



tangled  
feet

# Butterflies

By Tangled Feet

August / Sept 2018 onwards

For press enquiries please  
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## BUTTERFLIES, A SHOW FOR 3-8's on THEME OF CHILDHOOD ANXIETY, TOURS THE UK SEPT-NOV

*"I've got that funny feeling again...  
it's a good thing right?"*

Two of the UK's leading companies creating work for young people have joined forces to produce **Butterflies**, a new show based on research into children's anxiety. The show, for ages 3-8, opens at Half Moon Theatre on Sept 21st and 22nd and then tours the UK until Nov 24th.

**Butterflies will whisk you away on a journey of what makes you anxious and what we can do to understand, accept or overcome these feelings. Our lives are filled with the question of 'what if' and sometimes it can make you spiral and tumble into the murky waters of worry and doubt. But 'what if' is a vital question to keep us safe and unlock the full potential of life's adventures.**

Three friends embark on an **exciting adventure** to chase their butterflies away. They cross new seas to uncharted lands, on a journey filled with discovery. **The only trouble is they're all a bit worried about it!** During their voyage the group ride the waves, walk high bridges, skirt deep caves and climb to the sky, before **reaching dry land braver than ever** before.

Butterflies is a co-production between award winning theatre ensemble Tangled Feet and Half Moon, the UK's leading small-scale theatre company creating work for young people. **Butterflies was created** following a Dramatherapy programme that Tangled Feet ran **with young people** who suffered severe anxiety and acted as 'creative consultants' for the project.

Nathan Curry, Co-Artistic Director of Tangled Feet, commented "The Dramatherapy Programme helped us **understand how the anxiety started, what the shape and feel of it is for them and what their coping mechanisms are.** We spent our time with them discussing images, metaphors and poetry surrounding anxiety in a bid to help connect our creativity to their reality. These 'creative consultants' helped us find some key images in the show, some of the coping methods our characters use and also the title! We're delighted to be working with Half Moon on a new co-production after the success of *Need a Little Help* in 2015. Recent **reports suggest that about 1 in 8 young people have struggled with anxiety and we wanted to find a new way to discuss this theatrically, but with an uplifting, fun and touching story.** We are particularly proud to be touring such a powerful and important story across the UK this Autumn."

## Listing Details

A Tangled Feet and Half Moon co-production

### Butterflies

For ages 3-8

Lasting 45 minutes

### September

21st September	Half Moon Theatre
22nd September	Half Moon Theatre
28th September	Redbridge Drama Centre
29th September	Gulbenkian Theatre, Canterbury
30th September	Watermans, Brentford

### October

6th October	The Spring, Havant
11th October	Middlesborough Town Hall
12th October	ARC, Stockton
13th October	ARC, Stockton
19th October	The Egg, Bath
20th October	The Egg, Bath
21st October	The Egg, Bath
22nd October	The Lowry, Manchester
23rd October	The Library Theatre, Luton
24th October	South Holland Centre, Spalding
25th October	Grimsby Institute
26th October	North Wall, Oxford

### November

3rd November	Sandpit, St Albans
4th November	The Albany, Deptford
10th November	Canada Water Culture Space
11th November	Nuffield Southampton Theatre
24th November	Sheffield Theatres



## Notes to Editors

### Creative Team

**Cast:** Sara Templeman, Mario Christofides, Tunji Falana

**Director:** Nathan Curry

**Dramaturg:** Chris Elwell

**Set and Costume Designer:** Ele Slade

**Composer and Sound Designer:** Guy Connelly

**Production Manager and Lighting Designer:** Phil Clarke

**TF Participation Manager and Dramatherapist:** Alex Ramsden



### Further Details

A selection of images can be downloaded from Dropbox:

<https://www.dropbox.com/sh/8wuduf1d5uarwe4/AAAgO6Ref7mMuqBbahlksF1oa?dl=0>





## About Half Moon

Half Moon are the UK's leading small-scale young people's venue and touring company. It is a local organisation with a national remit, committed to supporting young people at every stage of their creative development. Working from their base in Limehouse and throughout the community in Tower Hamlets, Half Moon makes a big impact on the lives of young people. Half Moon's wide-ranging programme reaches 53,000 people annually and engages those who are often excluded from arts activity. Half Moon's activity includes a season of professional plays for young audiences, national touring productions and an extensive creative learning programme, including seven youth theatres. Half Moon receives regular funding from the London Borough of Tower Hamlets and are a National Portfolio Organisation of Arts Council England.

[www.halfmoon.org.uk](http://www.halfmoon.org.uk) | @HalfMoonTheatre | [www.facebook.com/halfmoontheatre](https://www.facebook.com/halfmoontheatre)

## About Tangled Feet

Tangled Feet are a physical theatre ensemble dedicated to devising original, accessible and innovative work. Since 2003, our productions have been pushing the boundaries of theatrical practice, exploring and exploiting the live encounter between audience and performer and telling stories of the tensions, challenges and politics of peoples lives. We make transformative theatre in public places, found spaces and theatre buildings and are a dedicated ensemble and believe in long-term rehearsal and performance history with a shared vision, and commitment to a collaborative working methodology. We enjoy sharing the creative process with new people and younger artists, as an integral part of our production process and in workshops, residencies and participation projects. We joined the Arts Council's National portfolio of core funded arts companies in 2018.

[www.tangledfeet.com](http://www.tangledfeet.com) | @TangledFeet | [www.facebook.com/tangledfeet](https://www.facebook.com/tangledfeet)

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