

GETTING
BETTER
SLOWLY



#GBSProject
TourPack

C o n t e n t s

About Getting Better Slowly ... [P.3](#)

Target Audiences / Selling Points / Box Office Information ... [P.4](#)

Touring / Venues Information ... [P.5](#)

Technical Requirements ... [P.5](#)

Development and Performance ... [P.6](#)

Audience Feedback ... [P.7](#)

Meet the Cast / Creative Team ... [P.8](#)

Useful Links ... [P.9](#)



About Getting Better Slowly

"What if you woke up to find your body was slowly shutting down? Your ability to walk, talk, and blink stolen from you. Nobody knows how, nobody knows why. What Adam thought was a hangover was actually Guillain Barre Syndrome, a condition that within a week left him in Intensive Care unable to move a muscle. He might have lost the ability to move, but he didn't lose his strength of will or his sense of humour. In Getting Better Slowly Adam Pownall and Kitty Randle tell Adam's story of positive recovery in a creative collision of sound, movement and the spoken word."



Target Audiences

For those interested in:

- Contemporary / Fringe Theatre
- Movement / Dance
- Spoken Word
- Verbatim
- Stories about illness and recovery
- Recovery
- NHS
- Disabled Arts
- Accessibility

Selling Points

- A personal story of a positive recovery from a debilitating disease, told through movement, sound and the spoken word in the centenary year of Guillain Barre Syndrome first being diagnosed in France in 1916. A moving and affecting story told with humour and optimism.

Box Office Information

- Show Name : Getting Better Slowly
- Running Time : 70 minutes (approx)
- Age Suitability : 13+
- Genre : Contemporary Theatre, Movement, Spoken Word, Verbatim

Touring / Venues Information

Getting Better Slowly will be touring from September 2016 - November 2016, mainly Thursday - Sunday.

Venues : Small to midscale, 60 - 300 capacity, end on or thrust. Ideally 5m x 5m.

Fee Required : Negotiable.

Performers : Adam Pownall and Kitty Randle.

On The Road : Two performers and one Production Manager.

Technical Requirements

Technical requirements to be confirmed - full details on request. Design will be completed in Summer 2016 and will be flexible and able to fit around each venue's capacity.

Development & Performance

Phase 1 - Research and Development

R&D for Getting Better Slowly started with funding from Arts Council England and GAIN Charity, with support from ARC Stockton, Derby Theatre, Deda and In Good Company. Research and Development sharings of the work were presented at ARC, Deda, Derby Theatre and Lincoln Performing Arts Centre.

Phase 2 - Make and Tour

A rehearsal period and premiere in July 2016, with the potential for an Edinburgh Festival run and an Autumn tour. Support from GAIN Charity secured and application for Arts Council England tour funding underway. Commission support from Core Lincolnshire One Venues and Lincoln Drill Hall and continued support from ARC and In Good Company.



A u d i e n c e F e e d b a c k

“A hugely courageous undertaking with enormous potential to be a fascinating and enlightening piece of theatre.”

“A thoughtful, moving, cheeky and well-executed fusion of dance, words and sounds ... [a] generous piece of work that grabs your heart and your breath as you follow Adam’s story of surviving a terrifying and disabling illness.”

“Funny, original, moving and important.”

“I loved the blend of forms: narration, verbatim recordings, drama and particularly the dance, which I think is the key to it all - as it’s a show about the body.”

“...the moments when I really leaned forward in my seat were when you told me something universal about our relationship with our bodies. When you shared insights you had gained from the disease in the detail of how you felt about your body at different points - and that lovely metaphor of the toy man. I suddenly became very aware of my own body, and was able to connect to the story in a more immediate and visceral way.”

Meet the Cast & Creative Team

Creative Producer/Performer – [Adam Pownall](#)

Movement Director – [Marc Brew](#)

Writer – [Nick Wood](#)

Director – [Tilly Branson](#)

Performer – [Kitty Randle](#)

Associate Dramaturg – [Luca Rutherford](#)

Sound Design – [Adam P. McCready](#)

Designer – [Kate Unwin](#)

Useful Links

Facebook page for the project:

www.facebook.com/gbsproject

Twitter page:

www.twitter.com/gbsproject

Adam Pownall's blog:

<https://adampownallblog.wordpress.com/>

GAIN Charity website:

<http://www.gaincharity.org.uk/>

Promotional Video:

[Getting Better Slowly R&D Promo](#)

Interviews with Creative Team:

[Getting Better Slowly Interviews](#)