

MID LIFE

by Sheila Chapman
Director & Dramaturg Lucy Richardson
Created with and by
Jacqui Beckford,
Claire Hodgson
& Karen Spicer



Diverse
City

A CHANGE IS COMING!

Mid Life pauses three women in a moment in time. Three women whose bodies are changing and who feel they have something to say. They voice their fears – of children leaving, of relationships ending, of parents dying, of their own mortality – and try to accommodate their losses. They get down into the muck and talk about sex, desire, rage, and flooding.

Mid Life explores the unspoken realities of the menopause and asks why they are unspoken. Reclaiming female midlife is a political act and we invite our audiences to join us on the journey and share their experiences on the way.





© Chelsey Cliff

Drawing on honest stories from real women, the show contains testimonies from 50 women from Bristol interviewed over a 5 year period. We hear from women of colour, straight and queer women and the women who paved the way – our mothers and grandmothers.

All shows will have BSL interpretation and audio description, and are also suitable for Relaxed Performances (ie for inclusive audiences, parent & baby performances etc)

"Perhaps the most riveting, poignant and hilarious thing I have ever watched."

AUDIENCE FEEDBACK, BRISTOL OLD VIC

We are looking for venues to tour.

The show is available to book for small scale theatre and non-theatre spaces from Autumn 2020. Suitable for audiences of 14+. Show costs: £5k for minimum 2 night booking. £10k for 5 night booking (excluding integral audience access).

CREATIVE TEAM

Lucy Richardson - Director

Lucy is a director, dramaturg and educator. Her directorial credits include **The Strongbox** by Stephanie Jacob for VAULT 2018, **The Woman Who Cooked her Husband** by Debbie Isitt starring Alison Steadman, **The Quick** by Stephanie Jacob and **Heart Speak** by Zawe Ashton at The Arcola for Clean Break.

Sheila Chapman - Writer

Sheila won the Bridport Prize for her first novel, **The Unbelonging of Taksheel Chaturvedi** in 2016 and is writing a second, **In the Days That Came After**; a tale of two marriages, the credit crisis and grief and desire in midlife. She is represented by A.M Heath.

Isabel de Salis - Consultant

Isabel is a medical anthropologist and psychotherapist. Her recent research based at Bristol University explores the diverse range of experiences and perceptions of midlife and menopause among women living in the Southwest.

Jacqui Beckford - Actor

In addition to being a performer and trained dancer, Jacqui is one of the most experienced and well-known British Sign Language Interpreters in the UK.

Claire Hodgson - Actor

Claire is a Theatre, Dance and Circus Director. She founded **Diverse City** in 2005 and is the co-founder of **Extraordinary Bodies**, the UK's leading professional integrated circus company. Claire was a Clore Fellow in 2012 and was awarded an MBE in 2016 for services to inclusion in the Performing Arts.

Karen Spicer - Actor

Karen has 30 Years acting experience. Her TV credits include **Coronation Street**, **Emmerdale** and **Heartbeat**. She starred in the C4 film, **Who Killed Simone Valentine** and as a stage actor has worked with theatre companies including Graeae, Trestle, Red Ladder, Theatre Centre and Roundabout.

Kandaka Moore - Actor

Kandaka graduated from WAC Arts with a Diploma in Professional Musical Theatre. Her recent theatre credits include **Twelfth Night**, **The Jungle Book**, **Yard Gal** and more. She is an accomplished dancer, singer and choreographer and worked with Grammy award winner **Clean Bandit**.

Vicki Igbokwe - Choreographer

Vicki started working professionally at age 20 when she joined Impact Dance as Dancer, Choreographer and Youth Artistic Director. She was Youth Dance Practitioner and Creative Projects Manager for East London Dance (ELD) before setting up Uchenna Dance in 2009 where she is Creative Director and Choreographer. Vicki works as an independent Choreographer, Teacher, Lecturer and Curator and was Mass Movement Coordinator of the opening and closing ceremonies for the Olympic and Paralympic Games (London 2012).



Mid Life is a Diverse City production. **Diverse City** is an award-winning organisation committed to diversity and equality in the arts. We are an engine of artistic and social change.

Our mission is to make extraordinary shows that represent the world as it actually is. We want to break barriers and transform performance to change the lives of performers, audiences and communities. Our dream is a world where all identities are respected and valued.

>>> [Click here to watch the promo video](#) <<<

**"I'm totally inspired by MID LIFE's
honesty, courage and power."**

AUDIENCE FEEDBACK, BRISTOL OLD VIC

**FOR MORE INFORMATION OR TO BOOK THE SHOW,
PLEASE CONTACT US: MIDLIFE@DIVERSECITY.ORG.UK**