

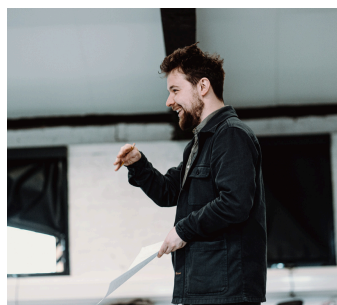
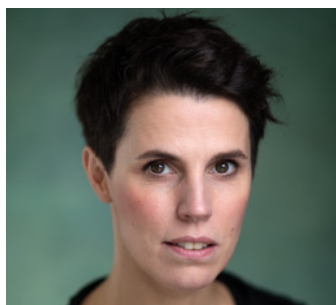


OPENING DOORS

2025-26

A series of professional development workshops, based on the requests from creatives in and around York

Run by Next Door But One, Riding Lights Theatre Company and Theatre@41



Opening Doors will run from November 2025 - March 2026

Workshop	Date	Time	Place
Crafting The Active Monologue with Misha Duncan-Barry	Sat 22 nd Nov	14.30-17.30	Theatre@41
The Self Tape Forge with Niall Costigan	Sun 23 rd Nov	10.00-12.30	Theatre@41
Audition Preparation with Lizi Patch	Sun 23 rd Nov	13.30-16.00	Theatre@41
Making Your Showreel Work For You with Stephanie Morgan	Sun 23 rd Nov	16.00-17.00	Theatre@41/ Online
The Foundations of Movement with Bailey Dowler	Fri 5 th Dec	18.00-20.30	Friargate Theatre
Mid-Career Transitions with Kate Veysey and Parents and Carers in Performing Arts (PiPA)	Wed 10 th Dec	18.00-20.00	Online
Intro To Lighting For Theatre with Ollie Brown	Thu 8 th Jan	19.00-21.30	Theatre@41
Intro To Stage Management with Jane Williamson	Thu 15 th Jan	19.00-21.30	Theatre@41
Improv For Directors with Paul Birch	Thu 15 th Jan	18.00-21.00	Friargate Theatre
Playback Theatre (Beginners) with Matt Harper-Hardcastle	Mon 19 th Jan	18.00-20.30	Friargate Theatre
Intro To Sound For Theatre with Ollie Brown	Thu 22 nd Jan	19.00-21.30	Theatre@41
Setting Up A Theatre Company with Matt Harper-Hardcastle	Sat 24 th Jan	14.30-18.00	Theatre@41
Puppet Creating and Performing with Cassie Vallance	Wed 28 th Jan	14.00-17.00	Friargate Theatre
Making Children's Theatre with Wendy Harris	Wed 28 th Jan	17.30-20.30	Friargate Theatre
Intro To Set and Costume Design	Thu 29 th Jan	19.00-21.30	Theatre@41
A Director's Process with Tom Bellerby	Mon 2 nd Feb	18.00-20.30	Theatre@41
Playback Theatre (Advanced) with Matt Harper-Hardcastle	Mon 9 th Mar	18.00-20.30	Theatre@41
Networking with NDB1, Riding Lights and Theatre@41	Wed 11 th Mar	18.00-20.00	Friargate Theatre

Workshops

Crafting The Active Monologue with Misha Duncan-Barry

Monologues don't have to be speeches. They can be turning points, confessions, or battles for change. In this hands-on, writer-focused workshop, playwrights will explore the foundations of creating story and how a monologue can do something -not just tell a story, but drive one forward. Through fast-paced exercises, guided writing, and sharing, participants will learn to build clear objectives, raise stakes, and shape language into action.

Bring a character or idea from a current project (or discover one in the room) and leave with a bold, stage-ready monologue and practical tools you can use in any playwriting process. Open to playwrights of all experience levels.

The Self Tape Forge with Niall Costigan

In this session we will explore the various do's and don'ts about how to go about putting together a professional standard self tape for industry Casting Directors.

We will explore set ups, lighting, sound, camera technique and performance. You will need a smartphone. If you have a tripod that would also be handy but not essential. Upon booking I will send you a short scene for you to work on that we will use during the class.

Audition Preparation with Lizi Patch

In this practical, hands-on session, you'll take part in elements of a mock in-person audition and pick up tips on everything from choosing the right piece to making the best possible impression. The workshop draws on Lizi's 30+ years of experience in the industry. She'll share honest advice, insider tips and strategies to help you handle rejection, stay resilient and look after yourself along the way. Perfect for anyone keen to sharpen their audition skills and boost their self-belief.

