



**so, what brings
you here today?**

A MONOLOGUES PROJECT



THE SHOW

"SO, WHAT BRINGS YOU HERE TODAY?"

A familiar question sparking a variety of ideas

Pitchy Breath has a long-standing history of supporting new writing and introducing new creatives to the stage through our *Shorts* format. This year, we knew we wanted to have a storytelling focus, and build on the foundations set at our previous monologue workshops.

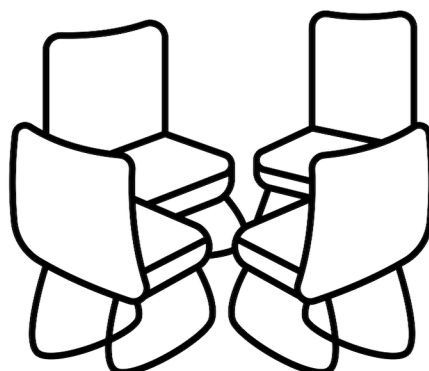
When considering a central theme, we were intrigued by the concept of therapy and, more broadly, "talking cures". The notion that putting your thoughts and feelings into words will benefit your mental health. We felt that it had natural crossover with theatre - when an audience sees a character on stage pouring their heart out, sometimes it's like they're giving voice to all those thoughts we keep bottled up. When audiences watch and connect with that, it's like we're getting a little help ourselves.

This collection of poignant and contemplative monologues each offer a window into the inner workings of the human psyche. From amusing moments of self-discovery, to the raw struggles of personal growth, our talented ensemble of local actors breathe life into these compelling stories. As with every Pitchy production, there are a few exciting curveballs in there too, that will push thematic boundaries and challenge expectations.

Join us as we delve into the complexities of the human experience, the power of vulnerability and the resilience of the human spirit. Our hope is that through laughter, tears, and insightful moments, you'll find some resonance in these stories and may even discover something about yourself along the way.

So - please take a seat, open your hearts and minds, and join us for a session in our little theatre of introspection...

-Lauren Fielding, Producer



ACT ONE

I'M OKAY WITH THAT

Written & Directed by Carolyn Chinn

Starring Win Duggan

Marie is the embodiment of safe choices. But, as she faces up to a series of tough challenges, she learns to be okay with all of that - and starts to embrace everything that life has to offer.

CHECKOUT

Written & Directed by Paul Norman

Starring Sara Jessup

Life is full of little trials. And for Nadia, nowhere more so than the local supermarket. But does her recent shopping trip have in store rather more than it may seem?

GOOD GRIEF

Written by Sophie Waddington | Directed by Natalya Micic

Starring Katie Glenn

In this moving piece, a woman recalls the loss of her mother years before and how it continues to impact on her life and who she has become.

COPPERNOSE

Written by Eve Ainsworth | Directed by Sally Gilgeours

Starring Robin Dixon

Henry is quite used to attention and getting what he wants. But how much does he - and we - really understand about true fulfilment and lasting legacy?

ALOPECIA

Written by Tia Price | Directed by Tim Fifield

Starring Tia Price

This emotive piece explores a woman's struggle to come to terms with her condition, raising poignant questions about our sense of self and identity.

TIRED

Written by Sophie Waddington | Directed by Tim Fifield

Starring Eve Ainsworth

Officially identifying as 'Tired' after years of disturbed sleep, a woman considers how to finally get some shuteye. But quite how far is a desperate insomniac willing to go?

A SHEEP IN WOLF'S CLOTHING

Written by Anna Tatelman | Directed by Sara Hussein

Starring Howard Miller

Machiavellian, mischievous or just misunderstood? What does a big bad reputation mean for how we live our lives? And how much do we all just need a happy ever after?

INTERVAL

ACT TWO

PORNOGRAPHY

Written by Tim Fifield

Starring Tim Fifield

Malcolm considers his wife's midlife crisis complete when she turns into a health-conscious, leaf-munching vegan - but there's another bombshell looming...

FALLIN' ANGELS

Written by Nina Bhirangi-Bishop | Directed by Amber Elbishlawi

Starring Sally Gilgeours

A playground incident involving her young daughter brings back memories for Jade of her own Mum, prompting questions about our relationships with those we love - and need love from in return.

DOPAMINE

Written by Sara Hussein | Directed by Amy Rose

Starring Zoë Armstrong

Daisy is at war with her phone. Or, at least, what's on her phone. As she battles with her destructive addiction to social media, we are invited to consider our own conflict with societal expectations and finding peace with who we truly are.

HIDE AND SEEK

Written & Directed by Lauren Fielding

Starring Chris Yeldham

Graham isn't getting any younger. But what he is getting is rather forgetful. This touching comedy considers how we face the inevitable adversities of ageing.

