

ABTT Seminar: UK Well-being Survey Report – Evaluation 2021 Chat

00:58:44 **Dominique - ROH:** hello from the Royal Opera House

00:59:02 **Sally Hoskins:** Hello from Matilda The Musical!

00:59:10 **Sarah Danby:** Hello from Barbican

00:59:13 **Elysia Moore:** Good Morning everyone

We are just waiting for everyone to join so do let us know where you are joining us from

00:59:15 **Kevin Atkins:** Hi from the Barbican music dept.

00:59:22 **Nicola Thomas:** Hi from Queens Theatre Hornchurch

00:59:26 **Elysia Moore:** Great to have so many of you with us

00:59:48 **Kevin Carson:** Kevin from BECTU here

00:59:49 **Guy Pengelly - RAH:** Hello everyone

01:00:08 **Guy Pengelly - RAH:** Joining from home today :)

01:00:55 **Elysia Moore:** We do have a large number of you with us this afternoon so do bear with us while we settle you all in!

Today's session is presented to you by the ABTT and UK – AAPTLE (The Alliance of Associations and Professionals in Theatre & Live Events), Well-being Group.

AAPTLE launched a follow up evaluation study on the mental health and well-being of backstage professionals across all entertainment sectors.

This seminar will run through the results and findings of the 2021 backstage mental health evaluation and enable questions to be asked and a discussion to take place.

You can find a copy of the report we are reviewing here: <https://www.abtt.org.uk/wp-content/uploads/2021/09/UK-BACKSTAGE-WELLBEING-SURVEY-REPORT-2021.pdf>

01:04:45 **Elysia Moore:** For this seminar we were joined by Mig Burgess who is a lifelong mental health patient and advocate for awareness.

She has been key in the follow up evaluation study on the mental health and well-being of backstage professionals and is our host for the session today.

01:09:44 **Elysia Moore:** Today's session is here to provide you with information but also to encourage conversation so if you have any questions during our seminar today -please do add a question in the Q&A tab at the bottom of your screen

01:10:58 **Elysia Moore:** For anyone who is not aware, AAPTLE (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.

You can find out more information including who is a member of AAPTLE here: <https://aaptle.uk/>

01:33:55 Elysia Moore: If you have any questions about the data we are presenting or the next step forward do pop your questions in the Q&A Tab and we will work our way through these later in the session

01:39:36 Elysia Moore: Our industry has a higher than national average of prevalence of mental health conditions. We also seem to attract workers with preexisting conditions. The pandemic hasn't created more mental health illness in our workforce, but it had overall a big impact on EVERYONE in the workforce regardless of whether they have a formal mental health condition or not.

The creative entertainment industry only functions with the people that make up its workforce. Actors, musicians, front of house staff, and of course the technicians and design teams backstage to which this study pertains.

There is no creative production without the people that make the shows or events. It stands to reason therefore that the industries greatest asset is the people that make up its workforce. To preserve and maintain a good end product it's important to preserve and maintain the people that make that profitable product.

The results and findings of both the 2021 and 2019 surveys give us clear evidence and statistics that more needs to be done to not only acknowledge mental health needs, but to consider and make active plans on wellbeing in this industry.

You can find a list of recommendations from page 7 of the report.

You can find a copy of the UK Well-being Survey Report – Evaluation 2021 here:

<https://www.abtt.org.uk/wp-content/uploads/2021/09/UK-BACKSTAGE-WELLBEING-SURVEY-REPORT-2021.pdf>

01:45:31 Elysia Moore: Some great questions coming in everyone, thank you! If anyone else has any thoughts on what we have been discussing this afternoon do pop your thoughts/ideas and questions in the Q&A Tab

01:47:05 Elysia Moore: As we work our way through questions I will add a number of relevant resources which we are discussing for your ease.

<https://mhfaengland.org/my-whole-self/>

Find out more about the campaign for workplace culture change using the link above

01:49:27 Elysia Moore: There is a list of potential resources that might be of use on the ABTT Mental Health Resources here: <https://www.abtt.org.uk/resources-guidance/industry-resources/mental-health-and-well-being-resources/>

We are constantly developing this so if you know if any suitable links that have not been included please do let us know.

01:50:12 Elysia Moore: The question Mig is about to answer is: This survey and the results are horrifying, but not surprising sadly. How do we ensure the leaders of our theatres/theatre companies/producers see this presentation and the accompanying documents? If we, as their staff don't feel like we can speak to them about mental health, then it's hard to send them this without it seeming pointed.

01:51:53 Elysia Moore: This survey and our resources on mental health are available for FREE on the ABTT Website.

You can find a copy of the UK Well-being Survey Report – Evaluation 2021 here:

<https://www.abtt.org.uk/wp-content/uploads/2021/09/UK-BACKSTAGE-WELLBEING-SURVEY-REPORT-2021.pdf>

01:52:26 Guy Pengelly - RAH: Still here: www.uknawc.co.uk

01:52:56 Elysia Moore: The UK National Arts Wellbeing Collective UK was launched at the Royal Albert Hall on Wednesday 24 April 2019. The Collective has been established to link like minded organisations and individuals around the United Kingdom to improve health and wellbeing in the Arts, Cultural and Heritage employment sectors. The idea first stemmed from the work of the Arts Centre Melbourne in Australia. We are very grateful they allowed us to copy their idea and look forward to an exciting collaboration with them.