Note: To make the most of the time and accommodate everyone, the workshop will mainly run as a group audition, but if you have a short monologue ready there may be an opportunity to workshop one or two in a masterclass-style segment during the afternoon.

Making Your Showreel Work For You with Stephanie Morgan

Many actors aren't using their showreels to work for them properly and it matters. Your showreel should do more than showcase what you've done - it should open doors to what's next. Expect to leave with clarity, confidence and practical steps for creating or refining a reel that actually represents you.

The Foundations of Movement with Bailey Dowler

Some actors find movement daunting, this session will diminish that feeling as we introduce actors into the different areas within movement. Wear something comfortable you can move in but do not fear; this is not a dance class, this is movement. We'll focus on how you can incorporate movement to heighten your performance as actors whether that is within physicality, blocking or physical theatre. This will be delivered through script work, improvisation and partner work. The constant throughout this session will be your consent, your comfortability is paramount. Alongside delivering a warm up and cool down to put into your own practice, we'll explore connection, imagination and experimentation in a joyous and safe environment.

Mid-Career Transitions with Kate Veysey and Parents and Carers in Performing Arts (PiPA)

Led by NDB1 Associate Director Kate Veysey and Parents and Carers in Performing Arts (PiPA) Head of Operations, Ali Rich, this session explores what it means to make a change mid-career within the arts. What opportunities are open to us, how do we find them and how do we know if this is the right thing for us? Especially when we have already worked for several years to get to where we are now. Using case studies of those who have done this and coaching techniques to consider where we want our work to move to, this session is for those who have a dream to make a move to something bigger/ better/ brighter with less hours/ more creative outlets/ a different work life balance.

Intro To Lighting For Theatre with Ollie Brown

Without lights theatre is just voices in the dark so come and learn how to build a lighting design from scratch! This workshop will teach you how to approach building a lighting design, what the process looks like and some tips to get you started.

Intro To Stage Management with Jane Williamson

From page to stage, Stage Managers help build and create the world of a play. This workshop will give you an overview of exactly what they do, how they do it and why a good Stage Manager is a production's superpower.

Improv For Directors with Paul Birch

Improv For Directors is a practical workshop using improvisation within the rehearsal room. This session goes beyond the common tool of off-text improvisation and explores the multiple ways in which North American improv techniques can assist in devising, building ensemble and boosting the core skills of the actor.

Playback Theatre (Beginners) with Matt Harper-Hardcastle

If you are an actor, musician, facilitator or storyteller with an interest in community and improvisation, then this is the workshop for you!

Playback Theatre is a particular style of improvisation that spontaneously brings an audiences' experiences to life to foster reflection, new perspectives and encourage connections between one another.

This style of performance is a central part of Next Door But One's repertoire and in this workshop you will get to explore the history and theory behind it as well as getting hands on with the short forms it is made up of.

Intro To Sound For Theatre with Ollie Brown

From sound effects to soundscapes, this workshop will introduce you to the basics of sound design for Theatre. Learn how to work alongside a creative team, create the sound world of a show and all the tips and tricks about equipment.

Setting Up A Theatre Company with Matt Harper-Hardcastle

In this workshop Matt will bring the lessons he has learned over the past 12 years, to support creatives in planning their next steps and career aspirations in setting up or growing their own theatre company. From setting up, running and financing an independent theatre company, to creative your mission, vision and values, attendees should walk away with some top tips and tools to confidently take the next steps in building their own company. This will be part presentation, part discussion, part reflection tasks, so bring your questions and Matt will do his best to answer them!

Puppet Creating and Performing with Cassie Vallance

Step into the playful world of puppetry! In this hands-on workshop, we will explore a little of the history and art of puppets, from traditional forms to contemporary creations. You'll begin by experimenting with simple object puppetry, discovering how everyday items can come to life through movement and imagination.

Then you'll design and build your own puppet, learning key techniques in construction, manipulation, and character development. The session culminates in a mini performance, where small groups bring their puppets together to share short, original scenes.

Intro To Set and Costume Design

From concept designs to model boxes, this workshop will walk through exactly how designers build their Theatre worlds. Including practical tips and how to think big, this is perfect for anyone interested in set or costume design.

