

I would like to thank you so much for your generosity -
When I start pilvico I was 2 fingers from breaking down -
Within a year I lost my liberty, house, work and the worst
put my children under a constant pressure -
My situation haven't change I am still facing an extradition, with
no possibility to see my children when it will happen. My 6 years
old son mental health is damage for life and each day is
more affected, my 19 years old daughter put her life on hold,
cancel her Uni studies so she can look after him.
All that keep speering in my head, I can't focus or think
of something else, I feel like I am going to explode and
my life is over - But those last 6 weeks made me feel alive
for a moment I will forget about all my worries, I will
have a laugh, I will feel good, no medication or therapie
can achieve that, so thank you again -

Pimlico has helped me to develop my confidence in myself.

Pimlico has helped me to develop self worth.

Pimlico has helped me to speak up more.

Pimlico has helped me to make friends.

Pimlico is important in bringing

people together and bringing us out of our mundane day to day lives.

While we take part in Pimlico, we are all treated and treat each other

like humans, not residents, not convicts,

not us and them, not your not my

friend so stay away! Just like fellow

humans and that is so important to

in stopping us from being institutionalised especially those of us who are here for longer sentences.

It gives us something to look forward to, to be proud of to tell everyone about. It improves family ties to let

our families come and see our achievements and it shows the general public that we are more

than just a crime or just a number on a statistic. We are people who are talented,

brave and worth second chances, worth a deeper look at who we are.

This is what Pimlico has done for us.

Hello my name is Jessica I had the pleasure of playing the role of Sutcliff. Thanks to all the wonderful work that organisations like Pimlico do I have experienced being part of a Musical opera, I've loved every minute.

I have never had an opportunity to do anything like this before, if I were not in prison I don't think I would have even known that Pimlico existed.

For the time I have been involved with the Betty blue eyes production I have felt an outer body experience as though I were not in prison.

Allowing us to express ourselves through song and dance has built our confidence and tested us in many ways, primarily our comfort zones.

I entered the production not knowing what to expect, I'm so glad I did I have thoroughly enjoyed myself, made new friends and conquered some fears.

I'm extremely thankful to have been part of this journey and eternally grateful.

Sian Miller - Veronica

Betty Blue Eyes

Since doing Pimlico I have gained so much confidence. It has been life changing, I would of never dreamed of doing anything like this, I've always enjoyed dancing but never had the confidence to do it, in front of a audience. I've loved every minute of it and it is something I will never forget. For the time I have joined I completely forgot where I was, I felt like part of something. If I could tell everyone to do it I would as its life changing,

Thankyou so much for making this happen, I will hold this memory very close to my heart,
Sian

Jade Lewis - Betty

Betty Blue eyes.

Since doing Rimlico, I have gained so much self worth and confidence.

This has been such an amazing experience and we enjoyed every second of it.

I'm proud of not only myself but my fellow

cast mates for going out of ~~their~~ their comfort zones and really joining in on the process.

We've all had an amazing time thank you.

I asked Wasfi if I could come and work for

her. She said she didn't need a pig puppeteer

I told her I can be any puppeteer she needed.

LOL.

My Name is Shodae Romeo, Im 25 year's old and currently on remand at HMP Bronzefield, I have been for the last 12 and a half months. Remand means im still yet to know when i will be going home and returning back to society. Which hangs over my head and dim's the light further on a already dim situation. Because unlike others I have nothing to work toward and no light at the end of the tunnel.

I've struggled with ADHD my whole life, I was first diagnosed at 7 and later diagnosed with adult ADHD at 18. So as you can imagine Prison is a very sticky environment to navigate. Specially when your battling with a overly Stimulated brain and a very spontaneous, over active body and character. The type that find's routine tedious and often becomes very restless and feels unfulfilled. Developing into fixated and overwhelming, depressive, thoughts, feelings and episode's.

Being involved in the Pinillico Project "Betty Blue Eyes" has complimented me in so many way's. Firstly, the experience has made time feel alot more tighter and brighter, Free'd my brain from negative thinking and allowed me the oppertunity to invest my excess energy into something both positive and productive. Which ultimately has allowed me to feel a lot more at peace and function more healthily. It's protected me from to much alone time. Which is likely to lead someone like me to foster dependency and crystallisation of Mal-adaptive behaviours.

2)

When you have been exposed to controlling and abusive men, your not allowed to, dress up, dance, be too social in public, be confident and your definitely not allowed to be center of attention, spoken for or complimented by others or it ends bad for you. That condition's your brain into learning being those ways are bad and you don't feel comfortable or safe with anything like that. Creating low self esteem and bad self image. you become reserved, isolated and absent from yourself. you just be whatever makes them happy.

