



Impact Report 2025



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Balancing Act

At a glance



Balancing Act Theatre Arts was founded in 2023 with the aim of creating spaces where participants can be playful and silly. We strongly believe in the power of play to impact our wellbeing, change our perspectives and influence social change. Through play we not only build confidence but allow ourselves to try on different identities and choose which elements to take forward into our day to day lives.

Balancing Act Theatre Arts engages in creative play as a way to promote wellbeing and explore the world around us as well as in our local South London community.

Through our devising workshops we enable participants to amplify their voices and tell their stories. Drawing on multiple creative practitioners, our practice is unique as it promotes artistic excellence whilst focusing on care. We use these techniques to explore participants' experiences and perspectives whilst, most importantly, having fun!



Vision & Mission

Vision

Our vision is to create safe, creative and fun environments for participants to learn and build confidence. We use play and the devising process to create new theatre that champions participants voices and promotes wellbeing.

Mission

- To offer creative spaces and experience to those who may not always have access to the arts.
- To create new, innovative and community focused theatre.
- To amplify participant voices and champion co-production.



Our Team



LYDIA HAJAJ-HUHNE **CO-FOUNDER/FACILITATOR**

Lydia is a trained actor and director who studied at Rada and through various seasons with the National Youth theatre. She then co-ran "Burnt Out Theatre", a company producing, directing and touring various shows. She gained a master's from The Royal Central School of Speech and Drama.

MATTEA THOMAS-GRAY **CO-FOUNDER/FACILITATOR**

Mattea has a background in support work with a BA/BSc in Theatre Studies and Psychology and an MA in Applied Theatre from The Royal Central School of Speech and Drama. She has worked internationally applying theatre in day centres, community halls, hospitals, and schools to inspire change and promote wellbeing.



ADAM CARVELL **FACILITATOR**

Adam is an experienced teacher with a BA in Drama and Creative Writing and an MA in Applied Theatre from The Royal Central School of Speech and Drama. He has a background in facilitating sessions for participants of all ages, working with theatres and schools across London, including at Arcola and White City Theatre Project

Highlights In 2025



July 2025

In July we performed in our first professional venue at The Tramshed in Woolwich. Our participants took to the stage and performed a show they had written and devised themselves.

tramshed

August 2025

In August we celebrated a year of our partnership with Westminster Libraries Community Hubs. Our participants spoke at an event hosted by the hubs team and attended by partners and local MPs.



Westminster
Community
Hubs



City of Westminster



Performance Review



Participants



In 2025 we engaged between 20-40 participants each week. They ranged in age from 2 years to 86 years with several staying engaged with us for the whole year.

We had participants from a huge number of background racially, economically and socially and being able to keep our sessions free has benefited this.

Workshops



We ran 81 workshops in 2025 and produced 3 performances 2 of which were produced for a paying audience in professional venues in London.

Our workshops took place in libraries, theatres, green spaces and in the streets.

We ran a range of activities including children's theatre workshops, nature walks, devising workshops and movement sessions.



Participant Review

Participant Feedback



“Sessions with Balancing Act Theatre Arts are the highlight of my week!”

This workshop honestly made my year! It's opened up so many doors and gave me the opportunity to fall back in love with performing!

The freedom of having a space where you can fully express yourself and play without feeling self conscious, this brings me so much joy and I never want it to end!

Thank you Mattea and Lydia for creating such a beautiful space and bringing together so many amazing humans.

Participant 1

With Balancing Act Lydia and Mattea have fostered such a warm and supportive atmosphere that is encouraging to everyone who participates in their amazing sessions. I found Balancing Act at a point in my life where I had been in a bit of a funk, and with the wellbeing aspect in their sessions being prominent, I feel like I have been rediscovering an important part of myself again through play and drama. They provide a space I think all adults would benefit from having.

“Participant 2



Participant Review

“It's a place where I can let loose and where my creativity is embraced.”

“I first started attending the sessions in January and it was the best decision I could've made. Under Lydia and Mattea's gentle guidance, my confidence has grown. Each game and exercise feels like a new opportunity to rediscover old parts of myself. The safe space they have cultivated truly allows playfulness to take centre stage. It has been amazing incorporating this willingness to experiment with improv and movement into other aspects of my life.

Participant 3



I've learned so much from how Mattea and Lydia run your workshops, which helps my work as well. Honestly, you guys do it so effortlessly, that sometimes when I go to other workshops/classes that are not so well facilitated, it was a bit of a rude shock -- and that helped me appreciate your facilitation even more (i.e. you are always cheerful and very inclusive, great at encouraging everyone and making people feel comfortable, yet still managing to steer the workshop forward and keep time).

Participant 4

Participant Outcomes



100% of participants
stated workshops
were tailored to their
needs



Overall feedback for
workshops was high
with participants
rating the teaching
content and
atmosphere of the
sessions 5*s

78% of participants
stated they were
extremely satisfied
with their
engagement with
our workshops



Participants
consistently rated
the facilitation highly.

22%

4*

78%

5*

Summary

We have had an extremely successful year engaging with hundreds of participants, creating new theatre and playing games.

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+ +
+ +
+ +

Not only have we engaged with a huge number of throughout the community but our several have gone on to take part in internships, work opportunities and performances with The Young vic, The Old Vic, Southwark Playhouse and Theatre Peckham to name a few.

Looking forward, over the next year we would like to offer our participants the following:

Even more performance opportunities in professional venues.

Continue to offer a space that is playful and nurturing.

Create a long lasting partnership with a local theatre to offer participants access to professional performance spaces and activities.

