



Easy read and visual story

Weight(less)

By Mimbre

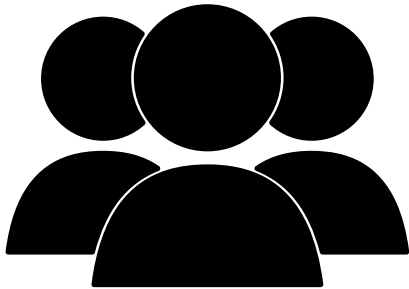
An acrobatic theatre show

What to expect



What is it?

- *Weight(less)* is an acrobatic theatre show.
- It has three performers who solve problems and support each other.
- There is a story line that goes all the way through the show.
- But it is not meant to be very realistic.



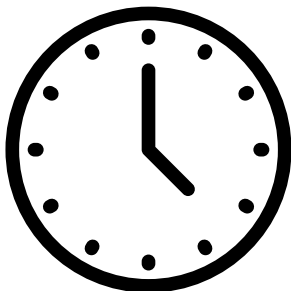
Who is it for?

- The show is for all audiences and all ages.



Main themes

- Friendship
- Hope
- Teamwork
- Strength
- Dealing with problems
- Support



Length of show

- 30 minutes
- There is no interval



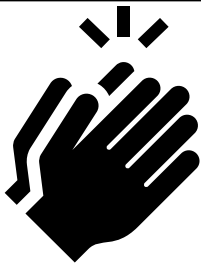
Space and seating

- There is usually a rope on the floor around the stage.
- You can sit or stand anywhere behind that.
- If you're near the front of the crowd, try to sit on the floor if you can so that other people can see over your head.



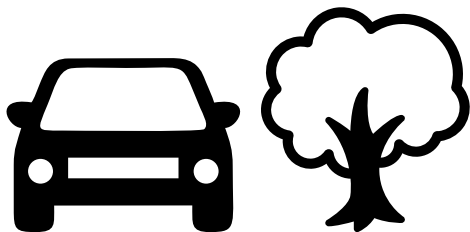
Music and sound

- As you come near, there will be music playing from the speakers.
- The music will play throughout the show.



Clapping

- People may clap
- It makes the performers happy when people do that.
- You can join in if you want to or not.

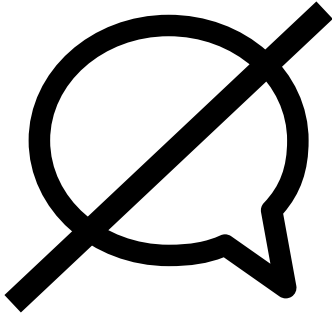


- It is an outdoor performance so it can be noisy
- You can hear streetcars, conversations or other things around.



Content and trigger warnings

- The performers do impressive acrobatics.
- This might look dangerous, but don't worry.
- The performers have all been practicing for a very long time to be able to do this.



Speech and script

- There isn't much speech in the show
- The performers will speak to each other or the audience sometimes



All performances are Relaxed

Performances:

You can:

- Wear headphones
- Talk to each other or
- Make noises
- Come and go
- Move around



Audience interaction

- The performers may ask you to do something easy, like whisper into a bag or hold a rope.
- You do not have to if you do not want to.

Cast



Martha

- Martha is the biggest and strongest of the performers.
- She is called a 'base'.
- She is often at the bottom of the human pyramids they make.



Silvia

- Silvia is the middle one of the three performers
- Her job is called a 'middle'.
- She is often in the middle of the pyramids the performers make.



Anesta

- Anesta is the smallest of the performers
- Her job is called a 'flyer'.
- She is often on top of the human pyramids they make.

Set and costume



- The set is a big grey carpet.
- On the carpet are orange inflatable bags
- The performers carry the bags to show their problems.



The costumes are shades of the colour grey:

- Martha's costume is dark grey.
- Silvia's costume is medium grey.
- Anesta's costume is light grey.



Before the show

- Silvia will give out some orange bags to the audience.
- If you want you can whisper a problem into the bag.

The Performance



- There are 11 sections in 'Weight(less)'
- At the beginning the performers have 1 big problem in a dark orange bag.
- By the end they have broken up that problem into smaller problems which they can deal with.



Section 1 - Arrival

- Martha arrives on the stage carrying a big bag of problems over her head and Anesta on her back.



Section 2 - Bag

- Bag Martha stumbles and the bag falls on top of her.
- Silvia and Anesta work together to help move the bag.
- They might ask an audience member to hold a rope that's holding the bag down.



Section 3 - Unleash the problems

- Martha gets in the bag.
- Anesta and Silvia pull the smaller bags out of the bigger bag.
- It looks a bit like they are all fighting with the bags.

The Performance



Section 4 - Slow tangled

- The performers end up tangled with the bags.
- Silvia starts to leave, but Martha and Anesta get her to come back.



Section 5 - Geometrix

- The performers make new shapes using their bodies and the bags.



Section 6 - Fragile order

- The performers try to put the bags in order.
- Silvia or Anesta might give you a bag to hold
- Soon Martha will come and take it back.



Section 7 - Minefield

- The performers weave ropes through the bags
- Then they move between the bags.

The Performance



Section 8 - Drag back to the grind

- Martha picks up the ropes and starts to leave.
- This will pull the little bags out of the audience.
- Silvia and Anesta stop her from leaving.



Section 9 - Float away

- Anesta finds a bag that is light and starts to float.
- All three of the performers find that some of the bags are now light.



Section 10 - Departure

- Martha finally leaves with one bag.
- This is the end of the show.
- The performers will bow.



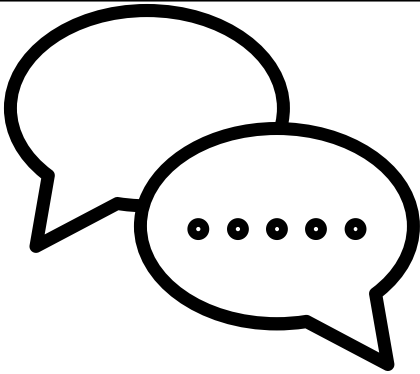
Section 11 - Keepy Uppy

- After the show, the performers will throw some of the bags into the audience.
- They are very light.
- You can throw them back or to another person.

After the performance



- The music will continue.
- While the performers take a bow the audience may clap.
- Feel free to join in the clapping.



- After the show the performers might make a small announcement thanking you for coming to see 'Weight(less)'.
• When that's finished you can go talk to the performers if you would like to.

Contact

 The logo for Mimbre acrobatic theatre is a yellow trapezoidal shape. The word "Mimbre" is written in a large, bold, black sans-serif font at the top. Below it, the words "acrobatic" and "theatre" are written in a smaller, black, lowercase sans-serif font, stacked vertically and slightly offset to the right.	<p>Information</p> <p>Mimbre: info@mimbre.co.uk Website: https://mimbre.co.uk/ Facebook: @mimbreactro Instagram: @mimbreactrobats Twitter: @mimbre_acrobats</p>
<p>Credits</p>	<p>Photo credits</p> <p>Weight(less) by Mimbre, main photo by Rachel Hardwick at www.rachelhardwick.co.uk</p>
<p>Partners and funders</p>	<p>'Weight(less)' is supported by Deda, Arts Council England, 101 Outdoors, Sylvia Waddilove Foundation UK and The Golsoncott Foundation</p>