A Director's Process with Tom Bellerby

In this workshop Tom will break down some of the key ideas that shape his process as a director. From the work that takes place months before rehearsals start, to the first days in the room, to how to say goodbye to a show. Through a mixture of practical exercises and conversations this workshop will act as an introduction to the role of a director.

Playback Theatre (Advanced) with Matt Harper-Hardcastle

This is a follow on workshop from the earlier beginners workshop. We will build on that learning by looking into more complex short forms and move into Full Stories. This workshop will also look at the roles and skills of the Conductor.

Networking with NDB1, Riding Lights and Theatre@41

It's the session you've all been asking for- Networking! In a NDB1 non-cringey session, you will be hosted by actors James Lewis-Knight and Emily Chattle and Associate Director Kate Veysey to share practice, promote your work and seek out new opportunities. There will be a jobs board, a chance to hear about other local arts projects and a session about how you promote yourself in an authentic and comfortable way. We will be adding this from your feedback from each of the previous workshops too so it feels really responsive to how you'd like to network!

Making Children's Theatre with Wendy Harris

Wendy Harris is the Artistic Director of tutti frutti, recently directed their production of Underneath a Magical Moon and their current tour, The Hare and The Tortoise. Leeds-based tutti frutti has a reputation as one of the most inspired ensembles specialising in work for very young children. If you are thinking of creating work for young people or want to expand your skills and knowledge in this area, then this is an opportunity not to be missed!



Workshops Leaders



Lizi Patch

Lizi is a director, playwright, dramaturg and visual artist. Over the last 30+ years she has written, directed and toured productions for venues including Soho Theatre, the Lowry, Hull Truck, Cast, Alphabetti Theatre and the Etcetera in London. She was a guest writer on BBC Radio 4's Brief Lives for 2 series. Alongside her freelance practice she is Artistic Director of Leeds Heritage Theatres' Young People's Theatre programme: co-founder/Director for the Leeds Grand Youth Theatre and founder/director for the Leeds Actors in Training. Her work explores themes of identity, belonging and personal growth, while her dramaturgical collaborations with artists and companies such as The Sin Cru and Bobak Champion focus on intersectional, cross-cultural storytelling that reaches new audiences in innovative spaces.



Matt Harper-Hardcastle

Matt is the CEO and Artistic Director of Next Door But One. Matt is an award-winning, gay, disabled, theatre director, writer and facilitator. Having worked for regional theatres, universities, national campaigns and local charities, Matt founded NDB1 in 2013 to create a home for all those who shared in his passion for theatre, community and co-production. Matt is also the Chair for Tutti Frutti Productions and Vice Chair of Out of Character, a theatre company comprising of actors with lived experience of mental ill health.



Misha Duncan-Barry

Misha Duncan-Barry is a playwright, award-winning actor (Black British Theatre Award in 2022), and theatre-maker based in West Yorkshire, known for her dedication to championing new writing and fostering local talent. Currently serving as a Resident Artist Playwright at York Theatre Royal, Misha collaborates closely with the Artistic Team to drive forward innovative artistic ventures and support the development of new voices in North Yorkshire. Most recently, she co-wrote His Last Report with Bridget Foreman for York Theatre Royal.

Previously, Misha held the role of New Work Coordinator at Sheffield Theatres. Her passion for storytelling is reflected in both her stage and screen work, as well as in her published contributions to Hear Me Now: Audition Monologues - Volume Two (Tamasha Theatre & Leeds Playhouse, 2022) and her audio plays produced by ThickSkin Theatre Company in partnership with The Lawrence Batley Theatre.

Misha's writing credits include HIS LAST REPORT and AFTERNOON TEA R&D (York Theatre Royal, 2025 & 2023), APPROVED (Stephen Joseph Theatre, 2023), HUNGER (Box of Tricks/University of Manchester, 2023), YOUR TIME IS NOW (ThickSkin Theatre & The Lawrence Batley Theatre, 2021), JESUS JUICE and Neighbourly Gift (Do Or Die Studios, 2020), and THE CHEEK OF IT (BBC Writersroom & BBC 1Xtra, 2017; directed by Kwame Lestrade).

Misha proudly serves on the Board of Trustees at the Lawrence Batley Theatre, contributing her knowledge and experience to the theatre's continued success. A proud Huddersfield native, she remains deeply committed to enhancing the vibrancy and growth of the creative scene in West Yorkshire.