DRAINED

Written by Lauren Fielding | Directed by Amy Rose

Starring Izzy Hamlin

Fed up of her Pepperoni-pilfering flatmate, Melissa grapples with both guilt and defiance as she recounts her ultimate score-settling showdown.

SPORTY LESBIANS

Written by Elodie Foray | Directed by Amber Elbishlawi

Starring Daisy Hook

Jan is extremely depressed. But while she tries to resist everyone's remedial advice, perhaps she's finally found the motivation she needs to take action?

THINKING ALOUD

Written by Barry Syder | Directed by Natalya Micic

Starring Emily Bates

Jennifer leads a support group. But beneath that professional façade, what does she truly think about those she's entrusted with helping?

CAST



Win Duggan



Izzy Hamlin



Sara Jessup



Robin Dixon



Tia Price

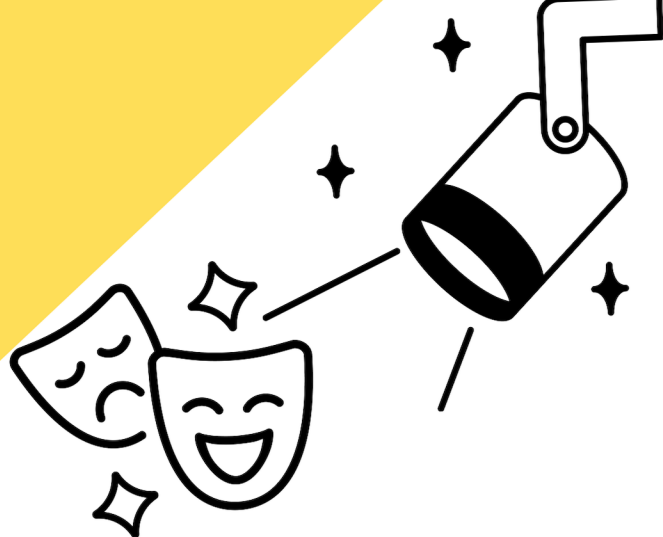


Eve Ainsworth



Howard Miller

CAST



Tim Fifield



Sally Gilgeours



Zoë Armstrong



Chris Yeldham



Katie Glenn



Daisy Hook



Emily Bates

CAST & CREATIVE



CAST

Eve Ainsworth
Zoë Armstrong
Emily Bates
Robin Dixon
Win Duggan
Tim Fifield
Sally Gilgeours
Katie Glenn
Izzy Hamlin
Daisy Hook
Sara Jessup
Howard Miller
Tia Price
Chris Yeldham

WRITERS

Eve Ainsworth
Nina Bhirangi-Bishop
Carolyn Chinn
Lauren Fielding
Tim Fifield
Elodie Foray
Sara Hussein
Paul Norman
Tia Price
Barry Syder
Anna Tatelman
Sophie Waddington

DIRECTORS

Carolyn Chinn
Amber Elbishlawi
Lauren Fielding
Tim Fifield
Sally Gilgeours
Sara Hussein
Natalya Micic
Paul Norman
Amy Rose

CREATIVE & CREW

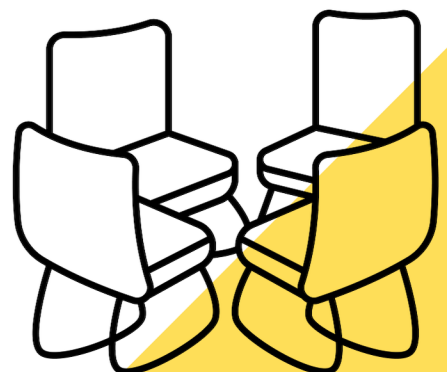
Stage Manager: Sophie Waddington
Props/Costume: Sophie Waddington & Cast
Sound Design: Tim Fifield
Lighting Design: Marcus Harvey and Richard Harvey, StageReady
Photography: Natalya Micic Photography
Make Up Artists: East Surrey College, Redhill

PRODUCED BY PITCHY BREATH THEATRE COMPANY CIC:

Lauren Fielding, Sara Hussein, Tim Fifield, Sophie Waddington & Rachel Duke

WITH THANKS TO...

