundred thousand creative and production practitioners.

<https://aaptle.uk/>

Email for the AAPTLE wellbeing group

wellbeing@aaptle.uk

17:16:31 From Elysia Moore to Everyone : You can find information on Blackout's Pioneering Mental Health Research at PLASA 2019 here: <https://www.whitelight.ltd.uk/blackout-undertakes-pioneering-mental-health-research-at-plasa-2019/>

17:17:01 From Sebastian Barnes to Everyone : Hello from rainy Birmingham.

17:17:29 From Elysia Moore to Everyone : The link to complete the active backstage mental health evaluation survey - Please share and take part here:

<http://www.tinyurl.com/AAPTLE-Mental-Health-Eval>

17:17:49 From Elysia Moore to Everyone : Hi Sebastian. Great to have you with us!

Please take part - and more importantly pls share with as many people backstage as possible.

17:18:31 From Elysia Moore to Everyone : The Academic Report about the UK Technical Backstage Entertainment Industry Mental Health Evaluation from 2019 by Dr Paul Hanna can be found here:

<https://gsauk.org/sites/default/files/2020%20Images/UK%20Backstage%20Entertainment%20Industry%20Report%20%286%29.pdf>

17:22:50 From Tom Healey to All panelists : Hi I am Tom Healey from Heacham Norfolk

17:23:03 From Dan Shelley to Everyone : Hey Tom.

17:23:29 From Elysia Moore to Everyone : Hi Tom! Great to have you with us!

17:23:55 From Nikki French to Everyone : that's fantastic

17:25:21 From Elysia Moore to Everyone : AAPTLE has established a series of Aims that it works from. These include:

- To establish an Alliance that will be an open and ever evolving community, supporting ways to come together, connect and take action.
- To actively work towards making our industry a safe, inclusive and sustainable place to work, now and in the future.
- To actively inform and share each other's actions and campaigns and work with the unions in order to have a unified voice in our industry.
- : To openly and confidentially discuss contractual conditions as appropriate in order to prevent the erosion of existing terms and working standards and to promote best practice.
- To actively Identify immediate issues within the industry and agree action points to mutually work towards improvements and find solutions.
- To remain in discussion and consolidate as one voice to become more influential in decisions of the industry for our future.
- To use the collaboration of this strong Alliance to benefit all our members and strengthen our associations

Please find more information on how to get involved here: <https://aaptle.uk/>

In case anyone missed it, the link to complete the active backstage mental health evaluation survey is here:

<http://www.tinyurl.com/AAPTLE-Mental-Health-Eval>

Please share and take part :)

17:29:11 From Elysia Moore to Everyone : The ABTT have put together a list of relevant resources that may be of help during turbulent times. Please see here: <https://www.abtt.org.uk/resources-guidance/industry-resources/mental-health-and-well-being-resources/>

If you know of any resources that should be included please email office@abtt.org.uk

If anyone has any questions regarding the preliminary results from the survey we are sharing today or about AAPTLE or mental health in general, please do pop these in the Q&A tab

If you are interested in finding out some more about Fuse A you can find for more info on Blackout and other mental health based installations here:

www.fusearts.org

17:37:42 From Elysia Moore to Everyone : Mig is now introducing Richard Bradshaw

Richard Bradshaw is a certified Health and Safety Expert and is an established Health & Safety professional working across theatre, events, television and radio broadcast.

17:38:55 From Elysia Moore to Everyone : If anyone has any questions for our panel, please do pop these in to the Q&A tab at the bottom of your screens

17:39:24 From Mig Burgess to Everyone : Please feel free to ask questions in the Q and A tab

17:39:28 From Tom Healey to All panelists : How do you deal with the stigma of handicap and disability

17:39:30 From Elysia Moore to Everyone : Would be great to hear your thoughts on the session so far and questions you might have about the Survey we are undertaking

17:44:06 From Elysia Moore to Everyone : A fantastic first question, thank you! We will be answering this shortly!

If anyone else has any questions they would like us to cover please let us know!

Some great questions coming through thank you! Great to hear from you all

17:46:53 From Elysia Moore to Everyone : You can get more information on SM Wellbeing here:

<https://padlet.com/smwellbeinguk/6iqi0urvqgroqhr5>

SM Wellbeing are also hosting an upcoming event "SM Wellbeing Brunch - Peer Support" looking at peer support and how to look after each other, open to everyone.

You can find more information here: <https://www.eventbrite.co.uk/e/sm-wellbeing-brunch-peer-support-tickets-158252315937>

17:48:23 From Sebastian Barnes to Everyone : Many might find their decision to retire has been forced by the current situation. I'd like to see resources to help these 'forced retirees'.

