

# NEURO DELICIOUS

Visual Story for the  
Relaxed Performance of  
Neurodelicious Launch Pad

**Cambridge Junction,  
7th October**

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## About Neurodelicious

Neurodelicious is a collective of neurodivergent artists, providing a groundbreaking new cultural experience, embracing dynamic risk taking and flipping the narrative on “reasonable adjustments” at live performances. We present a bold new take on the traditional variety show. You may like some acts more than others and that is ok; not everyone likes “vanilla” so let’s chuck in some “performance marmite” to mix things up! Love it or hate it, you will not forget it!

Neurodelicious showcases neurodivergent talent, featuring poetry, music, dance, song and storytelling. This show explores and celebrates neurodivergent experiences of the world through live performance, immersing its audience in the dark and the light (but not too bright!), the challenges and triumphs, the pain and exuberance of minds that are anything but typical.



## Relaxed Performance

We are also turning the idea of “reasonable adjustments” on its head. So please can our neurotypical visitors let the venue know ahead of your visit so that reasonable adjustments can be made for you, and seating allocated accordingly (we love to challenge the power dynamic of neurotypical privilege!).

Wheelchair users of any neurotype may choose from a variety of seating spaces. Everyone is welcome at Neurodelicious.

Expect a humorous, safe and entertaining environment, wrapped around an evolution of the concept of “relaxed performances”. The main seating will make use of tactile furnishings and there will be an area of sensory delights to provide a new audience experience, all informed by neurodivergent voices.





## Information about Cambridge Junction

Neurodelicious is first being shown at Cambridge Junction on 7th October.

Cambridge Junction will be open from 6:30pm on the day of the Relaxed Performance and the performance will start at 7:30pm.

When you enter the theatre you will go into the foyer. This can be a little busy and noisy before the performance. There is also a bar here!

If you need help or have any questions there are staff members available throughout the building. They wear orange tops with 'Cambridge Junction' written on them and you can ask them questions at any time.

Neurodelicious will be performed in room J3, which has a small staging area. The room will be set up in a cabaret style with soft furnishings and comfortable seating, so it may look a little different to this picture on the day.

You are free to leave J3 at any time during the performance if you need a little break. There will be a chillout area that you can use to relax, which will be in 'The Hub'.





## Information about Cambridge Junction

Please feel free to ask a member of staff to direct you to the chillout area. If using the stairs, enter the building, go up the stairs by the box office, turn right and continue up the stairs, at the top of the stairs The Hub is on the far right. If using the lift, enter the building, on the far right of the foyer is a lift which can be found on the blue wall. Take the lift up to the 1st floor which opens onto the mezzanine. Across from you will be The Hub.

The table and chairs will be removed on the day so that we can create a relaxing sensory space for you, so the room will look a little different to these pictures when you visit.





# Meet the Cast



**CAST**

Founder of  
**Neurodelicious**  
 and Lead Artist  
[www.hannaharia.com](http://www.hannaharia.com)

**The Lifelong Exhibitionist:**  
**Hannah Aria is the Queen of Distraction.**  
 Her impulsive nature radiates through her artworks whether on canvas or on stage. Hannah is passionate about raising awareness around the challenges faced by working class, neurodivergent artists (like herself).

She's a shoe addict who's been inflicting performances on her family since she was 4, and is an unashamed social justice warrior with a campaigning personality.

If you like the taste of determined and erratic creativity that doesn't take itself too seriously, then Hannah is your flavour.



### The Bringer Of Joy

Rosy May is a dancer who'll shimmy a smile onto your face and wiggle her way into your heart.

She has a library of dance techniques at her disposal, including jazz, tap, traditional Senegalese, and salsa. She has an infectious happy approach to both life and dance, frequently beaming as she moves, with a genuine love for her art.

Rosy May is also a cheerleader for her fellow performers, leading dance workshops and courses. She creates works of cultural importance that contribute to both an individual and societal sense of identity.

As well as amassing a knowledge of every variety of dance, Rosy May is also a specialist in the highly varied landscape of Disney princesses!

If you like the taste of tapping your feet and bouncing in your seat, then Rosy May is your flavour.

### The Introspective Extrovert

Virginia Betts writes, loves, and lives the written word.

A published author and LAMDA-trained actor, Virginia directs her skilled efforts towards refreshingly positive interpretations of the neurodivergent experience. An energetic educator, she passes on her passion for the written word as an English tutor, alongside her acting and poetry roles. A woman of esoteric passions and proudly so, her loves include Doctor Who and the Victorian Gothic.

Not content with fandom at a distance, Virginia has brought the Whovian world into her home with a full-sized Tardis!

If you like the taste of gold wings, Kate Bush and Diet Pepsi, then Virginia is your flavour.



CAST

[linktr.ee/ChristinaJane](https://linktr.ee/ChristinaJane)



CAST

[www.sowhatsthehistory.co.uk](http://www.sowhatsthehistory.co.uk)

### The Magnificent Multipotentialite

Christina Jane goes about life with a determination and integrity like few others. With a strong intellectual and artistic curiosity, she's developed a well-earned reputation as a multi-talented 'professional dabbler' incorporating acting, writing, digital art, modelling and plenty more.

