



The History of Spare Tyre

**Spare Tyre
is 40 years
old!**



Spare Tyre



Spare Tyre is an arts company that works with:



- Learning disabled adults



- Older people



- People with dementia

- Carers



- Women who have experienced violence



- People from poorer communities



We work with people in drama, dance, music, film and much more.



We find new ways to understand issues like:

- Women and gender



- Age and dementia



- Learning disabilities

Our History



We have been going for 40 years.



We started at a time when disabled people, and others were campaigning for:

- Women's rights



- Disability rights



- Gay and lesbian rights



Spare Tyre is an organisation that gives a voice to people who had not been heard much before.



We have used the arts to make more people listen to the people we work for.



We have worked with organisations like: Oxfam, Age UK, Mencap and Solace Women's Aid.



Our beginning

We started in Camden in London when Clair Chapwell advertised for women who were interested in creating a play about how women feel about their bodies.



The first show, called Baring the Weight, was performed in 1979.



The show was put on in theatres around the country.

The 1980s



We started to develop a way of working where everyone helped to make the shows.



We made theatre shows about issues that other people didn't talk about. Issues like being pregnant, condoms, being single and tampons.

The 1990s



We had been making theatre shows about how women were treated in an unfair way because they were women.



From this we started to make shows about how Gay and Lesbian people were treated in an unfair way.

The 21st Century



From 2001 we began to include people with learning disabilities and older people in our theatre shows.



We helped people to tell the stories of their lives in new ways.



We started to use new technology, like film and computer graphics.



We focussed on working in London.

Recently



We have been focussing on making shows that look at the issues around dementia.

How we do it



We work in a way that helps everyone to take part in creating the show.



When we started to work with learning disabled people we moved away from having a script and learning words.



We started to include more music, dance, movement, film and photography in our shows.



The way we worked changed between 2000 and 2005 when Arti Prashar joined us as an Associate Director.



Arti lead the work with learning disabled people.



Clair Chapwell, our original director worked more with older people.



Arti became Artistic Director in 2006.

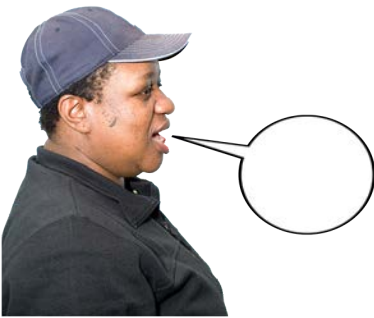
Arti was one of the first women from a asian background to be the Artistic Director of a theatre company.



We work in a way that helps people be the best they can. This might be working in the office, finding the money to put on a show or creating the show itself.



We believe in helping people to carry on improving their skills over a long time.



Making the shows

We work in a way that helps people tell their own story.



The group works out the show together.



There are a lot of arguments. But the disagreements lead to better ideas that everyone really understands.

Who cares?



It is important that people are telling their own stories in our shows.



We start with weekly workshops where people tell us things about their lives.



We work together with people gradually turning these stories into a theatre show that people will want to see.



We listen to people and treat their stories with respect.



We work together and treat people with care.



We give people control over how their stories are told.

For more information



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