

LUCA SILVESTRINI'S

PROTEIN

PROTEINDANCE.CO.UK

MAY CONTAIN FOOD
MAY CONTAIN YOU

Promoters Pack

A self contained show with a cast of two, specially adapted for rural touring and alternative performance spaces. Inspired by Luca Silvestrini's original critically acclaimed production of *May Contain Food*
Optional accompaniment of a sister adaptation for older peoples care settings.

"the tone of the production feels more entertaining than subversive but it does throw some perfectly aimed barbs at the weirdness, excess and complacency of today's foodie culture."

Judith Mackrell, The Guardian ****

"May Contain Food, May Contain You at the Left Bank was one of my favourite moments of the year and completely embodied why I love what we do. It is brilliant to have the chance to work with such an expert team of artists who are so clear and passionate about what they do, bringing a wonderfully creative concept and really connecting with an audience, most of whom I expect have not seen much contemporary dance"

Wieke Eringa, Yorkshire Dance



❖ May Contain Food, May Contain You ❖

Show	<p>A self-contained show travelling with its own lights, sound, set and props.</p> <p>Transforming your local hall or venue into a pop-up restaurant, audience are invited to sit around decorated tables to watch, savour and digest the performance that unfolds around them. The audience are invited to bring a dish to share and help the performers to collectively bake a scrumptious sticky ginger pudding. As the heady scent of spice fills the air, Protein's charming and multi-talented hosts win audience affections with a playful mix of dance, song and humorous monologues. With a raffle orchestrated by the performers during a choreographed 'interval', this sumptuous evening promises to make the audience smile whilst reflecting on the curious relationship we have with food.</p>
Target Audience	12+ (guidance) and families welcome.
Trailer	https://www.youtube.com/watch?v=l8T-u78ZwC4
Quotes	<p><i>"Excellent, beautiful singing, music, theatre dance and food. What more could you want?"</i> Audience member, Grittleton</p> <p><i>"I found it really exciting, totally engaging and innovative as well as accessible and relevant to a wide audience...we all felt like guests at a dinner party rather than an audience in a theatre"</i> Karen Kidman, Community Touring Manager, Creative Arts East</p>
Company	Protein was nominated for 'Best Independent Company' at the National Dance Awards 2016 and is one of the most distinctive voices in British dance theatre. Luca Silvestrini's blend of choreography, text, humour and music connects theatrical experiences with real life stories, resulting in entertaining and provocative shows on- and off-stage.
Artistic Director	Luca Silvestrini
Composer	Orlando Gough
Personnel	Two performers, a rehearsal director, a production manager
Duration	Approx 1 hour and 30 minutes including an 'interval' coordinated by the performers
Venue	Theatre space, hall, restaurant or other space with a minimum flat performance area of 5m x 5m x 6m (height). Access to a kitchen area and preparation/ holding space (inc. fridge) for food. Venue required to provide chairs.
Layout	Cabaret style: in the round on the flat with audience sat around the perimeter at tables.
Audience Capacity	The company will bring tables (unless pre-discussed) for approx. 80 – 100 guests. The size of available space will determine audience capacity
Catering	Food served throughout the show. Audience are asked to bring a dish to share. Venues will need to accommodate for the sharing of food within the space.
Get In/Get Out	Within a hall/theatre space, minimum 5 hours Get-In/max 2 hours Get-Out. In alternative spaces (e.g. restaurants/festivals) Get-in/Get-out will be subject to tech requirements. Where possible support for get in and get out by venue technician appreciated.

❖ *Wraparound Activity* ❖

Adaptation for Care Settings

May Contain Food, May Contain You can be accompanied by a sister-adaptation *May Contain You* designed for older peoples care settings (care homes, lunch clubs and hospitals). The production is dementia-friendly and aims to intrigue, surprise and delight people for whom a trip to the theatre is ordinarily impossible.

The performance blends workshop and performance to become a unique theatrical experience. As such the work has within it an invitation to engage either passively – as a spectator – or more actively as someone who might want to interject with comment or to dance/sing/hum along. The performance takes place within the dining hall or lounge, with furniture set around a central performing space. The dancers, dressed as waiters, welcome the residents and invite them into their ‘pop-up restaurant’ offering up trays of tinned food such as Spam, Birds Eye Custard and Ambrosia Rice Pudding as well as an array of fruit and vegetables to stimulate conversation about food memories, likes and dislikes. The show gradually emerges from this informal gathering and weaves anecdotes offered up by the audience with dance duets, songs and live music punctuated with cups of tea and jam tarts.

Set Up and preparation time

30 minutes

Personnel

Two performers, a rehearsal director, an assistant

Technical requirements

Access to a plug socket

Performance Length

Approx 1 hour 15 mins (to include chat and tea)

Performance Space

A clear area with furniture placed around perimeter of room in a U shape. Visits to individual rooms/wards for residents unable to come to the group performance can be made available.

Target Audience

Residents, staff and visiting family all welcome

Trailer

<https://www.youtube.com/watch?v=br0wffTNlq4>



“The quality of the performance was brilliant. The ability to build a rapport with the audience within minutes of starting the show was incredible. In the 5 ½ years I have been here I don’t think I have seen so many residents sitting in one room all laughing.” **Nicky Durbin, Manager, Seckford House Residential Home**

“I thought it was wonderful - to be outside in our beds watching this” **Spinal Treatment Centre Patient, Salisbury Hospital**

❖ *More Information* ❖

Contact

Melanie Precious
Creative Producer
Melanie@proteindance.co.uk
020 8269 2394



An example of May Contain Food, May Contain You set in a community arts venue
(Left Bank, Leeds in partnership with Yorkshire Dance)



An example of May Contain Food, May Contain You set in a studio theatre

Photos: Chris Nash, Alicia Clarke and Melanie Precious

Facebook: /proteindance

Twitter: @proteindance #maycontainfood

020 8269 2394 | proteindance.co.uk

Donate to our work online via our website: proteindance.co.uk/support