



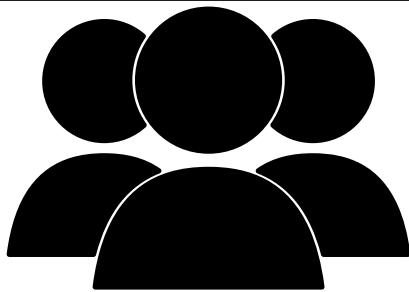
Easy read and visual story  
**Weight(less)**  
By **Mimbre**  
An acrobatic theatre show

# 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.



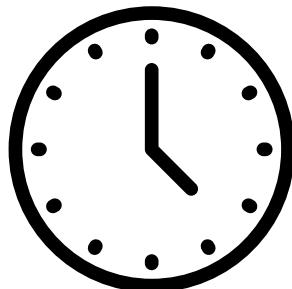
## Who is it for?

- The show is for all audiences and all ages.



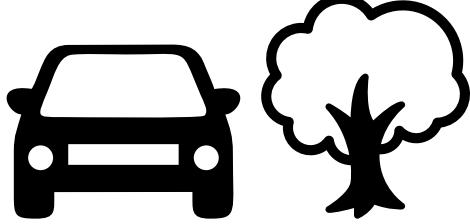
## Main themes

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



## Length of show

- 30 minutes
- There is no interval

	<p><b>Space and seating</b></p> <ul style="list-style-type: none"> <li>• There is usually a rope on the floor around the stage.</li> <li>• You can sit or stand anywhere behind that.</li> <li>• 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.</li> </ul>
	<p><b>Music and sound</b></p> <ul style="list-style-type: none"> <li>• As you come near, there will be music playing from the speakers.</li> <li>• The music will play throughout the show.</li> </ul>
	<p><b>Clapping</b></p> <ul style="list-style-type: none"> <li>• People may clap</li> <li>• It makes the performers happy when people do that.</li> <li>• You can join in if you want to or not.</li> </ul>
	<ul style="list-style-type: none"> <li>• It is an outdoor performance so it can be noisy</li> <li>• You can hear streetcars, conversations or other things around.</li> </ul>
	<p><b>Content and trigger warnings</b></p> <ul style="list-style-type: none"> <li>• The performers do impressive acrobatics.</li> <li>• This might look dangerous, but don't worry.</li> <li>• The performers have all been practicing for a very long time to be able to do this.</li> </ul>



### **Speech and script**

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

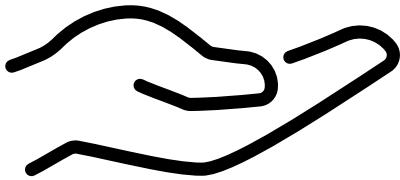


### **All performances are Relaxed**

#### **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



## Julia

- Julia 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.



## Rebecca

- Rebecca 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.



## Silvia

- Silvia 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



## Before the show

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

# The Performance

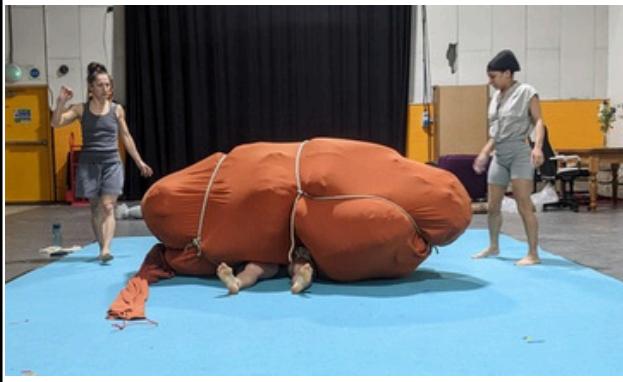


- There are 9 sections in 'Weight(less)'
- At the beginning the performers have 1 big problem in a dark orange bag.
- By the end they have broken up that problem into smaller problems which they can deal with.



## Section 1 - Arrival

- Rebecca arrives on the stage carrying a big bag of problems over her head.



## Section 2 - Bag

- Rebecca stumbles and the bag falls on top of her.
- Silvia and Julia work together to help move the bag.



## Section 3 - Unleash the problems

- Rebecca gets in the bag.
- Julia and Silvia pull the smaller bags out of the bigger bag.

# The Performance



## Section 4 - Slow tangled

- Rebecca ends up tangled with the bags.



## Section 5 - Geometrix

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



## Section 6 - Minefield

- The performers place the bags on the floor
- They start weaving and jumping around and over them

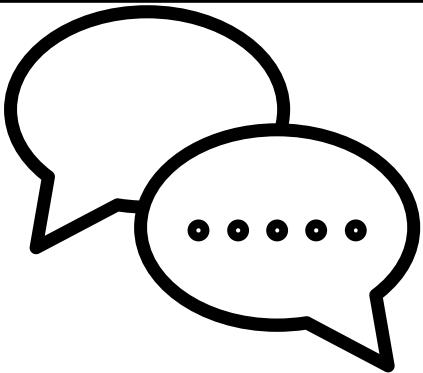
# The Performance

	 A photograph showing three performers in a gymnasium. One performer is standing on the shoulders of another, who is holding a large yellow beanbag. A third performer is lying on the floor nearby. They are on a blue mat with several other yellow beanbags scattered around.	<b>Section 8 - Float away</b> <ul style="list-style-type: none"><li>• Siliva finds a bag that is light and starts to float.</li><li>• All three of the performers find that some of the bags are now light.</li></ul>
	 A photograph showing two performers on a blue mat. They are using long ropes to pull large yellow beanbags across the floor. The ropes are attached to the bags and are being pulled by the performers.	<b>Section 9 - Drag back to the grind</b> <ul style="list-style-type: none"><li>• Rebecca picks up the ropes and starts to leave.</li><li>• This will pull the little bags out of the audience.</li></ul>
	 A photograph of a performer standing on a blue mat, carrying a large yellow beanbag on their back. They are barefoot and wearing a dark top and grey shorts.	<b>Section 9 - Depature</b> <ul style="list-style-type: none"><li>• All the performers leave with the bags and ropes</li><li>• This is the end of the show.</li><li>• The performers will bow.</li></ul>

# 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. It features the word 'Mimbre' in a large, bold, black sans-serif font. Below it, the words 'acrobatic theatre' are written in a smaller, black, lowercase, sans-serif font. The entire logo is set against a yellow rectangular background with rounded corners and a slight shadow, giving it a 3D effect.	<p><b>Information</b> Mimbre: <a href="mailto:info@mimbre.co.uk">info@mimbre.co.uk</a> Website: <a href="https://mimbre.co.uk/">https://mimbre.co.uk/</a> Facebook: @mimbreadro Instagram: @mimbreadrobats</p>
<p><b>Credits</b></p>	<p><b>Photo credits</b> Weight(less) by Mimbre, main photo by Rachel Hardwick at <a href="http://www.rachelhardwick.co.uk">www.rachelhardwick.co.uk</a></p>
<p><b>Partners and funders</b></p>	<p>'Weight(less)' is supported by the Foyle Foundation, Deda, Arts Council England, 101 Outdoors, Sylvia Waddilove Foundation UK and The Golsoncott Foundation</p>