Within the Piaullico experience your encouraged to love yourself, believe that your "it" when singing and dancing on stage or in rehearsals. so it's been extremely freeing and uplifting for me to be out of my comfort zone being all these things. It's been exciting from my past and present when tapping into creativity, pretending to be someone else but most importantly it's been lovely to experience just being unapologetically me and enjoying myself. I haven't been able to feel that way for so many years.

One of the results of my life experiences is having complex PTSD and generic anxiety disorder. which in short means I struggle socially, with relationships of all sorts, work and just throughout life. I struggle to feel safe, I live in my head being paranoid, overly hyper-vigilant of other people in worry something terrible is going to happen, causing me to often, shut down, give up, be indecisive, impulsive and or try to appease people and do as they say, with no regard of their intention.

3)

yet, everytime i participated in a performance, I showed my anxiety who's boss, I was confident and i didnt need to worry or feel unsure and isolated from people and i did this in a room full of 300 strangers. Teaching myself i dont need to live how i have been because im safe.

What's beautiful about an experience like this, is you cant be unkind to yourself. you applauded a number of times throughout an evening and your showered with compliments from your peers and those who watch or help run the show. Even when you feel you didnt do great, nobody lets you feel bad about yourself or capabilities. Subconsciously uplifting you and strengthening your confidence and self esteem. It lifts you up and makes you feel, loved, supported, a sense of belonging and encouraged through life.

It's been very enlightening to be exposed to a different side of life. I'm from a working class background and grew up on a council estate. I dont know many people who attended university, travelled or even built careers for themselves. Which in some sense conditioned me into accepting my place in this world and limitations in my capabilities and feeling as if i would never fit in with others and professionals in anything. Not just performing arts. getting involved with Pivillico proved to me the complete opposite. Creative arts is very welcoming across and brings out the innocence and joy within and nurtures your expression, self esteem, social skills and confidence. SELF belief and talent knows no class.

4) I feel inspired to follow my passion of singing, acting and even writing. Being creative in general how it makes me feel and I feel encouraged, supported and backed by all those who took this journey with me. When I go home I know the field I want to work within because I love how it makes me feel and that is solely due to the Pimlico Project.

I'm not trying to articulate that project's like this mean the world will be a victim free, crime free, happier place. However a lot of characteristics contribute to why people offend, re offend or even prolifically offend. I've been living with people who do or have done 1 or all 3 of these, me being someone too of course who has offended and I know and believe, low self esteem, lack of confidence, negative views of yourself, the world and your own capabilities and place within it as well as mental / emotional wellbeing and who you surround yourself by are a driving cause of offending behaviour. This project gives a person that sense of, pride, achievement, belonging, love, encouragement and confidence that a hindered soul truly needs to heal and know and crave better for themselves. It reminds them not to give up and keep going. No matter their circumstances, past or even current predicament.

I would encourage any prisoner lucky enough to be confronted with this opportunity, to grab hold of it with both hands and reap the rewards it gives.

In the words of our director Sasha "It doesn't matter if you mess up, forget your next line or more, just keep going on the right track!"

I guess what I gained most is a reason to keep going and not give up.

Thank you Pinillico 2022 and thank you to the Bronzefield staff who fought for us and worked so hard alongside of us to make this happen, thank you to all the beautiful women brave enough to try with me (Prisoner's) MOST investors or all thank you to all the external ~~investors~~ who made it possible for us, many before us and hopefully many after us.

I have enjoyed doing Pimlico as it has helped me so much to come out of my shell and join in I have got to know so many beautiful and lovely people and am so grateful for everything.

I am now so confident in myself and hope to carry on growing

Thank you everyone at Pimlico for everything it's been amazing

Sharon
x

Elizabeth

In the beginning of the project I felt like I was out of place because I am older than most of the girls. Pimlico has helped me come out of my comfort zone and I have become so much more confident. I will remember this experience forever and would do it all over again!

Confidence is something I've always struggled with. I honestly don't think anyone has ever heard me sing or seen me dance in my entire life. Pimlico changed all that. Although I only work backstage doing hair and make-up, the past 6 weeks has allowed me to immerse myself into all the 'out-there' ~~activities~~ activities. I can't stop singing now (albeit terribly) and I owe a lot of my happiness to this project. I am so grateful for Pimlico (and Waspi) for allowing us to partake in this truly joyful experience!

Thank you x

-Safaa

Shereen Louise Dunville -

My experience of doing "Betty Blue eyes" in
Bronze Field Prison.


