

# CONTAINED

TRUE STORIES FROM THE HEART



## Northern Stage Schedule: Thu 4 - Sat 6 May

### Thursday 4 May

7:45pm

**CONTAINED**

followed by post show discussion

### Friday 5 May

10am - 11:30am

CONTAINED: The Workshop



Join the Director of CONTAINED, Alan Lyddiard and Mind the Gap's Resident Director Joyce Nga Yu Lee for a 1.5 hour workshop exploring some of the techniques used to create the show. Aimed at experienced and aspiring performers, the workshop covers Alan's trademark, meditative practice known as 'slow walk'.

1pm

**CONTAINED**

3:30pm - 6:30pm

Tea & Trailers



A fun & friendly afternoon of sharing the brilliant diversity of disability arts, and work by disabled people. Think of Tea & Trailers as an industry cabaret open to everyone; maybe we can start a revolution, with tea & biscuits. So come along, meet like-minded folks and share what you're doing in whatever format you wish, and have a cuppa on us.

7:45pm

**CONTAINED**

### Saturday 6 May

10am - 11:30am

CONTAINED: Dance Workshop



Join the Choreographer of CONTAINED, Karen Bartholomew for a dance workshop exploring storytelling through choreography and movement.

Continued overleaf...

**12pm - 1pm**

**CONTAINED: The Ensemble**



Part workshop, part discussion, this session will be led by Alan Lyddiard, Director of Contained, and will introduce participants to his experience of developing an ensemble. This workshop will delve into this notion of long term practice, creating work over years rather than weeks.

**2pm - 3pm**

**TIN Arts: Dance Workshop**



A session for everyone, TIN Arts will lead an inclusive dance session. For people at a participatory level, people interested in dance and great for artists and students who may be interested in inclusive practice.

**3:15pm - 4:15pm**

**Lawnmowers: Qualitree**



In this workshop, Lawnmowers Independent Theatre Company will explore quality in art. What does quality actually mean and how do we give and receive feedback, with a focus on their Qualitree framework.

**4:15pm - 5pm**

**In Conversation with Liam Bairstow**



For people wanting a backstage glimpse into ITV's Coronation Street, from CONTAINED performer Liam Bairstow who plays Alex Warner in Coronation Street.

**6:15pm - 6:45pm**

**Performance Platform**



For people wanting to see new work by local aspiring learning-disabled artists. Featuring performances by TIN Arts and Headway Arts.

**7:45pm**

**CONTAINED**

All events are free if you have purchased a ticket to CONTAINED.



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