



Insane



Touring Spring 2017

Contact: Danielle Imara

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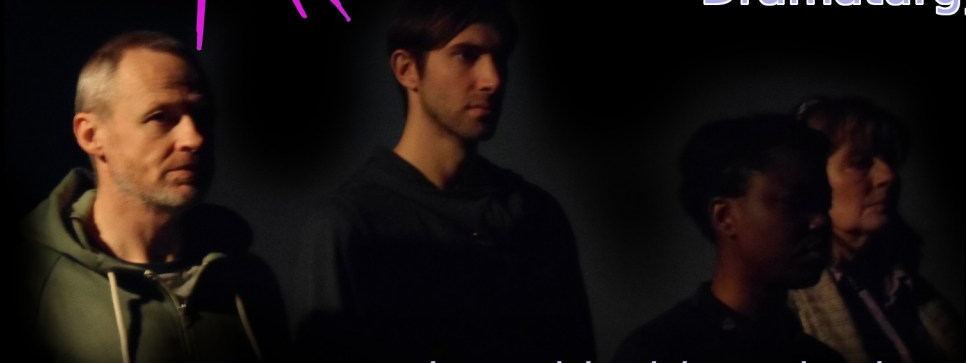
Insane

1 hr 15 mins

Written by Danielle Imara

Produced by Fresco Puppy

Dramaturgy Pete Brooks



True stories told with verbatim dialogue, original upbeat music, plus a chorus-line of dancing Prozac Pills!

Link to trailer : <https://vimeo.com/154974348>

Synopsis

Danielle is happily surviving on high-dosage anti-depressants when her doctor says: "Agree to group therapy or I'll stop the meds!" She reluctantly joins a group, where she meets recovering addict Luke; the feisty, yet mother-subdued Amy; Stephen - a therapy success story, yet socially inept; and of course the therapist - who's not obliged to reveal any personal information.

As she settles in, Danielle shares her history of drug abuse, chronic self-sabotage, eating disorders, and her difficult process of stopping anti-depressants. Dramas surface as group members replay the underlying dynamics of previous relationships - sometimes achieving realisations and paths toward healing old wounds - giving insights into how therapy can lead to change.

But when the therapist breaks the news that the group will end due to cutbacks, one of the members commits suicide.

However, the show ends on an upbeat note - reminding us of society's increasing awareness and acceptance of Mental Health issues, and the potential for personal change.

In a final monologue, we return to Danielle's own story of healing and renewal, concluding, "I'm here aren't I? Doing this show and, believe me, that's progress."



Themes

The show raises questions about Mental Health treatments, labelling and stigma, and introduces therapeutic concepts such as projection, trans-generational behaviour and co-dependency. *Insane* also highlights connections between creativity and Mental Health, and the value of long-term talking therapies. It gives a compassionate, often humorous insight into taboo subjects including self-harm, suicide, depression and eating disorders. These are openly and truthfully discussed in researched and often verbatim dialogue.

Q and A

The company will offer audience Q and A about the show, its content and creation and about Imara's process of making socially engaged theatre.

How The Show Was Made



Research and Development included research workshops at a Mental Health drop-in centre, SpeakUp CiC in Margate. People shared experiences of discrimination, depression, therapy, medication, ECT and the NHS. Gathered material was interwoven with Imara's own lived experience to create the show's narrative.

R & D was supported by Arts Council England, Margate SpeakUpCiC, Canterbury Umbrella Centre, and The University of Kent, Canterbury.

This culminated in scratch performances at The Lounge Theatre, Leicester Square, and Aphra Theatre, University of Kent, Canterbury. Both shows sold out.



Audience and industry feedback for *Insane*

An important, personal portrayal that touches on many, many taboo subjects in our society, which are stories that aren't told enough, so I am very pleased that Danielle is here to tell them. **Julian Caddy, Director of The Brighton Fringe**

Bone marrow honest, deeply musical, red hot emotional. I have never been so emotional in a theatre before. I cried like a baby, and didn't feel any need to stop or to hide it, as I felt included in the therapeutic circle too. **Bruno Moroni**

Raised the awareness. Great imagination and innovation. **Prof. Tim Evans**

I would love you to come and present this to my students who take a Mental Health module. **Dr Rachel Forrester-Jones, University of Kent.**

For Danielle Imara's previous work:

From the moment Imara launches into her opening song – which I can best describe as musical theatre crossed with rhymeless hip-hop – it'll be clear that you're in for a memorable and creative show.

Richard Stamp, Fringe-Guru.

She charmed us with her hard-won experience, dry observation, a stonking soundtrack of dub & trip hop & sheer force of HER. LOVED it.

Stewart Whoo, QX Magazine.



Danielle Imara's Bio

Imara's last show *Danielle Imara's in Jail* was included in The Accidental Festival 2014 in London and nominated for The Latest Best Cabaret Award at The Brighton Fringe. In May 2016 she will perform in *The Chorus Line Audition Project*.

Imara was bass guitarist/singer in alternative art bands and live art performer Nina Silvert. She completed an M.A. in performance practices at Central St Martins, and published a memoir - *CRACK*.

Imara's work aims to reduce stigma and marginalisation, promoting inclusivity and a more compassionate environment.

Tour And Technical Info

Timeline: Spring 2017

On the road team: 6 x performers, 1 x technician/lighting designer, 1 x tour manager/operator.

Production Team: 1 x Producer, 1 x Design team, 1 x Marketeer.

Specifications

Theatre/Studio with end-on/thrust configuration.

The show is flexible in terms of necessary playing area, having been successfully performed in 7x7m space and 3x2.5m.

Show can be adapted to a non-theatre space, the minimum requirement being a P.A. and one mic.

Lighting: Basic lighting rig.

Sound: PA with one mic. and mic stand.

Projections: Ceiling-mounted projector to rig with a laptop which we will provide.

Get-in: 5 hours for focusing lights, sound-check, plus dry-run in space.

Get-out: Half an hour.

Team

Written by Danielle Imara

Performed by Danielle Imara, Paul Codman, Sabrina Laurison, Edmond Sage-green and Susanne Ataei.

Dramaturgy by Pete Brooks

Lighting Design by Faith Austin

Projections and Artwork by Soren James

Music by Danielle Imara

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