



Easy read and visual story

Weight(less)

By Mimbre

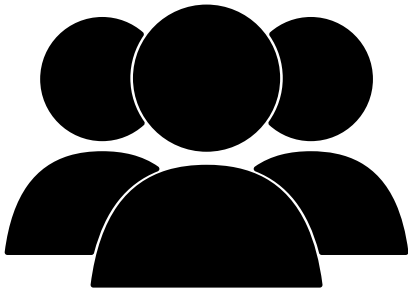
An acrobatic theatre show

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.



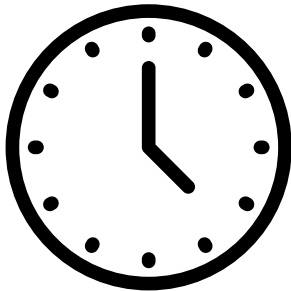
Who is it for?

- The show is for all audiences and all ages.





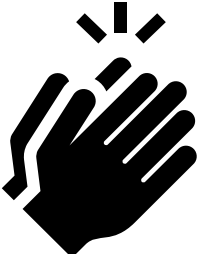
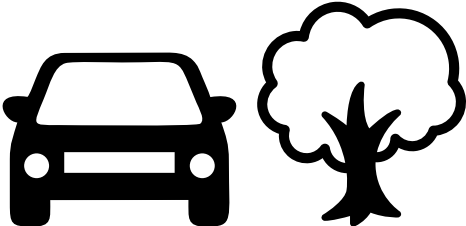

Main themes

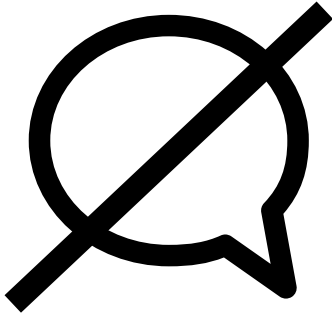
- Friendship
- Hope
- Teamwork
- Strength
- Dealing with problems
- Support



Length of show

- 30 minutes
- There is no interval

	<p>Space and seating</p> <ul style="list-style-type: none"> • 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.
	<p>Music and sound</p> <ul style="list-style-type: none"> • As you come near, there will be music playing from the speakers. • The music will play throughout the show.
	<p>Clapping</p> <ul style="list-style-type: none"> • People may clap • It makes the performers happy when people do that. • You can join in if you want to or not.
	<ul style="list-style-type: none"> • It is an outdoor performance so it can be noisy • You can hear streetcars, conversations or other things around.
	<p>Content and trigger warnings</p> <ul style="list-style-type: none"> • 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



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

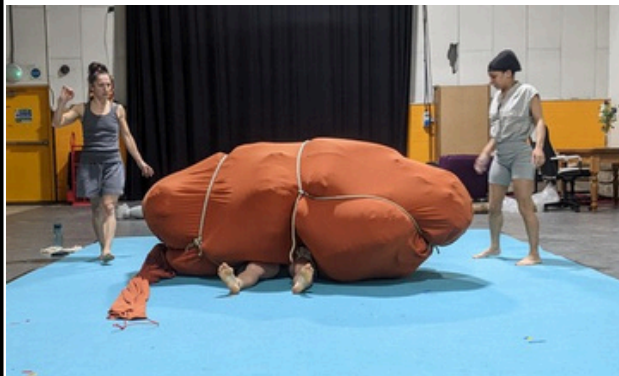


- There are 9 sections in 'Weight(less)'
- At the beginning the performers have 1 big problem in a dark orange bag.
- By the end they have broken up that problem into smaller problems which they can deal with.



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



Section 8 - Float away

- Siliva 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 9 - Drag back to the grind

- Rebecca picks up the ropes and starts to leave.
- This will pull the little bags out of the audience.



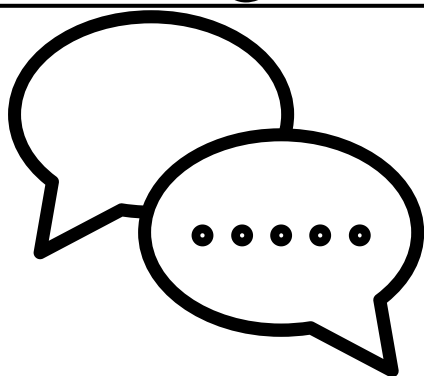
Section 9 - Depature

- All the performers leave with the bags and ropes
- This is the end of the show.
- The performers will bow.

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 parallelogram tilted to the right. The word 'Mimbre' is written in a large, bold, black sans-serif font. Below it, the words 'acrobatic' and 'theatre' are written in a smaller, black sans-serif font, stacked vertically.	<p>Information</p> <p>Mimbre: info@mimbre.co.uk Website: https://mimbre.co.uk/ Facebook: @mimbreaacro Instagram: @mimbreaacrobats</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 the Foyle Foundation, Deda, Arts Council England, 101 Outdoors, Sylvia Waddilove Foundation UK and The Golsoncott Foundation</p>