Frozen Light present Tunnels

About Frozen Light

Frozen Light was formed in 2012 when Artistic Directors Amber Onat Gregory and Lucy Garland came together with the aim of creating high quality multi-sensory theatre for audiences with Profound and Multiple Learning Disabilities (PMLD). Amber and Lucy had developed their practice in 2006 whilst studying for a masters in applied performance together. After graduating the pair went their separate ways, they each created individual companies and continued to create small scale sensory performances that toured to special schools across the world.

After six years, Lucy and Amber found themselves back together with the shared dream of wanting to create multi-sensory theatre for audiences with PMLD in theatre venues and beyond. They received an Arts Council England grant and created their first show Tunnels together as a collaboration between their two companies. This went on a schools tour and was so successful that they decided to join forces and together formed Frozen Light. In 2013 Frozen Light was made an associate company of New Wolsey Theatre, Ipswich.

Frozen Light was born out of a passion for:

- Providing accessible, enjoyable theatrical experiences for audiences with PMLD.
- Bringing multi-sensory work into theatres
- Working with venues to make their spaces welcoming and accessible to people with PMLD.
- Increasing the visibility of people with PMLD and the opportunities available for them
**Tunnels**

Tunnels is a show created specifically for teenagers with PMLD. The show follows Lana on an adventure into the underground world of the tunnels to find the light that has disappeared from her city. The journey is led by the master of the underground Cardini and his musical accomplice Manu. The tunnels explore the senses whilst accompanied by live music and sign. Each tunnel appears to smell different: one of something old and musty, another of chocolate. One tunnel is warm and feels like sand but, strangely, the next tunnel is cold and wet. One tunnel is deeper than Lana has ever been before and glows oddly in the dark. As exciting as the underground adventure is, will Lana ever find the light to take back to her city?

**Why Multi-sensory theatre?**

Tunnels has been developed specifically for audiences with PMLD. People with PMLD have complex and profound disabilities and may have associated communication and behavioural difficulties. This performance has been structured to provide an accessible and theatrical environment which responds to the needs of this group by being performed at a close proximity to small groups and with strong sensory and participation elements. The show includes individual interaction between each audience member, the performers and their companions.

"It is important that work with people with PMLD takes place at close proximity. Any event, no matter how awesome, is unlikely to have any relevance to most people with PMLD if it takes place some distance from them." Mencap (The Arts and people with PMLD)
The Team

Lucy Garland – Co Artistic Director/performer

Lucy trained at The University of Kent gaining a Master’s degree in Drama.

Lucy has a passion for accessible, interactive theatre. Alongside Frozen Light Lucy runs Seeing Beyond which creates multi-sensory storytelling shows for special schools throughout East Anglia and beyond. Lucy has many years of experience working as a freelance actor and street performer and regularly performs with Hocus Pocus Theatre and The Theatre of Escapades. Her acting credits include Mother Goose (Ohyesitz productions) Alice's Adventure (Greenword Tree) Sideshow of Curiosities (Hocus Pocus) Lucy also has many years of experience working in adult social care which informs the work of Frozen Light.

Amber Onat Gregory – Co Artistic Director/performer

Amber trained at the University of Kent gaining a Master’s degree in Drama.

Amber loves to create arts opportunities for those who find the arts a challenge to access. She does this through Tell me a Tale which is a charity dedicated to creating theatre in numerous community settings such as schools, prisons, hospitals and detention centres. Amber is excited to be a part of Frozen Light not only to create ground-breaking multi-sensory theatre but also to establish more access in theatre venues for audiences with profound disabilities.

Amber has also facilitated drama projects for young people with learning disabilities in Australia, Turkey and Dubai.

Al Watts – Company Musician/performer

Al is a freelance music professional whose career encompasses composition, performance and music education. As an innovative musician Al combines his passion for great performance with his commitment to being a respected music educator. He is a guitar tutor, a composer, a tutor for El Sistema Norwich and runs music tech workshops for Lab Media.

