



As you go the way of life you will see a great chasm. Jump it is not as wide as you think

Joseph Campbell



A world-renowned programme of Parkour and Physical Theatre promoting positive mental and physical health, leadership and confidence in young people.

What does Jump do?



The programme invites young people to examine their lives by creating a narrative around them that is akin to Joseph Campbell's "Hero Journey." The narrative is then translated into script, movement, music, video, photography, presentation and performance.

In this process, everyone is offered the opportunity to explore their place in the world, build resilience, develop physical fitness, mental wellbeing, connect with their peers and learn the power of shared effort and play.

In doing so they are creating a space for transformational exchange and sharing it with an audience of peers, parents, guardians and community.

They are taking a leap in to a world that is possible and are applauded for their courage creativity and hope.

“Why make a “Jump”



There are no limits, only obstacles and any obstacle can be overcome.
(David Belle Founder of Parkour)

“Jump” is a programme using Parkour and Physical Theatre. It is designed to support young people who wish to express themselves, through theatre, movement music, voice, dance, image dialogue, fashion, narrative and their own culture. Which is to our knowledge most young people, it is not just for those that study these subjects. It develops an appreciation of aesthetics and art forms used to tell the stories of young people.

It develops robust mental and physical health and wellbeing.

It develops leadership skills.

It's for all ages but has most impact with young people who are making the transition from childhood to adulthood.

It is designed to be shared with an audience of peers and community.

It is explosive, thrilling, invigorating, original and compelling

It is urgent storytelling, told through total and physical theatre.

It's a call to adventure for you as a leader, educator, facilitator, artist or curious human.

Young People at the Centre of the Project



We place young people at the centre of this project. There is much to be celebrated in our young people. The large majority of them lead active and fulfilling lifestyles. The large majority are socially aware and seek out positive activities such as volunteering, socialising and cultural activities, but there are complex pressures at play in the lives of our youth.

The main concern for young people today, is their safety and security and their mental health and wellbeing.
Over half of 11-16-year olds do not feel safe.
Most children have experienced some form of actual or cyber bullying.
Over 20% of young people are overweight or obese.
For every 1000 school-aged children there will be between 5 and 10 suicide attempts per year.
This generation are the most digitally connected but the most socially disconnected in the history of mankind.

“Jump” has been proven,
to improve the physical and mental health and wellbeing of all who participate.

How Much Does it Cost?

We are offering “taster sessions” of one day or 5 day residency with groups of up to 25 young people for 90-minute sessions. We can accommodate 3 sessions per day or design a more intensive programme that would be installed as a residency over one week.

One day = £1000

Five Days= £4000

What do we need to host a residency?

We require a large open space, such as a gym hall, large drama studio with high ceilings or assembly area that has no through traffic. A PA system or ability to play music is desirable. We will bring equipment to train on, but any equipment that the school or group already has would be useful, as it can remain once we leave and the pupils can continue to train.

Getting in Touch

If you would like to hear more or book a taster session for your school or group, please contact Simon Sharkey to talk through a bespoke package for you.

Simon Sharkey

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