Workshops Leaders



Kate Veysey

Kate is Associate Director for NDB1 and has directed *How To Be A Kid* (2025), *She was Walking Home* (2021-5) and is Associate Director on *When Robins Appear* (2025) as well as leading on the *Opening Doors* and *Yorkshire Trios* programmes.

Kate is also Artistic Director for *Out of Character Theatre Company*, a company whose adult actors access or have accessed mental health support and has recently directed *Laura Lomas' Chaos* (Friargate 2025), *Out of the Box* (York St John 2024) and *After Life* (York Theatre Royal 2024).

As a freelance director, Kate is currently directing tours of *The Fairy Who Fell Off the Christmas Tree* (She Productions 2025), *Green Fingers* (Fladam 2024-5), *How to be Brave* (Other Lives Productions 2024), *Catch* (Clean Break 2023), and *Five Children and It* (Strawberry Lion 2021-3). Kate is also a Lecturer in the Theatre department at York St John.



Stephanie Morgan

Stephanie Morgan is a director, theatre maker and internationally recognised actor trainer. She is the CEO of *Both Feet Actor Training* and *Bodlondeb Studio & Retreat* in North Wales, where she has built a reputation for offering rigorous, generous and transformative training. Blending actor training with neuroscience-backed coaching methods, Steph helps actors reconnect with their instincts, deepen their presence and bring authenticity and ease to their work on screen and stage.



Wendy Harris

Wendy has been artistic director at *tutti frutti* since 2005, touring nationally and internationally and co-producing a range of projects as well as the *tutti frutti club*.

Before this she was artistic director at *Red Ladder Theatre Company*, who create and tour work for young people aged 13+, and *Merseyside Young People's Theatre Company*. Wendy was founder and director of *Loud Mouth Mime Theatre*.

Wendy has worked with a wide range of companies as a freelance director including the *Everyman Theatre Liverpool*, *Rejects Revenge*, *Crucible Theatre Sheffield*, *Hope Street Ltd*, *Oxford Stage Company*, *European Stage Company*, *Theatre Royal Stratford East* and *Contact Theatre Manchester*. International work includes work with the *State Theatre Turkey* and touring to Hungary, Turkey, Albania, Greece and Canada. *tutti frutti* has toured to Hong Kong, Singapore, Poland and extensively in the USA.

Wendy has worked extensively with young people in youth theatre and as a workshop leader as well as working in new writing commissioning award-winning writers.

Wendy is Chair of *PYA England* (Assitej UK) and a steering group member of *Leeds33*.



Workshops Leaders



Ali Rich

Ali Rich has worked in the performing arts sector for over 20 years. She began her career as a Stage / Company Manager, working across the West End, UK tours, and at a range of London theatres including the Royal Court, Old Vic, Kiln (formerly Tricycle Theatre), and Hampstead Theatre. Around ten years ago, Ali shifted her focus to the administrative and operational side of the industry. Since then, she's held roles at some of the UK's leading cultural institutions, including the National Theatre, Royal Ballet & Opera (formerly Royal Opera House), and Theatre Royal Stratford East.



Niall Costigan

Niall is an Actor and Theatre Maker based in York, he has a BA Hons in Acting from LIPA and works extensively as an actor in Theatre, Film and T.V, including the title role in The Legend of King Arthur and A Number at York Theatre Royal. T.V credits including The Marlow Murder Club, Fool me once, Coronation Street, Doctors, Waterloo Road, Casualty, Vera and Emmerdale. As an experienced T.V actor, who regularly does Self Tapes, Niall is really looking forward to sharing his knowledge about putting together a professional standard Self Tape.



Paul Birch

Paul Birch is a playwright, practitioner and performer with a focus on applied and community theatre-making. He has made work for and with Audible, BBC, Birmingham Rep, Bristol Old Vic, City Varieties, Colet Court, Converge, Cheltenham Everyman, Digital Drama, Fairfax House, Leeds Grand, Leeds Playhouse, NDB1, NCEM, Out of Character, Polka, Spiteful Puppet, York Explore and regular collaborations with York Theatre Royal. He specialises in improvisation and has trained in improv at UCB New York, iO Chicago and on the conservatory programme at the legendary Second City. He is currently the Artistic Director of Riding Lights Theatre Company and Friargate Theatre.



