



# Look Mum, No Hands!

A tender story of friendship, taking risks  
and developing your independence,  
for family audiences.

## Marketing Pack

# Look Mum, No Hands!

## About The Show

*Look Mum, No Hands!* is a tender story all about friendship and growing up. It explores a visually beautiful, and physically surprising, coming-of-age tale all about two friends testing their own boundaries. Together they explore freedom, taking risks and independence and how they change depending on if you're Disabled, or not.

Risk is a sliding scale. What seems risky to you might feel comfortable to someone else. Yet every day we take small risks that help us to grow, until - one day - the things we once thought were risky now feel like the norm. *Look Mum, No Hands!* playfully explores ideas of vulnerability and strength, independence vs interdependence, with striking physical imagery that will linger in people's minds.

The production takes creative advantage of the fact that one character uses a wheelchair to make acrobatic shapes and choreographies that are original and unexpected. We see the two friends play, gently pushing the boundaries of what is possible, until together they find the perfect balance of each of their limits.



## The Story (so far...)

*Look Mum, No Hands!* is a new piece of physical theatre that combines an original score, with new approaches to choreography. It's a high quality indoor or outdoor show, with two performers. It playfully uses movement and physicality to gently push the boundaries of what is possible and what our expectations are.

*Look Mum, No Hands!* is a collaboration between Daryl & Co and Mimbre. It merges Daryl & Co's inclusive practice with Mimbre's poetic approach to acrobalance. The show follows the ideology of 'Nothing About Us Without Us', by creating work *with* - not *for* - young Disabled people. In this production the partners' mutual respect and excitement for shared learning creates an open space for exploration and ambition in the physical storytelling.

The show was specifically inspired by working with a mixture of Disabled and non-disabled 8 - 12 year olds. The stories the young people told of becoming independent by taking small risks became the narrative, scenes and physical visual moments of *Look Mum, No Hands!*.

*Look Mum, No Hands!* is supported by Without Walls and commissioned by FESTIVAL.ORG and Hat Fair. Additional support comes from The Spark Arts for Children and Blueprint: Without Walls R&D Investment fund.

#Blueprint2021



# The Creative Team

**Co-Directors** - Daryl Beeton & Lina Johansson

**Inclusive Acrobatic Consultant** - Rick Rodgers

**Performers** - Danielle Summers & Laura Dajao

**Role Shares and Understudies** - Kat Ball & Sophie Page

**Composer** - Gareth Cutter

**Designer** - Jonathan Van Beek



## The Touring Info

6x4 metre performance space

For indoor shows, at least 3m height

For outdoor shows flat solid ground  
(not grass)

Can come with inclusive seating

Accessible venue/festival

4 people in touring company

Can work with and without lighting

Can work in schools and non-theatre spaces, if sufficient height

## **Now Booking for 2023**

Available now for booking!

For more detailed information,  
such as a full tech spec, please  
contact Daryl via email:

[daryl@darylandco.com](mailto:daryl@darylandco.com)

### **The Benefits - *What's in it for you?***

Booking *Look Mum, No Hands!* is an opportunity to work with a leading Disabled-led theatre company, to programme an innovative and visually arresting show for young audiences and to develop new audiences.

Booking LMNH gives you a chance to accelerate inclusive practice in your organisation in many different ways:

- Diversify your programme
- Reach out to new diverse audiences
- Learn by experience of working with Disabled artists
- Improve knowledge of Relaxed performances
- Boost awareness of barriers to engagement



# Potential audiences

**Family audiences**

**School groups**

**Disabled audiences**

*We are experienced in creating Relaxed Performances, suitable for Disabled audiences and can work with venues to support delivery.*

**Deaf audiences and where English is not the first language**

*The show is largely non-verbal and is highly visual in style, making it accessible without BSL/captions.*

**Rural audiences**

*This show is suitable for rural touring*

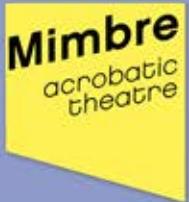
# The Audience

## Audience Experience

This story of friendship, growing up and figuring out how to be independent is something everyone can relate to. Created with a mixed group of Disabled and non-disabled young people, *Look Mum, No Hands!* is directly based on the real experiences of young people, making it recognisable and relevant to them. Our approach is to show rather than tell, so audiences will experience visually surprising sights and imagery, which will stay with them and perhaps help to shape new perceptions of Disabled people.

*Look Mum, No Hands!* offers audiences a captivating show, with a real sense of risk in the movement of the performers onstage, certain to keep young audiences riveted. It is a wonderful opportunity for young Disabled audiences to see themselves represented onstage and to challenge misconceptions.

It is also an opportunity to share high quality, visceral and inventive new theatre with your core family audiences, both indoors and out. We are also able to offer acrobalance workshops to accompany the show for an additional fee.



## Daryl & Co

Daryl & Co is a Disabled-led company where collaboration and co-creation meet mischief and merriment. We make tactile, accessible theatre to delight young audiences and their families. Working with young people is great. Every day we get to be surprised and enthused by how they see things and their way of being in the world.

## Mimbre

Mimbre is a female-led company creating nuanced, breathtaking and highly-skilled acrobatic theatre. We use circus and dance innovatively as a physical language to illuminate human connections and promote a positive image of women. With an artistic voice that is physical and accessible, Mimbre build relationships with broad, non-traditional audiences and participants, creating unexpected moments in unusual spaces and reclaiming some beauty within the urban environment.

## With thanks to...

Look Mum, No Hands! is supported by Without Walls and commissioned by FESTIVAL.ORG and Hat Fair. With additional support from The Sparks Arts for Children and Blueprint: Without Walls R&D Investment Fund #Blueprint2021. With special thanks to 101 Outdoor Arts Creation Space, Foyle Foundation, The Golsonocott Foundation and Leche Trust

*Photo credits: Rachel Hardwick and @HeardinLondon*

[www.DarylAndCo.com](http://www.DarylAndCo.com)

[www.mimbre.co.uk](http://www.mimbre.co.uk)

