

Diverse City, in association with Theatre Royal Plymouth, presents

MID LIFE

Hold tight, there's a
change coming.

Visual Journey

Diverse City
Charity Number: 1176855

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Theatre
Royal
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This is **Claire**. It's her 50th Birthday.

To celebrate, she's performing a one woman show.

She's feeling nervous.

She was a Disco Dancing Champion when she was young.

She's looking forward to performing again.

Her husband, Simon, hasn't arrived . She feels upset about that.



This is **Karen**. She's the Audio Describer for Claire's show.

She's a queer woman in her 60s and a frustrated slam poet.

She interrupts Claire's show to try to make it better.

She has things she wants to talk about too.



This is **Jacqui**. She's the sign language interpreter for tonight's performance.

She's fed up of silently interpreting what other people have to say.

She wants to speak for herself.



This is **Empress JJ**. She's a DJ and she's setting up for the dance party after the show.

She's not supposed to be taking part, but she uses music to make her points.

She has a wise way with words.

She's taking the show where it needs to go, whether Claire likes it or not.



This is **BSL Interpreter**.

This is her night off, so she's sitting in the audience.

She's not expecting to appear onstage.



Claire starts the show but is interrupted by **Karen**. She didn't expect an Audio Describer onstage with her.

She's also surprised that **Jacqui is** doing BSL interpretation.

Empress JJ is also setting up for her DJ set behind her! The show is NOT going to plan.



Everything is going wrong. Karen takes over and does some slam poetry.



Claire starts to have an anxiety attack.

We see onscreen a representation of her anxiety.

Empress JJ helps her to calm down.



It's all too much for **Jacqui**. She can't continue signing.

BSL Interpreter Ali is pulled out of the audience to interpret so that Jacqui can speak her mind.



They talk their feelings.

Claire is a wife, mother and stepmother – she feels like her needs come last.

Karen is queer and working class – she feels like her voice isn't listened to.

Jacqui has spent her life silent while she signs other people's words.



Claire tries to feel like a champion by doing a dance routine to D.I.S.C.O.

We see onscreen her memories of being a child.



They talk about when they were children.

Claire's father died young.

Karen had an eating disorder.

Jacqui became her sister's sign language interpreter when she was young.



They all talk about what sex means to them.

Claire can't remember her words. She's got brain fog – a common symptom of menopause.

Onscreen we see other women. We learn about the menopause symptoms they've had.



Empress JJ reminds **Claire** that it's her birthday and plays birthday music.

Karen brings on presents and balloons. The after party has started too early!

Jacqui pops a balloon and **Karen** loses her temper!



Claire, Jacqui and Karen talk about feelings of anger and sadness.

They hear their mothers' voices.

They think about what it will feel like when their mothers have died.

They feel afraid.



They help each other feel better and dance.



Empress JJ plays music - the whole audience stays and dances with the cast of the show.