

Performing Arts United Kingdom Cultural Synergies

Outside Edge Theatre Company uses creativity to help people with addictions

Co-funded by the European Union

Outside Edge Theatre Company (OETC) offers free drama activities to help people affected by addiction live healthier lives.

The organisation has partnered for over 20 years with local authority commissioners in West and North West London to co-produce evidence-based, peer-support activities that improve wellbeing to prevent relapse.

Outside Edge Theatre Company promotes the Five Ways to Wellbeing (connect, take notice, be active, learn and give) to help service users, their families, carers and champions build Recovery Capital, which are the internal and external resources required to achieve and maintain recovery. Inclusive weekly drama activities encourage beneficiaries to develop healthy habits, discover new talents and reclaim centre stage in their own lives.

In the face of an increased need and reduced resources related to substance misuse in England and Wales and with no evidence directly linking arts and recovery, OETC and commissioners combine experience from different sectors to communicate the value of an arts-based health intervention.

OETC's provision of a range of substance misuse recovery programmes is cost effective and delivers a range of benefits for the individual and wider society. By using the former National Treatment Agency's value for money tool, the local return from investment on drug treatment and recovery programmes is £1 investment = £6.07 return.

In addition OETC provision is part of a wider community asset-based approach to an effective recovery programme that promotes a range of activities which includes; improved health outcomes, signposting, multi-agency collaboration and work with families.

Find more about the project here

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