Christina Jane's cinematic efforts have won forty awards at film festivals all around the world at last count, a testament to her vibrant talent in both poetry and performance. Her creative work centres around the inherent challenges, difficulties and rewards of Autism and ADHD. Writing themes also include topics as varied as depression, anxiety, wellbeing, friendship, family and love.

Those that work with her describe her as friendly, loyal, hard-working and with a great sense of fun.

If you like the taste of heartfelt honest explorations and empowering performances, then Christina Jane is your flavour.

### The Enchanting Storyteller

Justine's passion for performance builds strong connections with audiences – whether through story, song, improv or dance. She's built her practice over many years performing on streets and in public spaces – getting performance to people wherever they were, cutting through the cultural and financial barriers to access art. She's the hostess with the mostess at open mics she runs across the region and loves to support artists by holding the space for audiences to connect with them. She's a proud neurodivergent advocate, a trained belly dancer, and is currently working on developing an obsession with all things Marvel.

However, she had a close call with disaster when, clad in nothing but a corset and suspenders, she nearly shot dead actor and comedian David Mitchell!

If you like the taste of fabulous outfits and captivating, connected performance then Justine is your flavour.





CAST

[www.alleyesthisway.com](http://www.alleyesthisway.com)

### The Creative Cunning Woman

A collaborative cultural magpie; begging, borrowing and building in order to create beguiling and locally significant works. Gemma's work is grounded in the fields of mythology, heritage, performance and theatre. She is especially concerned with site-specific and socially engaged practices; how we relate to, understand and construct our environment and our relationships with each other.

As a child she would sing songs to the fields around her village home and as she grew, local stories of rising water and wild women calcified into the core of her being. She lived away and gathered more mythological nourishment in Wales, and then Cornwall, but Essex kept haunting her dreams and she returned home in 2017. Alongside her solo practice she has spent much of her creative life bringing people together in the places that belong to them; organising group shows for local and emerging artists in Wales and developing artist collective and platform the UNFAMILIARS in Colchester.



CAST

[www.akashadancetheatre.co.uk](http://www.akashadancetheatre.co.uk)

### The Prime Mover

Chloe Akasha is a dancer whose story can only be told through movement.

Chloe is a dance artist, choreographer, and director of her own dance theatre company. Able to blend styles, she is classically trained in Russian ballet as well as contemporary dance and musical theatre. She has created works inspired by the intellectually stimulating subject of neuroscience and her personal experience with the condition of Functional Neurological Disorder.

If you like the taste of earnest artistic expression, then Chloe is your flavour.



# Running order & What to Expect

Neurodelicious will consist of a 40 minute performance, a 20 minute interval and then another 40 minute performance.



Hannah and Justine will be presenting Neurodelicious. They will walk on stage to a pumping soundtrack by Dj Jean, 'The Launch', before welcoming you to the performance and introducing each act onto the stage.

## **ACT 1.**

**Rosy May "The Islands" Dance Performance**  
The first of three Caribbean dances curated by Rosy May.

Feel free to stand up and wiggle, or bounce around in your seat as an adventure of joyful, energetic music and dance begins. Travel to Trinidad, Cuba and who knows where else....

**Expect a lively soundtrack of rhythmic music and moderately bright lighting during Rosy's act.**

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## **ACT 2.**

**Virginia Betts "Masking" Poetry Reading**  
'Masking' is from Virginia's poetry collection, 'Tourist to the Sun' and describes the autistic experience of making small-talk and the exhausting way a tiny piece of information can send thoughts spiralling out of control especially when your brain is so visually affected by words.

**Expect a soundtrack of voices to be played during Virginia's reading of her poem with red lighting and spotlighting.**



### ACT 3.

#### Hannah Aria “An Ocean of Chatty Introverts” Flagging Performance

In this act Hannah will be performing a dance routine on stage with large colourful flags whilst her spoken word piece ‘An Ocean of Chatty Introverts’ will be played as a soundtrack.

The soundtrack includes spoken word, whispers and pulsating beats. Blue/green lighting that builds to slightly brighter lighting will also be used during Hannah’s act.

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### ACT 4.

#### Christina Jane “Invisible” Film Screening

In this act, Christina’s film ‘Invisible’ will be projected onto a screen on stage.

**TRIGGER WARNING:** Contains spinning imagery, so feel free to look away briefly if you find this disorientating.

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### ACT 5.

#### Rosy May “The Islands” Dance Performance

The second of three Caribbean dances curated by Rosy May

Feel free to stand up and wiggle, or bounce around in your seat as an adventure of joyful, energetic music and dance begins. Travel to Trinidad, Cuba and who knows where else...

Expect a lively soundtrack of rhythmic music and moderately bright lighting during Rosy’s act.

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### ACT 6.

