



Easy read and visual story

Weight(less)

By Mimbre

An acrobatic theatre show

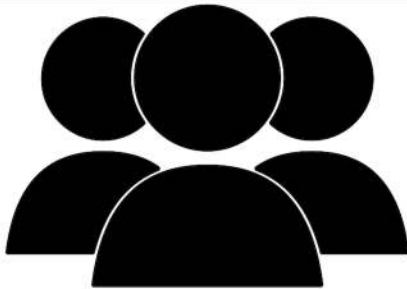
What to expect



What is it?

Weight(less) is an acrobatic theatre show. It has three performers who work together to solve problems and support each other.

There is a storyline 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.



People may clap at various points. 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 busy and you can hear noises from 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, but the performers sometimes will speak to each other or the audience.



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 and 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, and 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 that the performers carry 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.

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.



Before the show

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



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

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 problem 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 for a bit, but Martha will come and take it back.



Section 7 **Minefield**

The performers weave ropes through the bags and then move between the bags.

The Performance



Section 8

Drag back to the grind

Martha picks up the ropes and start 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

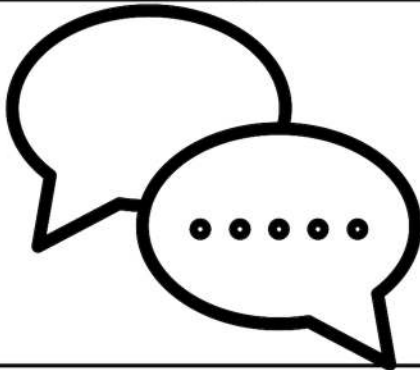
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After the show, the performers will throw some of the bags into the audience. They are very light. You can throw them back to to another person.

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 sans-serif font, stacked vertically and slightly offset to the right.	<p>Information Mimbre: info@mimbre.co.uk Website:https://mimbre.co.uk/ Facebook: @mimbreactro Instagram: @mimbreactrobats Twitter: @mimbre_acrobats</p>
<p>Credits</p>	<p>Photo credits 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, Sylvia Waddilove Foundation UK and The Golsoncott Foundation</p>