<https://www.uknawc.co.uk/>

The purpose of the UK National Artist Wellbeing Collective (UK NAWC) is to bring together Arts, Cultural and Heritage organisations to:

- share ideas on reducing the stigma of mental health in the workplace;
- identify trends and common challenges;
- discuss best practices to support mental health issues across the sector;
- promote good health and wellbeing within the sector.

01:54:22 Guy Pengelly - RAH: I will share these results on all our media

01:54:53 Elysia Moore: This webinar is also being recorded and will be available for free on the ABTT Website here: https://www.abtt.org.uk/events-and-courses/abtt_seminars/2021-2/well-being-survey-report/

01:55:44 Elysia Moore: If anyone has any further questions for Mig, David and Robin - please do pop them in the Q&A Tab.

01:57:21 Elysia Moore: The Association for Lighting Production and Design is the body representing all those who work in or are interested in the creation of lighting, video and and projection

for live performance and events. It is an association that welcomes lighting and video designers, technicians and programmers across the full range of performance lighting disciplines.

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

01:58:25 Elysia Moore: Reset Better originally started as a small group of PMF members during The Great Pause of 2020/21 brainstorming the ideas around going back to an industry that has a better work/life balance and how the mindset of “We’ve always done it this way” has left many of our co-workers burnt out and mentally scarred as they compete in the workplace contending with low pay, long hours and often little respect for their part in helping to create world-beating art.

Over time this group has grown into a working group with members from across the industry in a wide array of disciplines with the aim of getting directors, theatre companies, shows, producers, basically everyone to sign up to the Reset Better Charter and Principles to promote this new and improved way of working in the industry.

You can find more information here: <https://www.productionmanagersforum.org/reset-better/>

02:00:10 Elysia Moore: Hub of Hope is a NHS weblink that you put your post code into click the support you are looking for and it finds ALL the local options in your area

<https://hubofhope.co.uk/>

02:02:18 Elysia Moore: www.mind.org.uk

BackUp – The Technican Entertainment Charity: provides financial support to entertainment technology industry professionals who are seriously ill or injured or to their surviving family members.

<https://www.backuptech.uk/>

TheatreSupport.info— offers centralised information about how and where you can access support if you work in the theatre industry.

TheatreHelpline.org is a free, independent and confidential phone and email service that provides support to people working in the theatre industry. Trained staff are available to offer support and signposting on any topic which affects your wellbeing.

<https://www.theatrehelpline.org>

Zero Suicide Alliance: 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/>

02:04:11 Elysia Moore: These resources can be found here in one place in case that may be of use: <https://www.abtt.org.uk/resources-guidance/industry-resources/mental-health-and-well-being-resources/>

As mentioned this webinar is also being recorded and will be available for free on the ABTT Website here: https://www.abtt.org.uk/events-and-courses/abtt_seminars/2021-2/well-being-survey-report/

02:04:56 Kevin Carson: In regards to bringing it up with employers, give it to your Bectu rep or official to start that conversation.

02:04:58 Lauren Silver (she/her): That's me! I'm currently mid way through a study of preventative care for the creative arts and would love to chat with you about collaborating!

02:05:26 Elysia Moore: Hi Lauren, please email office@abtt.org.uk and we can put you in touch with Mig

02:05:55 Lauren Silver (she/her): Thank you Elysia. I'll send all the information over.

02:06:15 Elysia Moore: Perfect thank you!

02:06:57 Elysia Moore: The Cow Shed for Event Industry Professionals
<https://www.thecowshedlive.com/>

"This is a fully confidential, mental health peer support group, primarily aimed at those working in the entertainment Industry, yet we are open to all.

What we hope to provide is a safe open place, where people can seek support, advice, help or offer the same. We are not professional counsellors but collectively we have all been through a lot. From depression to addiction, loss and just plain old stressed out. Through our experience, we've found that one person alone can do it, yet we can never do it alone. We are all here to ask for help, to listen or to offer help."

The Theatrical Guild <https://ttg.org.uk/>

Arts Minds <https://www.artsminds.co.uk/>

The Headspace app is a mindfulness mobile phone application with exercises and podcasts aimed at helping you find more joy, less stress and a better nights sleep. It has a free option, and a subscription option. <https://www.headspace.com/>

Music Support – who also have a help line and offer a free subscription to the thrive app.
<https://musicsupport.org/>

02:12:26 Elysia Moore: The AAPTLE email is: contact@aaptle.uk or Wellbeing@aaptle.uk

02:12:59 Elysia Moore: Thank you everyone for joining us today.

02:13:41 Dominique - ROH: thanks!!!

02:13:46 Kevin Carson: Thank you all!

02:14:00 Sally Hoskins: thank you!!

02:14:00 Dan Shelley: Thanks! Amazing seminar.

02:14:02 Kevin Atkins: thanks everyone. Amazing!