#### Virginia Betts “Tourist to the Sun”

#### Movement Performance

‘Tourist to the Sun’ is a poem from Virginia’s poetry collection of the same name. She wrote it after watching the Elton John film ‘Rocket Man’, and it is one of several space and time themed pieces. It explores a positive take on the Icarus myth – that risk-taking is essential to succeed and you should expect to get burned, but it is often worth it! During the act Virginia and Christina will perform a dance routine whilst a soundtrack of Virginia’s poetry recital plays in the background.

The soundtrack contains spoken word and deep space sounds. Warm, vibrant lighting will be used during the performance.





### **ACT 7.**

#### **Justine de Mierre “The Prince” Storytelling**

Justine will be storytelling an alternative fairy tale she created called ‘The Prince’, an allegorical tale that explores our perceptions of help.

No soundtrack will be used during Justine’s performance.

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## **20 minute break**

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### **ACT 8.**

#### **Virginia Betts “Wuthering Heights”**

##### **- Dance Performance**

Virginia discovered she could do a passable Kate Bush impersonation when she was a teenager, and her Wuthering Heights rendition became the stuff of legend with her friends! She’s pleased to see Kate Bush is having a bit of a comeback with Stranger Things.

She wants you all to know that it is actually her voice you will hear and not Kate’s! She has also enjoyed singing and recording Wuthering Heights because of its literary connection. Her choreography was arranged by Chloe...

Expect a vibrant dance performance given by Virginia whilst a soundtrack of her singing “Wuthering Heights” plays in the background. Misty, green lighting will be used during Virginia’s performance.

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### **ACT 9.**

#### **Gemma Garwood “The Gift**

##### **Small rituals for the noticers.” Performance**

A ritual live art performance with a text about environmental nature and the nature of creating that is left partially to chance.

Gemma opens a space in the show to make a spell of thanks and wishes for new ideas.

**Features Pagan ideology, light witchcraft, magic, whispered voices, sounds of the sea and of stormy thunder.**

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### **ACT 10.**

#### **Rosy May “The Islands” Dance Performance**

The third of three Caribbean dances curated by Rosy May

Feel free to stand up and wiggle, or bounce around in your seat as an adventure of joyful, energetic music and dance begins. Travel to Trinidad, Cuba and who knows where else...

Expect a lively soundtrack of rhythmic music and moderately bright lighting during Rosy’s act.



### **ACT 11.**

#### **Chloe Akasha “Exoskeleton” (A Dance/Physical Theatre Piece)**

Chloe is developing Exoskeleton, a dance/physical theatre piece, inspired by neuroscience. She was inspired to choreograph the piece after personally experiencing a condition called FND, or Functional Neurological Disorder, which causes fainting and seizures, amongst other symptoms. FND is a common disorder seen in outpatient neurology clinics and is misunderstood and neglected by society and the wider medical community.

In sharing this excerpt from ‘Exoskeleton’, Akasha Dance Theatre will raise awareness of FND, whilst sharing an artistic expression of real-life through dance.

**Expect a lively soundtrack to be played throughout the performance. Some points in the music may be disturbing for people with heightened senses, so have your ear defenders ready if needed!**

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### **Act 12.**

**Hannah Aria “Queen of Distraction” Poetry Reading**  
Authentic unmasked Hannah without any wigs and in normal artist clothes will be on stage creating an abstract painting whilst reciting ‘Queen of Distraction.’

**Expect the use of a spotlight during Hannah’s performance.**

### **ACT 13.**

#### **Justine de Mierre “Lonely Window” Song**

‘Lonely Window’ is a song performed with solo voice and minimal picked guitar, and is a heartfelt lament on how isolating and challenging being different can be.

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### **ACT 14.**

#### **Christina Jane “Mindful Moment of Calm” A Mindful Moment**

Since Ming Dynasty China, Baoding balls (pronounced Bow-Ding) have been produced and used for dexterity, relaxation and meditation.

**Enjoy a mindful moment of calm, relaxing to the sound of these ancient chimes.**

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### **ACT 15.**

#### **Grand Finale and bows**

Hannah and Justine will end the show to a lively soundtrack, ‘Interstellar Swing’

**The cast will then take a bow on stage, so expect loud audience applause here!**



## Contact

If you would like to receive any further information about Neurodelicious prior to the performance, please contact [oliver@theartistwingman.com](mailto:oliver@theartistwingman.com) who will be happy to help (he's the one in the middle here!)



## Thank Yous

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At Swefn's Edge,  
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[atswefnsedge.com](http://atswefnsedge.com)

Dance East [danceeast.co.uk](http://danceeast.co.uk)

Mercury Theatre  
[mercurytheatre.co.uk](http://mercurytheatre.co.uk)

Cambridge Junction  
[junction.co.uk](http://junction.co.uk)

Colchester Arts Centre  
[colchesterartscentre.com](http://colchesterartscentre.com)

Colchester Fringe  
[colchesterfringe.com](http://colchesterfringe.com)

Graeae Theatre Company  
[graeae.org](http://graeae.org)

Spaces of Joy  
[the-hale.com/spaces-of-joy](http://the-hale.com/spaces-of-joy)

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Supported using public funding by  
**ARTS COUNCIL  
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