Al’s performance repertoire ranges across jazz trio, pop and video track production. He currently leads a popular and versatile function band ‘Four To The Floor’. As composer-in-residence in the Tunnels school tour, Al recognised the profound effect it has on children and young people and he is proud to be part of the Tunnels team.

Ruby Soho – Designer

Zoe Svendsen – Dramaturg

Kate O’Connor – Guest Director

Marketing Pack
Marketing Copy

Long (150 words)

house and Frozen Light in association with New Wolsey Theatre, Ipswich present

Tunnels

Join Lana on an exciting adventure as she searches for the light that has mysteriously disappeared from her city.

Leaving the place that she calls home, Lana travels deep below the city into an underground world filled with music, smells and curious characters. Accompanied by a small audience, a musician and an intriguing chap called Cardini, Lana must journey into new worlds and dark places if she is ever to find the light again...

An enchanting multi-sensory production that fuses live music, sign and movement; Tunnels is a unique adventure for teenagers with Profound and Multiple Learning Disabilities.

"An enjoyable and inspirational theatre show" (Accompanying parent, The Garage Theatre, Norwich)

Frozen Light is a company making multi-sensory theatre productions for new audiences. Tunnels is supported by Arts Council England.

'Please note that Tunnels is for an audience of six 13 – 19 year olds with Profound and Multiple Learning...
Medium (100 words)

house and Frozen Light in association with New Wolsey Theatre, Ipswich present Tunnels

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‘Please note that Tunnels is for an audience of six 13 – 19 year olds with Profound and Multiple Learning Disabilities (PMLD) and their companions’

Short (50 words)

house and Frozen Light in association with New Wolsey Theatre, Ipswich present Tunnels

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‘Please note that Tunnels is for an audience of six 13 – 19 year olds with Profound and Multiple Learning Disabilities (PMLD) and their companions’

Supported by Arts Council England

Online Marketing

Twitter: @frozentheatre Hashtag: #tunnelstour

Facebook: www.facebook.com/frozenlighttheatre

Website: www.frozenlighttheatre.com

Video Trailer: http://www.youtube.com/watch?v=BC5yCqD7uqq
Content to share

- Rehearsal images
- Production images
- Artist Q&A

Messaging

- Tunnels is an age appropriate show for teenagers with PMLD
- Frozen Light create high quality, exciting original multi-sensory theatre for audiences with PMLD
- Frozen Light are passionate about people with PMLD being able to access the theatre with their friends and family
- Tunnels is fun, engaging and an enjoyable theatrical experience.

Audiences

Audience Quotes

“An enjoyable and inspirational experience”

“The best PMLD outing we have ever done. Thank you so much.”

“Loved the experience! It was such a revelation, so much energy and care.”

Target Audience

Teenagers and young people with Profound and Multiple Learning Disabilities (PMLD).

Selling Points

- Multi-sensory theatre for audiences with PMLD
- Company directors with 6 years’ experience creating theatre for audiences with PMLD
- High Quality age appropriate theatre.
- Accessible performance in theatre venues
- Opening doors to new audiences
- There are very few shows for our target audience.
- A show that people with PMLD can come to with their friends and family.
- Schools find it very difficult to find suitable excursions for pupils with PMLD.
Tour schedule

January
24\textsuperscript{th} & 25\textsuperscript{th} IPSWICH, New Wolsey
29\textsuperscript{th} & 30\textsuperscript{th} – NEWBURY, Arlington Arts Centre

February
2\textsuperscript{nd} – CANTERBURY, Gulbenkian
23\textsuperscript{rd} – 25\textsuperscript{th} – CAMBRIDGE, Junction