I have had a Brilliant time doing
Betty Blue eyes Production. The 3
main experiences I have gained from
Being involved in Pimlico Opera is -

- My confidence has grown to a better level.
- My self-realization has opened up my life to better choices & a better way of life
- I have gained a bigger eyesight into what I can achieve in my life out of Prison & I've gained experience in being in on stage. Singing & acting with a grate character awareness

(from Steve)

1. The Pimlico Opera projects are amazing!

2. My participation has restored my sense of humanity!

3. Good old ^{WASFI} ~~Wafe~~ strikes another ~~to~~ blow for ~~creativity~~ and ~~it~~ 

It has changed my life, because
amazing project, I fell in love with
story, I found passion, drive, excitement
discovered what I want to do for the
my life. Throughout all the show's that
I'm lucky enough to be part of I have
I confidence and self worth.

Seen not just a change in myself but
in everyone that takes part. All of

I spend time with people who we
usually get to know, but through this
I got to know how talented and
we all can be.

Amazing work Pimlico do has a huge
effect on not only those taking part but
whole establishment, and we are all
I grateful, to all of those who help to
I's incredible project. Thank you.

This whole entire experience has brought me some respite from my prison sentence. It has given the confidence I lost upon coming to prison. ~~Team~~ The team of professionals believed in me and have supported throughout to bring out the best of me.

It definitely was an interesting journey I will never forget, apart the prison days, that I really want to forget.

I do appreciate that Pimlico does projects like this. It really helps lots of people in here, to cope with new restricted life, like for me, it is very hard. ^{I loved that} All Pimlico people: cast, managers, costumers, teachers, actors, backstage, everyone was very kind and polite, and treated us like real actors.

I think, that Pimlico theatre should continue what they do and make other people smile too. Thank you for this experience. I loved when Boxing gym became a fantastic theatre, It was WOW! I've seen that ~~was~~ guests really enjoyed the play, and the people who were doing the show were happy too, and this is the most important, I guess.

Alwina.

IT IS SO INCREDIBLY SAD TO KNOW WE ARE AT THE END OF OUR JOURNEY WITH ~~KASPA~~ PIMUICO #2022. I HAVE SOO MANY INCREDIBLE MEMORIES; WASAFI TELLING US TO "LOOK TO GOD", HOW KASPA MADE A GALLET WARM-UP TO CALIPSO MUSIC, WATCHING HELEN WIZ AROUND LIKE A FIX IT - MEND IT SUPER HERO. ULTIMATELY, IT HAS BEEN THE GREATEST PLEASURE TO WATCH THE PRO'S CREATE THEIR INTERPRETATIONS OF A CHARACTER. TO WORK WITH ASHLEY AND SASHA BUT MOST OF ALL TO SEE GREATER PARTS OF MY PEERS AND EVEN MORE OF MYSELF. THIS EXPERIENCE HAS BROUGHT US ~~AND~~ TOGETHER AND HAS BROUGHT US BETTER, ELEVATED EVEN, VERSIONS OF OURSELVES. THANK YOU PIMUICO AND THANK YOU ALL. THIS EXPERIENCE HAS ENCOURAGED ME AND MY PEERS TO WORK ON CREATING A CREATIVE ARTS CLUB SO THAT WE CAN GIVE - ARMANI (WOCMULD) TO OUR PEERS EVEN A FRACTION OF WHAT WE GAINED HERE.

To all of you who made this possible,

I would like to say "Mille Merci" for giving me the privilege to take part in such wonderful adventure.

It has been an out of body experience, that took me out of my current circumstances, and helped me to relieve my stress and anxiety.

Working along among creative professionals has given me confidence, made me believe in myself and allowed me to challenge different aspects of my life.

Coming closer to the end, has made me realise how much of an exceptional opportunity it has been, and how precious those moments were.

I am eternally grateful to every single person who believed in this process. ~~and~~

Once in a lifetime

Pimlico, Betty Blue Eyes 2022

Carina Bessa - your french noble with Love Frenchie xxx

I have really enjoyed this experience as I have never participated in anything like this before, I will forever value this opportunity to be a part of something ~~that~~ I would never of been a part of outside of prison. Everyone is so nice and it's been great meeting new people. This is a great an amazing project within prisons which I am sure will have a long lasting positive impact on those who participated. Thank you for everything. Aina Khan.

Pimlico helped me find who I really am.

I was very shy, hated to be in front of lot of people and now I'm totally different.

I made more friends, increase my confidence.

IT was the best thing that happened to me in life not only in prison.

Please never stop.

Suellen Miguez