

S I C K



TAIRA FOO
DANCE COMPANY

S I C K

ABOUT

'S I C K 'follows one man's struggle against depression. Told through contemporary & street dance influences and a slick use of props, this brand-new work from Taira Foo Dance Company will take you an emotional journey.

People with depression can face a lot of unhelpful beliefs and negative attitudes. One of the most helpful things you can do is assure them you believe they are struggling and that they can trust you.

Just to be able to share how they are feeling can be a huge relief.

Over time people with depression can lose touch with friends and become distant from family, so that they end up isolated and alone. Even if it seems like they're trying to push you away at times, reminding them you'll always be there for them, is a really important part of helping someone with depression.

MARKETING COPY

'SICK 'follows one man's struggle against depression which takes the form of a sinister character who pulls and tugs at him, trying to take control.

Told through contemporary and street dance movement, a bespoke soundtrack, and a slick use of moving props this new work will take you on an emotional journey following one man's experience of living with depression and the ripple effect this has on others in his life.

Everyday experiences such as deadlines at work and keeping on top of chores at home can be challenging when you're living with depression. SICK shines a light on these experiences whilst also sharing an insight for those who support people with depression. While there can be moments of real darkness, there can also be space for joy and hope. All is not lost if you know you are supported and know you are loved.

SICK aims to show aspects of depression that are not always discussed but also aims to be a beacon of hope for anyone that is struggling to know that there is help out there waiting for you.

LINKS TO CONTENT

[Trailer](#) | [Behind the Scenes Documentary](#) | [R&D Film](#)



CREDITS

Creator and Choreographer: Taira Foo

Assistant Choreographer and Dancer: Hayley Chilvers

Composer: Joshua Pacey

Composer: Harry Amies

Composer: Oliver Lodge

Dancer: Toby Miller

Dancer: Alex Murray

Dancer: Georgia Thompson

Dancer: Jack William Parry

Dancer: Vasiliki Papapostolo

Dancer: Bethany Mitchell

Dancer: Katherine Heyhoe

Featuring music by Hiatus

TECHNICAL INFORMATION

The minimum space required to stage this work is 12m x 10m, covered with black Harley dancefloor or similar. The ability to blackout preferable but not essential. Show sound will run through QLAB or similar operated by our production manager / technician. Lighting design for the show will be developed in production rehearsals.

The show comes with the following movable props which are provided by the company:

Table (H = 81cm, W = 86cm, L = 106cm)

Chair (H = 46cm W = 40cm D = 41cm)

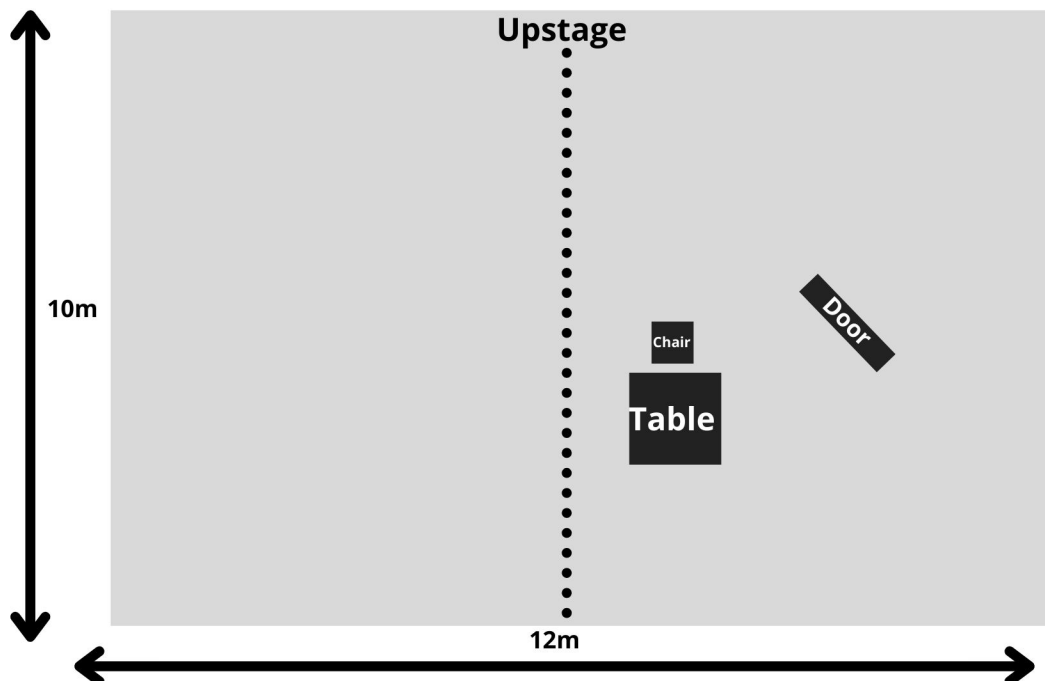
Door on wheels (H = 220cm, W = 94cm, D = 80cm)