Liz Hart & Crawley Borough Council
The Hawth Technical Team
The Hawth FOH Team
The Hawth Marketing Team
Carolyn Murphy at WORDfest Crawley
Paul Talmey at Meridian FM
Tesco Hookwood Community Room
StageReady
Natalya Micic Photography
East Surrey College, Redhill





USEFUL LINKS

If you've been affected by any of the issues explored during the production, the following local support services may be useful:

BHT (formerly Sussex Oakleaf)

BHT Sussex delivers several services providing specialist support, drop-ins and counselling to adults experiencing mental health issues
www.bht.org.uk/services/mental-health-wellbeing

Hub of Hope

The UK's leading mental health support database, bringing local, national, peer, community, charity, private and NHS mental health support and services together in one place
www.hubofhope.co.uk

MENSHARE Listening Group

Listening group for men in Crawley, East Grinstead and Horley, offering circles, support and access to nature programs
www.mensharelisteninggroup.co.uk

Mind

National charity and campaign group offering support through information, advice and local services
www.mind.org.uk
www.westsussexmind.org

Richmond Fellowship

National mental health charity which works with individuals, communities, and families at a local level to overcome mental ill health
www.richmondfellowship.org.uk

Sistershare Listening Group

Crawley-based support group for women over the age of 18 to create a safe, confidential and non-judgemental space to discuss certain topics that impact physical and mental health
sistersharecrawley@gmail.com

West Sussex Wellbeing

Signposting support services and guidance on a range of wellbeing issues across the county
www.westsussexwellbeing.org.uk

SO, WHAT BRINGS US HERE TODAY?

Pitchy Breath Theatre Company was founded in Crawley in 1995, and, as we begin to approach our 30th birthday year, we are proud to continue to hold our place as an integral part of the local cultural scene.

Pitchy Breath has nurtured a reputation for pushing artistic boundaries and compelling storytelling, regularly offering a combination of modern twists on classics, and providing a platform for local creatives across a range of disciplines to bring their creations to life. Our current project '*so, what brings you here today?*' was born from the huge talent of our community members - with an astonishing 70 monologues received as part of our call out for submissions, keeping our shortlisting team very busy during February!

In recent years, Pitchy Breath has operated as a Community Interest Company, established with a mandate to support and benefit the local community, and led by a team of enthusiastic and passionate volunteers. This includes a commitment to support those we work with to develop, such as through mentoring and shadowing opportunities in directing and backstage roles, alongside workshops to support actors and writers to hone their talent. We also recognise the many wider benefits from arts participation - not only in promoting transferable skills for our members into the workplace and beyond, but also in bringing local communities together, learning from each other, and in supporting individual wellbeing.

At the heart of our approach is our 'free-to-play' policy. Unlike other local societies and amateur dramatic organisations, we do not charge annual membership fees, audition fees or performance fees to those taking part in our productions or workshops. This is part of our pledge to help keep the arts accessible for everyone, and is a core part of our collaborative style of working. We are one team - we all contribute our time, energy and expertise to our projects and the final product that appears on stage is a result of our collective effort. You - our audience - is the final piece of the puzzle - and a massive thank you to everyone who continues to support our shows.

Don't just watch the story, BE PART of it...

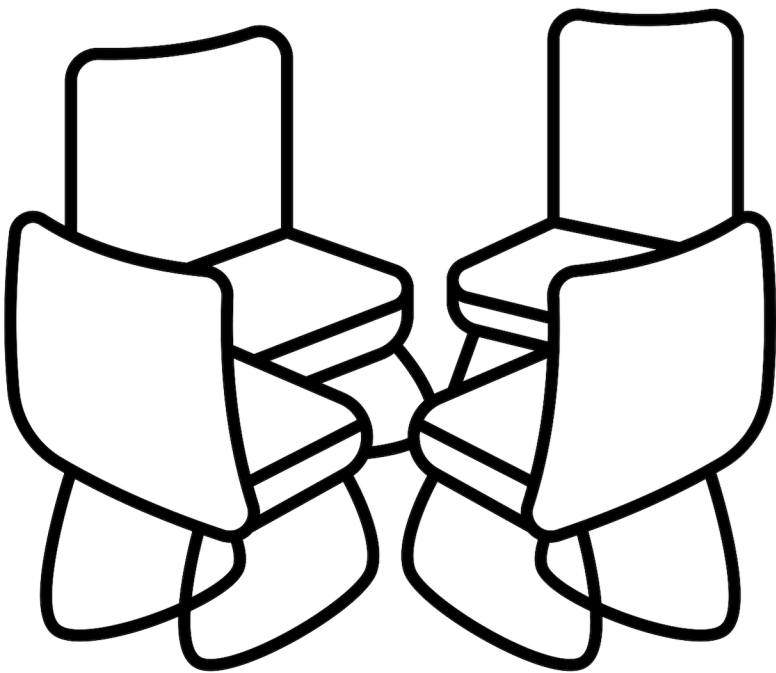
If you'd like to get involved with our future projects - as actors, writers, directors, backstage crew or even as partners or sponsors, please get in touch - we'd love to hear from you!

pitchybreath@gmail.com

www.pitchybreath.co.uk



THIS PRODUCTION IS
KINDLY SUPPORTED BY
CRAWLEY BOROUGH COUNCIL &
THE HAWTH ASSOCIATE
ARTISTS PROGRAMME



**PITCHY
BREATH**
THEATRE COMPANY