March
4\textsuperscript{th} – COLCHESTER Arts Centre
7\textsuperscript{th} & 8\textsuperscript{th} – BORDON, Phoenix Theatre
12\textsuperscript{th} & 13\textsuperscript{th} DIDCOT Cornerstone Arts Centre
14\textsuperscript{th} - 17\textsuperscript{th} CHIPPING ONGAR, Zinc Arts
18\textsuperscript{th} – 20\textsuperscript{th} – BASINGSTOKE, Central Studio
23\textsuperscript{rd} – NORWICH Arts Centre
25\textsuperscript{th} – 27\textsuperscript{th} – HARLOW Playhouse
28\textsuperscript{th} & 29\textsuperscript{th} – BEDFORD theatre

April
12\textsuperscript{th} – DERBY theatre
22\textsuperscript{nd} – 26\textsuperscript{th} – PLYMOUTH, Theatre Royal

May
13\textsuperscript{th} & 14\textsuperscript{th} - CAERNARFON, Galeri
29\textsuperscript{th} – DUNDEE Rep Theatre

Marketing Pack
**Box office Information**

A description of the show in two simple lines

An enchanting multi-sensory production that fuses live music, sign and movement; *Tunnels* is a unique adventure for teenagers with Profound and Multiple Learning Disabilities.

**How long is the performance?**

Approximately 60 minutes

The company will be doing 2-3 shows a day

**Are there any lighting or Strobe effects?**

We have a section of the show in UV light. There are no flashing lights or sudden changes in light that could cause epileptic seizures.

**Recommended age limit:**

13-19 year olds with PMLD. The show can be stretched to include up to 25 year olds

**Is there any music or songs?**

There is an almost continual original soundtrack created by musician Al Watts

**How many performers are there?**

Three – two actors and a musician

**Ticket Types**

- 6 tickets for teenagers with PMLD
- 6 companion tickets (we advise that these are free as the young person with PMLD cannot access the show without a carer)
- 12 extra friends and family tickets for general public shows.

**What does the set look like?**

Performed in the round. The audience enter through a purpose built Tunnel and sit in two semi circles separated by three screens.

The seating is advisory only and if the audience want to watch the show from elsewhere in the room or on the stage this is fine.

**Do the audience have to stay in the space?**

No, If the audience becomes distressed they can leave the space and enter again as many times as they like. There will be a chill out area elsewhere in the theatre provided by the company.

**Do the audience have to sit still and be quiet?**
No, the audience can move around and make as much noise as they like. The performers are all trained to deal with this.

**How can I find out more about Frozen Light?**

You can visit the company’s website – [www.frozenlighttheatre.com](http://www.frozenlighttheatre.com), join them on facebook – [www.facebook.com/frozenlighttheatre](http://www.facebook.com/frozenlighttheatre) or follow them on twitter @frozen__light #tunnelstour

**Who are house?**

*house is an initiative supported by Arts Council England designed to support venues to increase audiences and improve the range, quality and scale of theatre presented across South East and Eastern England.*
On <INSERT DATE, INSERT VENUE NAME> will present Frozen Light’s Tunnels. This theatre production takes the audience on an interactive and multi-sensory journey through the tunnels of light.

Co-created by artistic directors Amber Onat Gregory and Lucy Garland the cast utilises the talents of Al Watts who has created the original score for this production.

Lucy Garland: ‘In the last year we have received so much support from house, The New Wolsey and the Arts Council England, enabling us to create a high quality theatre production that we can take to audiences in professional theatre venues for an audience who do not usually have access to the theatre.’

Amber Onat Gregory: ‘This national tour is giving families the opportunity to come to the theatre together for a show that the whole family can enjoy together but which is also appropriate for a teenager with Profound and Multiple Learning Disabilities.’
Tunnels is an exciting adventure where Lana searches for the light that has mysteriously disappeared from her city. Leaving the place that she calls home, Lana travels deep below the city into an underground world filled with music, smells and curious characters.

<INSERT VENUE SPOKESPERSON NAME from VENUE NAME>: We are so excited to be housing such an enchanting production that has been creating specifically for an audience with Profound and Multiple Learning Disabilities. As a venue we are passionate about creating accessible theatre for everyone in our local community.