Bench (H = 81cm, W = 137cm, D = 47cm) Weight 15kg

Swivel Chair (H = 105cm, W = 48cm)

Running Time: 50 minutes

S I C K - Stage Layout



TOURING COMPANY

Choreographer x 1

Dancers x 8

Production Manager / Technician x 1

Producer x 1

TARGET AUDIENCE AND THEMES

S I C K is aimed at audience of all ages but particularly looks to reach those 16+. The work touches on the struggle of poor mental health, in particular depression in men. Data provided by the Office for National Statistics in 2020 shows that men are 3 times more likely to take their own lives due to poor mental health than women. Through this work we tell the story of one man's journey of the struggle with mental health and how this not only impacts his life but those around him, revealing the rippled effect of poor mental health in the daily lives of those who suffer and those who care for loved ones affected. At performances we supply the audience with a handout of resources available to assist anyone struggling with their own mental health. The team have worked with a number of mental health charities to collate these resources.

In addition to the show programmers can also engage with our wraparound and educational resources.



WORKSHOPS

We can offer 45-minute dance workshops as part of the show programming which can be provided to either dance experienced participants or complete novices. We provide the participants with an uplifting endorphin release while also providing them with a toolbox they can tap into to help manage their mental health. Taira Foo has been working with mental health charity MIND UK providing these workshops to their service users.

POST SHOW Q&A

Our company can facilitate post show Q&A's offering audiences a chance to ask questions of the performers and creator about the themes of the work or their practice. In addition, we can also arrange for one of our charity partners to come along and talk about the mental health support and services available locally to your venue.

During this process Taira has also been working with One Dance UK for their Wellbeing Wednesday in conjunction with Terry Hyde detail on their work can be shared and discussed in more detail as either part of a workshop or post show Q&A.

CHARITY PARTNERS

Below is a list of the charity partners we have been working with while creating this show:

BAPAM – <https://www.bapam.org.uk>

Mind Buckinghamshire - <https://www.bucksmind.org.uk>

Inside out community - <https://www.insideoutcommunity.com>

Calm - <https://www.thecalmzone.net>

Studio Upstairs - <https://www.studioupstairs.org.uk>

Since 2020 Taira has been working closely with Mind and Inside Out Community to provide dance workshops throughout the pandemic to their service users to provide them with a toolbox for managing mental health. As things began to open up and people's and lives were getting back to some kind of version of normal Taira continued to work with these organisations to providing weekly classes for their service users and continues to do so building a strong relationship with these organisations. These partners are enthusiastic about SICK and are excited to support its development in whatever way they can, some of these organisations have committed to promoting the work through their media channels and through their service networks, others are keen to offer a presence in the wraparound

elements potentially being able to attend post-show Q&A's to signpost the services that they can offer.

ADDITIONAL RESOURCES

Counselling for Dancers is a new app created by Terry Hyde with support and input from Taira Foo <https://www.counsellingfordancers.com>

Taira has created a series of videos for the App aimed to help dance professionals which cover a number of useful industry topics:

1. Introduction, Taira's training what she is doing now. A bit on her story how she succeeded unconventionally.
2. Business of Auditioning:
 - What Taira looks for in auditions
 - How she dealt with auditions
 - Tool kit for auditions
 - Perspective of auditioning (Always learning & growing from them)
 - Your USP
3. Mental Health
 - Rejection & how to deal with it
 - Building resilience
 - Allowing space to grow
 - Tool kit
4. Agents
 - Benefits
 - Going it alone
 - Build a good relationship
 - Watch out for the cowboys
 - How to get one

5. Staying motivated

- The right job to complement your goals
- Take class
- Stay Connected
- Write a plan
- Stay balanced

6. You can

- Your Why
- Your purpose
- Plan A