ACCESS INFORMATION

*The Forest Unyielding*

*Things you want to remember, things you don’t …*

Presented by Self Help Arts and 107 Projects

Comprising dance, film, vision, word and sound by some of Sydney’s most exciting contemporary artists, *The Forest Unyielding* is a dynamic new study of mental health, set in a dark forest space representing the inside of a brain. Demonstrating how we create neural pathways in our brains through repetition and the reward system, and the struggle we face when we find we have gone the wrong way …

*How will you forge a new path?*

Conceived and Directed by Margot Politis

Developed and Performed by Self Help Arts: Margot Politis, Lauren Scott-Young, Claire Stjepanovic, & Lucy Watson

Dramaturge: Goldele Rayment

Peer Mentor: Kay Armstrong

Set Design: Dylan Tonkin

Lighting Design: Emma Lockhart-Wilson

Film Artist: Kate Blackmore

Sound Composition: Thomas Smith

Film Performers: Daniel Daw, Verity Mackey & Margot Politis

Videographer: David Molloy, Irony Mark Films

Writer: Natalie Rose

Photography: Sarah Emery

Production Manager: Tara Ridley

Financials: Amanda Wright

Marketing & Promotion: Goldele Rayment & Natalie Rose

Preview May 24 7pm

Opening May 25 7pm

Season May 26 – 28, 3pm & 7pm daily

Autism-Friendly Show Thursday 26 3pm

The Forest Space will also be open as an exhibition (not activated by performers) 11am-2.30pm & 4pm-6.30pm daily

Bookings: Eventbrite | Adults $30 | Conc $25 | Carers FREE

Limit 25 people per show

ACCESS

This show is wheelchair accessible, but please advise if you are planning to bring a group of people encompassing 2 or more wheelchairs, so that we can best accommodate your support needs and enjoyment

The elements of the show cross over visual, olfactory, hearing and tactile. Pre-show set tours are available by appointment for people with vision or hearing impairment. There will unfortunately not be closed captioning or audio commentary on films or live action

Carers and support companions are welcome to attend free of charge; please advise when booking

For audience members on the Autism Spectrum, please note that the various elements of the show contain a number of sound, light, visual and movement variations which could cause overwhelm. Our Autism-friendly show is on Thursday 26 at 3pm

Please do not hesitate to contact us regarding any of your support needs, and we will do our very best to make sure you are welcomed and supported

TRIGGER WARNING

This show contains psychological themes related to mental illness, addiction and abuse. If you are currently undergoing intensive therapy or rehabilitation, or are in a vulnerable state regarding your mental health, please be advised that it may not be a good idea to come to this show right now. There will be many more shows and activities! And we won’t take it personally, promise xxx

*The Forest Unyielding* and the Neural Pathways Program are supported by the NSW Government through Arts NSW, and by the Australia Council for the Arts; Auspiced by Accessible Arts NSW, in partnership with 107 Projects

Additional support by Shopfront Arts Co-op, Blood Moon Theatre and Irony Mark Films

*The Forest Unyielding* is one part of a larger program called Neural Pathways, being delivered by the new arts collective, Self Help Arts in 2016 & 17

COMING UP NEXT:

June-December 2016: ARMOUR Artists’ Mental Health Alliance; monthly gatherings with guest speakers about ensuring the mental health of artists and arts workers | FREE

2017: Mental Health First Aid and training in Community Arts and Cultural Development | Limited spaces, FREE

2017: Community workshops | FREE

For more information, please contact Margot Politis at selfhelparts@gmail.com