ENDS

Audience quotes:

‘Loved the experience, it was such a revelation- so much energy and care.’

‘The show was fantastic and as a family it was very touching and enjoyable.’

‘It was a lovely show and great to have something especially for our children.’

To view a trailer visit: www.youtube.com/watch?v=BC5yCqD7uqg

Editors notes

Cast: Amber Onat Gregory, Lucy Garland, Al Watts

Frozen Light was formed in 2012 when Artistic Directors Amber Onat Gregory and Lucy Garland came together with the aim of creating high quality multi-sensory theatre for audiences with Profound and Multiple Learning Disabilities (PMLD).

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Template Mail Out

Please see below the templates of letters for selling Tunnels to school groups and also to the general public. Please be aware that selling tickets to PMLD community groups is harder than selling shows for a mainstream theatre show. This is due to the fact that there is very little theatre appropriate for the needs for people with PMLD so it is important that a venue creates a relationship with potential theatre goers. We would recommend that a letter should be sent after an initial phone conversation and also be followed up after it has been sent. It may also be worthwhile taking a letter and flyers of the show to schools and community groups in person.

Marketing Pack
Template mail-out for schools

Dear <INSERT SCHOOL NAME>

Re: Tunnels - a sensory theatre production for teenage audiences with Profound and Multiple Learning Disabilities

Tunnels is enchanting multi-sensory theatre production that fuses live music, sign and movement; Tunnels is a unique adventure for teenagers with Profound and Multiple Learning Disabilities (PMLD).

Join Lana as she searches for the light that has mysteriously disappeared from her city. Leaving the place that she calls home, Lana travels deep below the city into an underground world filled with music, smells and curious characters.

Audience comments include:

‘Loved the experience, it was such a revelation- so much energy and care.’

‘The show was fantastic and as a family it was very touching and enjoyable.’

‘It was a lovely show and great to have something especially for our children.’

Frozen Light is a theatre company making multi-sensory theatre productions for audiences with PMLD. After touring Tunnels to special schools across the country last year it will now be touring theatre venues in 2014. We’re pleased to announce that Tunnels will visit <VENUE NAME> on XXXXX. There are very limited seats available for this production so don’t hesitate to book your seats. A school group booking for six teenagers with PMLD and 6 companions is £X. This includes: a pre-show resource kit for teachers; a day out guide; a visual story for students; an education resource kit with half a terms post show activities and a CD of music from the show.

Thank you for your time and we look forward to welcoming you to <VENUE NAME> soon.

With Warmest Regards,

<NAME AND SIGNATURE>
Template mail-out for general public shows (for schools, community groups and individuals)

Dear <INSERT SCHOOL OR ORGANISATION NAME>

Re: Tunnels- a sensory theatre production for teenage audiences with Profound and Multiple Learning Disabilities

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If you would like any further information on the show please do not hesitate to contact me on <EMAIL CONTACT DETAILS>.

Thank you for your support with this exciting production.

With Warmest Regards,

<NAME AND SIGNATURE>
Company Q&A

Frozen Light brings *Tunnels* to <VENUE> on <DATE>. We caught up with Co-Artistic Director, Amber Onat Gregory, to talk about multi-sensory theatre and creating shows for audiences with Profound and Multiple Learning Disabilities.

*Tunnels* hits the road for its first nationwide theatre tour in 2014. Can you tell us about the journey so far?

Myself and co-artistic director, Lucy Garland, applied for an arts council grant in 2012 to work together after having individually created small scale multi-sensory shows that toured special schools for six years. We had reached a stage where we wanted to raise the quality of the work and make it more theatrical. We hadn’t created theatre together since university but having had so much experience doing similar projects in different places meant that coming together felt very natural. *Tunnels* did a special schools tour as part of its development in London, Devon and East Anglia. Although we felt like we had created a larger scale production, performing in a school still had its drawbacks. Schools are very busy places and this means that a lot of the theatricality can be lost whilst trying to adapt to different spaces in school buildings. *Tunnels* explores a different world, and we wanted that world to be explored in the serenity of a theatre. We also wanted to give our audience, young people with Profound and Multiple Learning Disabilities (PMLD) the opportunity to see theatre in a traditional theatre environment as there are very few theatre opportunities that are accessible for our audience.