17:49:12 From Elysia Moore to Everyone : Thanks Sebastian, definitely something which needs to be looked into

17:50:05 From Elysia Moore to Everyone : Another event which may be of interest to our attendees is "The Stage's Future of Theatre conference" which Dan is going to be on a panel for.

They will be talking about "How can we make theatre careers sustainable for all?"

You can find more information here:

<https://www.thestage.co.uk/future-of-theatre-seminar-channel/how-can-we-make-theatre-careers-sustainable-for-all>

17:54:33 From Elysia Moore to Everyone : The seminar currently being discussed was held earlier today but was recorded and is available for FREE for you to view.

The seminar enabled a panel of experts and thought leaders from the worlds of architecture, dance and theatre to share the inspiration behind 'Reimagined Futures' and explore the current legislative frameworks which guide and shape the design of performing arts buildings.

The recording is available to watch here: https://www.abtt.org.uk/events-and-courses/abtt_seminars/seminars_june-2021/re-imagined-futures/

The session covered that although the majority of performing arts venues are compliant with current legislation around accessibility, there is much more work needed if our cultural spaces are to be truly open to all.

The purpose of the session was to create a benchmark that will inform and inspire new architectural, institutional and cultural approaches to the design or refurbishment of public arts buildings, looking towards a future accessible to everybody.

The 'Reimagined Futures' seminar was a collaboration between studio three sixty and Dan Daw Creative Projects (DDCP) in association with Adjaye Associates and the Association of British Theatre Technicians

You can also find more information on the Reimagined Futures Project here: www.reimagined-futures.co.uk

17:57:59 From Elysia Moore to Everyone : The Fuse arts website has more info on Blackout and other mental health based installations here:

www.fusearts.org

Some resources which may be of use to our attendees will be added to the ABTT website when we upload the recording of the event here: https://www.abtt.org.uk/events-and-courses/abtt_seminars/seminars_june-2021/mental-health-well-being/

A reminder that the email for the AAPTLE wellbeing group is:

wellbeing@aaptle.uk

18:00:37 From Elysia Moore to Everyone : The Zero Suicide Alliance (ZSA) is a collaboration of National Health Service trusts, charities, businesses and individuals who are all committed to suicide prevention in the UK and beyond. We are an alliance of people and organisations coming together

around one basic principle: Suicide is preventable.
<https://www.zerosuicidealliance.com/>

18:00:54 From Elysia Moore to Everyone : Able Futures offers support for people with mental health problems in the work place.

Able Futures can help you manage your mental health at work so you can enjoy more good days.

"We could give you nine months advice and guidance from a mental health specialist who can help you learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments to help your mental health at work.

Call Able Futures free on 0800 321 3137 from 8am to 10.30pm, Monday to Friday to find out more about our online mental health support. " <https://able-futures.co.uk/>

Richmond Fellowship is a national mental health charity. We've been working with individuals, families and communities to make recovery reality for over 60 years.

"More importantly, our services work hand-in-hand with people we support to give them the confidence and self belief that they have an important contribution to make in society.

By working closely with the people we support, we've developed a range of services that can make a positive difference to their lives.

Since 1959, we've provided support to thousands of people across the country to help them manage the day to day impacts of living with mental ill health.

We offer a range of services across England including supported housing, community, crisis houses, residential homes, employment support and social enterprises."

<https://www.richmondfellowship.org.uk/>

18:02:02 From Elysia Moore to Everyone : Just a reminder that

All Seminars are recorded and you can find these here: https://www.abtt.org.uk/events-and-courses/abtt_seminars/seminars_june-2021/

18:02:07 From Sebastian Barnes to Everyone : Thank you for this session. I'm amazed how our sector rises to help each other. Rhetoric; I wonder if other sectors work as well.

18:02:07 From Elysia Moore to Everyone : If you are interested in finding out more about joining the ABTT please do take a look on the website here: <https://www.abtt.org.uk/join-abtt/memberships-for-individuals/>

Alternatively, please do just email us on office@abtt.org.uk

18:02:15 From Nikki French to All panelists : fantastic work

18:02:22 From Tom H to Everyone : thanks to all the panellists - fascinating to see the survey results

18:02:25 From Elysia Moore to Everyone : Remember, the ABTT is a membership organisation and we are only as strong as our membership: <https://www.abtt.org.uk/join-abtt>

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18:02:29 From jeffreya to All panelists : Thank you!

18:02:45 From Elysia Moore to Everyone : Link to complete the active backstage mental health evaluation survey - Please share and take part

<http://www.tinyurl.com/AAPTLE-Mental-Health-Eval>