



Scoffing

A beautiful one-woman show about one woman's relationship with food

Availability

Currently available for one-off bookings and short tours, please contact us for more information.

Introduction

Whilst waiting to see the dietician for the first time Nettie reflects on her life long association with eating and diets. Powerful and moving, Scoffing is full of music and images and has resonance for people of all ages, shapes and sizes about body image and self confidence.

The play is designed to:

- explore the multiple and complex factors which affect obesity
- raise awareness of patient's experience of being termed obese
- encourage doctor/patient communication and an awareness of the wider needs of patients
- stimulate discussion regarding strategies for weight loss and patient care
- highlight links between obesity and mental health

The play is accompanied by a facilitated discussion for audiences to share their experiences and receive accurate information.

Project Background

Scoffing was originally commissioned by North Birmingham Dietetic Services to form part of a GP study day on obesity. Scoffing was devised from research with people in Birmingham who have been termed clinically obese and health professionals.

"Treating obesity costs the NHS at least £1/2 billion a year. The wider costs to the economy in lower productivity and lost output could be a further £2 billion each year."

National Audit Office – Tackling Obesity in England

"By treating obesity and overweight we can reduce the burden of disease linked to obesity, such as coronary heart disease and diabetes."

Ian Campbell – National Obesity forum

Scoffing has been performed in all kinds of venues with community groups and health professionals. The play is suitable for:

- training with health professionals on its own or as part of a study day or conference
- health promotion in the community
- health promotion in schools and colleges

Writer's/Director's note

The wonderful thing about this piece is it is a real tour de force performance by Netty . Using physical theatre and really perfectly chosen music the audience is taken through Netty's particular relationship with food. The details of her "fat life" connect to us all. Janice Connolly, W&T Artistic Director

Outcomes

"absolutely excellent"

Linda Parker, North Birmingham Community Dietetic Team

"Brilliant - something everyone could identify with"

Participant Worcester Royal Infirmary Professional Update Day

"...very much a highlight of the day – such a powerful way of communicating crucial and often neglected messages about the clinician-patient relationship with this common patient group.....Delegates clearly felt that they had been informed, educated and entertained in equal measure – a balance worth aiming for in most things!"
Alistair Emslie-Smith, Network Lead Clinician, Tayside NHS Board

Production Credits

Scripted by	Janice Connolly
Additional script material by	Rani Moorthy
Originally choreographed and directed by	Julia Smith
Directed by	Janice Connolly

Guidelines for Bookers

What Are Suitable Venues?

This performance has a wide-ranging target audience. Although designed specifically for women it remains relevant to both sexes, of all ages, across all cultures.

Performance detail

- The performance itself lasts 40 minutes and we facilitate a post show discussion which provides an opportunity for audience members to ask questions and share information. Ideally bookers should allocate an hour minimum for performance and discussion.
- We will need access to the venue and space 1 hour before the performance to set up and 30 minutes afterwards to clear away (ie. a total of 2.5 hours at the venue).
- Audience sizes are flexible. We advise any reasonable number of people as long as they can clearly see the action. Please advise us if you expect more than 50 people as this can effect the way we lead the after-show discussion.

Technical Requirements

- For our performance space we need a room big enough for a minimum playing area of 12ft x 12ft x 12ft plus the seating area.
- Ensure that all fire exits are clear when accommodating the above measurements.
- A ground floor room is preferable.
- The room must have a power source.
- We will bring our own sound equipment and someone to operate it.
- We need to unload as close as possible to the performance space and then park our van. Please let us know where we can park and whether there is a height restriction on the car park. If we need a parking permit please arrange this for us.

How much does it cost?

Please contact Women & Theatre with your requirements, including the number of performances, for a quotation.

**For more information or to make a booking please contact:
The Friends Institute. 220 Moseley Road. Birmingham. B12 0DG
Tel: 0121 440 4203. Fax: 0121 446 4280 Email: info@womenandtheatre.co.uk**