What interested you in creating theatre for such a specific audience?

*Tunnels* has been created specifically for teenagers with Profound and Multiple Learning Disabilities. Both myself and Lucy have been working with people with learning disabilities for many years - both as performers and also in the care sector. We have seen how theatres across the UK are trying to improve their accessibility and the post of an Access Manager is becoming more common. Theatres are making their venues more accessible with ramps, toilets, hearing loops, sign interpretation, and even programming relaxed performances for audiences with autism. All of this is absolutely fantastic but there is still minimal work being programmed specifically for audiences with PMLD. People with PMLD often find it difficult to access mainstream theatre shows for many reasons: the stage is too far away; the text is complicated; the only senses that are really used are sight and sound (very difficult for people with sensory impairments) and you are expected to sit in one spot and stay silent. All of this on top of large audiences and mobility needs makes mainstream theatre almost unapproachable. It is exciting to be making work for an audience who may be seeing theatre for the very first time. Creating work for an audience who are not your average theatre goers is extremely liberating as so many of the usual theatre traditions are taken away which gives you a lot of artistic freedom when creating the work. Due to the interactive nature of the production no two performances are the same which is also refreshing as a performer.

Why is the multi-sensory aspect so integral to the production?

People with PMLD have complex and profound disabilities. By having multi-sensory elements throughout the show we have been able to create an accessible and theatrical environment that responds to the needs of this group. Most of the multi-sensory elements are performed as an individual interaction between audience member and performer. As a performer we step into the world of the person with
PMLD rather than making them come into ours. This one to one interaction gives us the opportunity to experience unique moments with our audience and give them the chance to explore the story using their senses.

Can you talk a bit about the style of the production?

We decided to create the production specifically for teenagers as there are currently more arts opportunities available for younger children with PMLD. We wanted to ensure that Tunnels was age appropriate for a teenage audience without making the story too complex. We managed to achieve this through looking at the style of the production. In terms of design and costume we have gone for a steam punk/Tim Burton feel which gives the show a pretty cool look. Al Watts, the musician in the show, has composed a soundtrack to accompany the show - both recorded and live. His sound design also has quite a teenage feel, he explored different music styles taking influence from Klezma, gypsy punk and drum and bass.

Why have you chosen to stage the show in the round?

The show takes place in the round so that the audience can be in close proximity to the action and are almost a part of the set themselves. Being in the round also gives us the opportunity to create collective sensory moments where the audience can experience a sensory moment all together. This style of seating adds to the intimate feel of the production and brings the audience into the world of ‘Tunnels’.

Is your show only for people with PMLD?

When we created Tunnels we always had our specific audience in mind and all artistic decisions are created thinking about the responses of our audience. We are also aware however that we all like to go to the theatre with our friends and family. In our national tour we are doing shows for both school groups and the general public. In our general public shows we are keen for teenagers with PMLD (who the show has been created for) to come with their friends and family. We have created the production with an enchanting and mystical story that can be enjoyed by the whole family and even though there are a lot of one-to-one moments there are also many collective moments that the audience can enjoy together. We hope that all of the people who come to see Tunnels will enjoy the production, this includes companions, siblings, parents, grandparents, and of course- our teenage audience.

What can we expect from Tunnels?

The audience enters the space through a bespoke Tunnel. When they have come through the Tunnel they are transported into a cold, dark world where Lana the main character resides. Once everyone has entered the space and been introduced to the city two strange characters appear. Each has an individual smell and they come bearing bowls of light. They entice Lana down into the underground tunnels and the journey begins. Each tunnel bears a different sensory experience and the audience follows Lana as she explores her way through the underground.