Emily Chattle

Emily is an Actor & Singer based in York, and the Executive Director of local theatre company Clown Space. She trained with Both Feet Actor Training. She is next appearing in Next Door But One's Christmas production, 'When Robin's Appear'.

Recent credits include; Town Mouse and Country Mouse (Pied Piper Theatre Company, UK & UAE Tour), Sanctuary (Red Ladder, UK Tour), Doris the Dormouse (Clown Space).



Workshops Leaders



Ollie Brown

Ollie is Executive Director of Riding Lights Theatre Company and Vice Chair of the Association of British Theatre Technicians. Ollie trained at Bristol Old Vic Theatre School. He has worked as a Technical Director and Production Manager at theatres such as Cast, Hull Truck and The Victoria, Halifax. Previously Ollie trained students in Technical Theatre at colleges in Leicester and Stratford-Upon-Avon.



Tom Bellerby

Tom is a director and dramaturg. Currently Theatre Manager at York's Theatre@41 and Artistic Director at Attic Theatre Company, a new writing touring theatre company based in South London. He is also Co-Chair of Pilot Theatre Company. Previously he has been Resident Director at the Donmar Warehouse and Associate Director at Hull Truck Theatre. He's worked across the UK and Europe and has recently directed work at Derby Theatre, Theatre 503, The Yard Theatre, Polka Theatre and associate directed at the National Theatre and on the West End. He regularly teaches and directs at drama schools across the UK including RWCMD, Arts Ed, RCSSD and Leeds Conservatoire. He was shortlisted for the RTST Peter Hall Directors Award. Tom trained at the Central School of Speech and Drama.



Jane Williamson

Jane has worked as a stage manager for over 10 years across productions and projects of all types and sizes. For most of her career she has worked as a DSM in rehearsal rooms for Hull Truck Theatre, York Theatre Royal, Stephen Joseph Theatre and the Young Vic amongst many other theatres and companies. Jane also works as Company Manager for Next Door But One.



James Lewis Knight

James is an Actor and Artistic Director of Clown Space in York. He trained with Both Feet Actor Training, as well as Ecole Philippe Gaulier in France. This Christmas, he is performing in Junction Goole's production of 'Sleeping Beauty'.

Recent credits include; Animals! (Dens & Signals, UK Tour), Sir Gawain of the Round Table (Wild Geese Theatre Company), Doris the Dormouse (Director & Writer, Clown Space)



Workshops Leaders



Cassie Vallance

Cassie is one half of the award-winning children's theatre company Story Craft Theatre. A graduate of the Royal Scottish Conservatoire, she has built an extensive career across TV, film, and theatre as an actor, writer, and director.

In 2018, she co-founded Story Craft Theatre. A theatre company that focuses on creative, interactive and accessible theatre for young audiences across the UK.

An early passion for puppetry sparked Cassie's exploration into this art form; first as a performer, and later as a maker. In 2025, she was awarded a Developing Your Creative Practice (DYCP) grant from the Arts Council England to further develop her skills in puppet design and performance.



Bailey Dowler

Bailey is an Actor, Movement Director and Dramaturg and he is about to start movement directing for Next Door But One's Christmas Tour titled "When Robins Appear". Movement Directing found Bailey through a hybrid of combining his skills in acting and his creative flair in choreography. This stemmed from his blend of training from Northern School of Contemporary Dance, Trinity Laban Conservatoire of Music and Dance, LAMDA and National Youth Theatre. Alongside performance work, he facilitates both drama and dance from young people to adults where Bailey's mission is to make theatre more accessible to cater for all; allowing participants to experience joy and confidence in his classes. Previous Credits include: How To Be A Kid (Next Door But One), Stasiland (Premier Dance Theatre), Our Epic Future (National Youth Theatre), Twelfth Night (RSC First Encounters/ York Theatre Royal), Blueberry Inn (Dancing Fox Entertainment), Chains Of Comfort (OJ Productions).

Booking Your Place

With funding from Arts Council England places on any of the Opening Doors workshops are free!

However, some of the workshops have limited capacity, so it is important that you sign up for those you want to attend and have availability to attend. This also means we will be able to send you reminders and any follow up resources.

To sign up, look through the workshops on offer and fill out this short form to book your place:

Workshop Registration
Form



If you have any questions about the workshops or want to discuss anything about the programme or your engagement in it, please contact kate.ndb1@gmail.com