

HALF LIFE

By Tangled Feet

3, 4 & 5 October, 7pm

The Albany, Deptford

Pay-What-Makes-You-Happy

Captioned performance: Saturday 5 October

Tangled Feet are a theatre ensemble whose members are about to turn 40. They met 20 years ago and have been creating theatre together for half their lives.

To mark the moment, Tangled Feet have created a unique intergenerational company of 10, 20, 40 and 80 year-olds to wrestle some of life's big questions:

**How does our perspective change as we age?
How do we cope when we don't know what's coming next?
Are we always going to feel like we are making it up as we go along?**

Premiering at the Albany in Deptford as part of the *Age Against The Machine Festival of Creative Aging*, *Half Life* attempts to bring together people from across the generational divides in a playful, anarchic celebration of growing up and growing old.

Tangled Feet are a collaborative ensemble who met in the year 2000 and over the past two decades have honed a making process of creating theatre from physical improvisation and play. An artist-led company, the people who founded the ensemble at university still form the core team, responsible for producing, directing, finances, stage managing, van-loading, a number of extensive participation programmes, and writing countless funding applications. Having made nearly 30 shows together, Tangled Feet have devised, sung, played musical instruments, dangled from scaffolding at great heights, danced and thrown a lot of shapes, touring the UK and internationally, for half of their lives to date. They have also seen each other through births, marriages, deaths and divorce - all the big stuff. But are they the same people who met 20 years ago?

Made over a period of a year, *Half Life* has involved an extended invitation to people of all ages and from all walks of life, throwing open the doors to a rehearsal space of crash mats, climbing frames, hula hoops and huge quantities of tea and biscuits in an attempt to join the dots between our 10, 20, 40 and 80-year old selves.

Half Life has been co-commissioned by the Albany, Deptford, ARC, Stockton and Gulbenkian Canterbury.

Co-Artistic Director Kat Joyce said *“An ensemble approach to theatre is something that goes in and out of fashion, but as it becomes harder and harder to see what the future holds, a commitment to continue making work together becomes ever more important. ‘Half Life’ is a celebration of the values of ensemble theatre making - long-term collaboration, compromise, mutual support and collective discovery.”*

Nathan Curry said: *“In our intergenerational ensemble we’ve found brilliance in all forms - wisdom, playfulness, perspective and the challenge to go on new creative journeys together. We can all learn something from people half our age - and twice our age - and at a time where we feel increasingly disconnected, it’s life-enhancing to try to close the gaps which have opened up between people of different generations.”*

Photos are available upon request and visits to rehearsals are possible: 24 and 25 September 2019.

Where and When

The Albany, Deptford

Douglas Way

London SE8 4AG

Thursday 3 October, 7pm

Friday 4 October, 7pm

Saturday 5 October, 7pm (Captioned performance)

Future tour dates

ARC Stockton, 7 & 8 February, 2020

Gulbenkian, Canterbury, 21 & 22 February, 2020

Creative Team

Cast: Alyson Jones, Emily Eversden, Leon Smith, Mario Christofides, Sara Templeman and a 15-strong intergenerational ensemble.

Directors: Nathan Curry & Kat Joyce

Set Design & Costume: Becky-Dee Trevenen

Participation Manager: Katie Duncan

Lighting Design: Joshua Gadsby

Sound Design: Becky Smith

Production Manager: Matt Ledbury

Stage Manager: Simon Perkins

Who We Are

Tangled Feet are a physical theatre ensemble based in Luton who are dedicated to devising original, accessible and innovative work. Since 2003, its 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 people's lives. We make transformative theatre in public places, found spaces and theatre buildings and believe in a long term rehearsal and performance history with a shared vision and a commitment to a collaborative working methodology. We enjoy sharing the creative process with new collaborators as an integral part of our production process and in workshops, residencies and participation projects. We are proud to be part of Arts Council England's National Portfolio of core funded companies.

Online and Social Media

Website: www.tangledfeet.com

Facebook: www.facebook.com/tangledfeet

Twitter: @tangledfeet

Instagram: @tangledfeet

#halflife

#ageagainstthemachine

Supported by

Arts Council England

The Albany

ARC

The Gulbenkian

-ENDS-

Booking and information: www.ageagainstthemachine.org.uk | 020 8692 4446.
The Albany, Douglas Way, Deptford, London, SE8 4AG.

For further information please contact: David Burns on david@davidburnspr.com |
T: 07789754089.

NOTES TO EDITORS:

- Please notify the Albany of any access needs when booking so we can facilitate you having a great experience.
- The Albany is an arts centre based in the heart of Deptford with a history embedded in the local community, and driven by the cultural diversity and creative mix of South East London. The venue has a 500 capacity main house, as well as two smaller studio spaces, many resident companies housed in offices throughout the building, a café and a large garden.
- On behalf of Lewisham Council, the Albany manages and programmes the Deptford Lounge, a cultural and community hub, which includes a library, galleries, and a range of community facilities shared with Tidemill School.

- On behalf of Southwark Council, the Albany manages and programmes the Canada Water Culture Space comprising a 150-seat theatre and six education and meeting spaces in Canada Water Library.

The Albany is an Arts Council NPO and a registered charity and any income they make is reinvested back into the work they do. Visit www.thealbany.org.uk to find out more.



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