



Brighton and Hove

Activity Information Sheet: Stand-Up Comedy

What do Right Here do?

Right Here Brighton and Hove is a youth led project with many opportunities for young people aged 16-25 to get involved and participate in making Brighton and Hove a city that promotes the mental and emotional well being of young people. Right Here works with young people to promote emotional health and wellbeing through a mix of awareness raising campaigns and building individual resilience through peer support and resilience-building activities.

What is resilience?

Resilience is the ability to recover easily from exposure to adversity and difficult times – to bounce back and be stronger.

What are resilience-building activities?

Right Here is offering a variety of free resilience-building activities to young people. The aim is to provide young people the opportunity to develop confidence and skills. Resilience theory says that life, with all of its ups and downs, is there to be embraced. Dealing with risk and bouncing back from adversity and difficult times is good for us because it helps us to develop coping strategies.

Why Stand-Up Comedy?

Stand-Up comedy is a fun way of developing self confidence, creativity, positivity, self esteem, self expression and communication, and this workshop is designed to help with this even if you feel like you're lacking in all these things. Resilience theory recognises the importance of humour as well as having confidence to face up to new and challenging situations. It is also scientifically proven that smiling and laughing releases endorphins that make us feel good.

What does the Stand-Up Comedy involve?

The three hour workshop has been designed for absolute beginners by Jill Edwards, one of the country's top comedy coaches, and will allow you to unleash your inner comic.

You do not need to have something funny to say, or know how to write comedy material, or feel confident speaking or standing up in front of people, to enjoy this taster workshop.

A series of group-based exercises and games will introduce you to comedy writing techniques, formats and gag writing. You'll be able to practice writing your own comedy material and then put together your own set. After learning some stage and microphone techniques and some confidence boosting tips, you'll have the optional opportunity of performing your mini set in front of the rest of the workshop in a friendly and supportive atmosphere.

Please dress comfortably for the workshop.

About Jill Edwards

Jill's groundbreaking trail blazing stand-up comedy workshops (recommended by Time Out, The Guardian, Daily Express), have a proven continuous track record of success. Over 17 years Jill's full-length stand-up comedy workshops have consistently produced award-winning comics, including Jimmy Carr, Shappi Khorsandi, Seann Walsh.

What if I want to do more Stand-Up Comedy?

The Maydays

- Improvised comedy beginners 10-week course at Evolution Arts, from £115.
- Drop-in class every Thursday 7.30pm-9.30pm at The Round Georges. £8.
- Other taster sessions, workshops and courses available.

Contact: mayday@themaydays.co.uk or visit www.themaydays.co.uk

Gerry Thompson

- DIY Comedy one and two-day courses in Brighton and London, as well as one-to-one coaching.

Contact: 01273 463611, email info@positivecomedy.co.uk, or visit www.positivecomedy.co.uk

Jill Edwards

- Comedy courses run over 12 consecutive Saturdays from 1pm to 4pm at Komedia, Brighton twice a year in Sept (to Dec) and March (to May).

Contact: 07961118686, email jill@jill-edwards.co.uk or visit www.jill-edwards.co.uk

What if I need information or support with my mental and emotional wellbeing?

- Youth Advice Centre, 65, Blatchington Road, Brighton, 01273 889292.
- Young Peoples Centre, 69 Ship Street, Brighton, 01273 887886.
- 67 Centre Hodshrove Lane, Moulsecomb, 01273 293634.
- Teen to Adult Personal Advisors (at YAC, YPC and 67 Centre).
- Community Mental Health Centre, 79 Buckingham Road, Brighton 01273 749500.
- School and college student support services.
- GPs or A&E in an emergency.
- Samaritans 08457 909 090.
- SANEline 0845767 8000.
- www.youngminds.org.uk
- www.mind.org.uk
- www.mentalhealth.org.uk
- www.depressionalliance.org
- Child and Adolescent Mental Health Service pre-referral advice: East 01273 293943, Central 01273 293027, West 01273 294411.

What if I would like to try out other activities offered by Right Here?

Keep in touch with us online at www.right-here-brightonandhove.org.uk or find us on Facebook. Phone or text Jo Woodhams, Activities Co-ordinator, on 07850 500420.



Children and Families Services

Right Here Brighton and Hove is a partnership between Sussex Central YMCA, Mind in Brighton and Hove, Brighton and Hove Children and Families Services, and the PCT

