

Pronouns: She/Her

Alexandra Ogando

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📁 Recent Employment

September 2021 – Present

Bank Support Worker – National Autism Society (Bristol)

To provide 1:1 support to individuals with an autism spectrum diagnosis, and with a mental health diagnosis. The intention of the 1:1 support is to help individuals both residentially and out in the community, to live more independently, and reach personalised goals.

July 2021 – August 2021

Drama Practitioner – Lightbox Theatre

To lead on the planning and delivery of a six-week summer programme of engagement located in the heart of St. Pauls. Aimed at engaging with young people aged 13-17 with lower levels of prior arts engagement, with a hope of challenging perceptions around arts activities in the area.

August 2020 – Present

Creative Facilitator – Bath Mind

Responsible for planning and delivering a mixture of in-person and online creative workshops with the intention of increasing wellbeing, socialisation, and confidence. Working with both the adult wellbeing group and the 'Safe Space' group for young people aged 18-25.

Planning and delivering workshops in collaboration with Bath Mind and important local partners aimed at targeting and engaging with young people in the rural areas of Bath, particularly young people not in education, training, or employment.

September 2020 – Present

Creative Practitioner – CitySocializer

Responsible for planning and delivering a series of creative, theatre and comedy focused workshops which adults can take part in online. Aimed at helping people meet new people and build communication skills.

September 2020 – May 2020

Self-Employed – 'Think Theatre with Alex' (Online)

Designing and delivering a variety of online creative engagement opportunities utilising drama online to reduce isolation, increase confidence, and encourage connection during lockdown (including the well-attended Christmas Day 'Connect and Create' virtual workshop). To fulfil all additional administrative, pastoral, and project management duties including sign-ups, donations, participant correspondence, gaining consent, and all adult safeguarding concerns.

August 2020 – March 2021

Creative Facilitator – Total Insight Theatre

Responsible for planning and delivering a series of creative, theatre-focused workshops that can be delivered online with young people from Hackney, Kent and West Yorkshire. Workshops to be created with the intention of increasing confidence, communication and creative skills with young people who have been referred to the opportunity aged between 14 and 21.

Photo taken at
Theatre Royal
Plymouth during an
Our Space workshop
2015



👤 My Practice

I am a Bristol based theatre-maker and facilitator who specialises in community focused creative projects that aim to empower, and provide an important space to be heard, seen and valued. I have a wealth of experience working with people of all ages, and walks of life in a variety of artistic, and community focused settings.

I am a confident facilitator with exceptional communication skills, able to fluidly adapt my practice so that it can be participant-focused and responsive. I have experience of authentically co-creating work; holding participant experience and creative ownership at the centre of all my work as a maker and director.

I am currently in my second year of training to be a Dramatherapist at the University of Derby. I aim to graduate as a HCPC registered Dramatherapist in the Summer of 2022.

August 2020 (Voluntary)

Theatre Facilitator – Off The Record Bristol

Responsible for planning and delivering two one-off creative workshops exploring theatre and activism. These online workshops were designed to help empower the young people involved. Helping them to explore how they could use their voice creatively for positive change.

July 2020

Creative Practitioner – Milestones Trust

Responsible for planning and delivering a series of creative online workshops to help reduce isolation during lockdown. Culminating in an online performance for Learning Disability Awareness Week.

August 2013 – August 2020

Lead Practitioner – Theatre Royal Plymouth

Lead Practitioner responsible for planning and delivering theatre-focused workshops and projects for a wide range of Theatre Royal Plymouth regular groups and community focused projects. Regular groups include *Young Company Acting 5-7, 8-11, 11-13, 13-15, 15-18, 18-25 and People's Company (18+)*.

Targeted projects include *Our Space, Our Space Community Hubs, Project X, Journeys, Armed Forces Project, Our Space (NEET Young Adults), School HUBs, and Prince's Trust*.

January 2019 – August 2020

Community Development Producer & Lead Practitioner – Theatre Royal Plymouth

Producing ongoing opportunities and pathways for anyone over the age of 18 to get involved at the Theatre Royal Plymouth through regular workshops, production opportunities, and work experience. To build important relationships with a wide variety of communities and adult support services within the city, helping to break down barriers and limiting self-beliefs that stop people accessing what the Theatre Royal Plymouth offers.

November 2017 – April

Director & Writer – Theatre Royal

Writing & Directing for Theatre Royal Plymouth's Young Company. Casts aged 12 – 1, Design Team aged 8 – 16.

Creep – 11th, 12th & 13th April 2019, The Drum Stage.

Followers – 14th, 15th, 16th, & 17th Feb 2018, The Lab.

January 2018 - October

Creative Facilitator – The Box

Responsible for planning and delivering the creative engagement on an intergenerational project entitled 'Plymouth After Dark'. Working with adults from sheltered accommodation and students from a local school to create a film exploring alcohol use and its place in society.

January 2020 – April 2020

Cardboard Camp Co-ordinator – Cardboard Citizens

Responsible for co-ordinating the first phase of the Plymouth Cardboard Camp. Securing key partnerships with services focused on those at risk of/with lived experience of homelessness. Co-ordinating the project launch and co-designing the Arts for Social Change event with the Director for Social Change.

Education

MA Dramatherapy

University of Derby
Currently Studying (Year 2 of 2)

Theatre and Drama Studies, BA Hons

Bath Spa University
Upper 2:1 (Graduated 2013)

A Levels, 2008 -2010

Bilborough College
*Drama A
Psychology – B
English Literature - B*

GCSEs, 2003 – 2008

13 GCSEs, A - C*



Additional CPD

**Arts Therapies: Intersectionality:
Working with Multi Minority Clients**
Birmingham Centre for Arts Therapies
February 2021

Creative Writing & Dramatherapy
Central Dramatherapy Alumni Network
December 2020

**Playing with Leary's Rose in
Dramatherapy**
Birmingham Centre for Arts Therapies
December 2020

CPD Devising Theatre
The Wardrobe Ensemble
October 2020

Neuro Dramatic Play and Trauma
Foundation Course with Sue Jennings
October 2020

Neuro Dramatic Play
Foundation Course with Sue Jennings
September 2020

Forum Theatre Training
Cardboard Citizens - 2 Day Intensive
March 2020

Joker Training
Cardboard Citizens – 2 Day Intensive
February 2020

Mental Health First Aid
2 Day Intensive with Livewell Southwest
July 2019

Refugee Awareness Training
Plymouth & Devon Racial Equality Council
July 2019