



WOMEN & THEATRE: Artistic Programme for 2009/2010: HEALTH & COMMUNITY

All programmes include a play followed by either a workshop or a professionally facilitated discussion based around the issues raised. Please contact Women & Theatre for availability & prices.

Scoffing

TOURING May 2009

Theme: Obesity – causes and diagnosis

Target audience: Weight management professionals, GPs, those diagnosed as clinically obese

In a world where you are what you eat, how do you know if chips and curry sauce is the real you? Whilst waiting to see the dietician for the first time, Nettie reflects on her lifelong association with eating and diets, maneuvering her way from rusks to rump steak. Powerful and moving, **Scoffing** is a one-woman show full of music and images which resonates with people of all ages, shapes and sizes about eating, body image and self-confidence. The play is

designed to explore the complex factors which affect obesity and encourage doctor-patient communication and an awareness of the diverse needs of patients, as well as stimulate discussion around weight management strategies.



Step by Step with May & June

TOURING 29th June – 6th July 2009

Theme: Healthy Eating & Healthy Lifestyles

Target audience: General audiences of all ages and backgrounds

Indomitable sisters May & June are comic dinner ladies with a mission: to get to the bottom of healthy eating and why we don't always do it when we should. They researched with a range of people in the West Midlands to find real solutions to the growing problem of obesity in our communities. They share their findings in an interactive and friendly performance:

Step by Step with May & June: a happy hour of talking, dancing, singing & thinking, to

raise awareness and understanding around the causes & risks of obesity. Topics include attitudes to food as we grow up, healthy eating, reinforcing core health messages, explaining food labelling & fats, and exercise.



The Learning Curve

TOURING: Breast Awareness Month October 2009

Theme: Breast health, and breast awareness

Target audience: General public and breast health professionals/GPs

Exploring women's attitudes, beliefs and experiences of breast health in a humorous and moving way, *The Learning Curve* is a highly entertaining and thought-provoking piece with characters and scenarios that all audiences will recognise and relate to. The play follows a day in the lives of Ursula, Karen and Sheena: three women who all have something on their mind including concerns about breast screening, breast feeding and body image. Chance

meetings in the present challenge taboos from the past as they learn to love their vital statistics!



Equality & Diversity Training

Available year-round

Theme: Equality & Diversity policy and practice

Target audience: Professionals in the workplace

An interactive, accessible training programme exploring equality & diversity in the workplace & society. The 3-hour sessions are tailored to suit the needs of each organisation. The training was commissioned by Walsall tPCT and has been delivered to their entire staff. W&T bring our acclaimed open & inclusive approach to a sometimes tricky issue, making this the ideal training package for all your employees including senior managers. Using drama &

role-play to explore complex issues is a tried & tested approach, allowing participants to grapple with the very real issues in a safe, fictional context where they can feel comfortable & supported to explore and debate.

"Brilliant. Innovative. I wish other mandatory courses were as much fun!" Participant



Women & Theatre

Women & Theatre are an award-winning Birmingham based theatre company. Over 25 years we have established a national reputation for producing well-researched and sharply observed pieces of original and exciting theatre on themes of contemporary relevance. By dramatising subjects at the cutting edge of people's consciousness we create accessible theatre that people want to see.

We develop productions and projects from in depth research, sharing stories with communities in a respectful and participatory process. Our work focuses on communication and the sharing of real life experiences. It provides an interactive forum through which to identify with others, deepen understanding and facilitate change.

We bring high quality theatre about things that matter to the heart of the community, working with people in all kinds of settings, from schools to probation hostels, libraries to community centres, and Gurudwaras to bingo halls.

Women & Theatre's Repertoire Programmes for 2009-10

Programmes consist of a play and professionally facilitated discussion or workshop around the issues raised

Also available for one-off bookings

Talking Balls

Theme: Men's Health: An engaging set of monologues touching on a wide range of male health topics including taboo and rarely aired subjects such as body image, communication, testicular & prostate cancer. Effective for health promotion in the community & schools as well as professionals' training.

The Cervical Monologues

Theme: Cervical Health: Researched with a wide range of patients & health professionals, *The Cervical Monologues* explores life, love, sex & sexuality, as well as demystifying the screening process through sharing the stories & experiences of real people. Ideal for community/school health promotion professionals' training.

Touch Wood

Theme: Breast Screening: The humorous, touching story of Sheila, who receives an invitation to attend breast screening for the first time. *Touch Wood* is a winner of the Healthy Alliance Award for Cancer Prevention.

Mrs Jean Pickles

Theme: tailored to suit most professional conferences and training events: Dynamic management guru, *Mrs Jean Pickles* is a larger than life character, portrayed by W&T Artistic Director, Janice Connolly. Jean is adept at getting to the heart of the matter with her "no nonsense" approach. She instantly brings laughter & energy into the room but the work is always underpinned with a serious understanding & respect for the key issues.

Breast Mates

Theme: Breast feeding and befriending: Commissioned by HoB tPCT, the play features new Mum Balvinder and Anita her breast-feeding buddy as together they work through problems Balvinder is having trying to breast-feed her new baby.

Available for minimum-one week tour

Please contact Women & Theatre if you would like to know more/register interest in tours

Stronger

Theme: Families of children with additional needs: Originally commissioned by Scope, *Stronger* explores the experiences of families of children with additional needs, specifically the pressures they face and the things which strengthen them.

Robbie's Story

Theme: Homelessness/ Drugs: After leaving home, Robbie sinks into drug addiction and destructive behavioural patterns. A worker in a homeless shelter recognises his intelligence, persuading him to endure the horrors withdrawal and to consider ideas as a more effective antidote to boredom.

Chale Ga, Chale Ga (Safe Not Sorry)

Theme: Road Safety (bilingual English/Hindi): A moving & uplifting play about being safe on the roads.

Moments:

Theme: Babies with additional needs/ communication of sensitive news: Commissioned by West Midlands Portage & supported by Action for Inclusion, *Moments* aims to help facilitate communication between professionals and parents of children with additional needs, particularly around the time of diagnosis.