

# GRAEAE

THEATRE COMPANY

**ROBERT'S**  
**EXTRA STRONG**  
**SELF-RAISING**  
*Flour*



**IDEAL FOR CAKES AND BISCUITS**

**Free Sheet**

# Self-Raising

By Mike Kenny and Jenny Sealey



Jenny Sealey is the award-winning Artistic Director of disabled-led theatre company, Graeae. Growing up Deaf in a family with a secret, concealed from both her and her siblings, shaped Jenny's childhood.

Discovering the truth a few years ago sent her into a spin as she realised that her life could have been so very different. Now, Jenny is ready to share her story with an audience.

# About Graeae

For 40+ years, we have been creating radical theatre, placing access at the heart of our work, and championing Deaf, disabled and neurodivergent artists. Throughout our history, we have fought for an equal platform, invented new ways of storytelling, challenged preconceptions and empowered individuals.

Support us to continue to champion the next generation of Deaf, disabled and neurodivergent artists.

**Scan the QR Code to  
join our mailing list to  
keep up to date with  
future work**



# Cast and Creatives

**Jenny Sealey** as herself

**Performance Interpreters:** Jeni Draper, Ali Gordon, Jude Mahon, Caroline Richardson

**Director** - Lee Lyford

**Co-writer and Performer** - Jenny Sealey

**Co-writer** - Mike Kenny

**Assistant Director / BSL Consultant** -  
Daryl Jackson

**Costume and Set Designer** - Anisha Fields

**Assistant Designer** - Greta Dietz

**Lighting Designer** - Emma Chapman

**Lighting Technician/Programmer** - Will Gibbs

**Captioning/Video Designer** -

Jonah Sealey Braverman

**Sound Designer/Composer and Associate**

**Director** - Lewis Gibson

**Wellbeing Practitioner - Dr Susan O'Rourke**

**Voice Coach - Christopher Holt**

**Audio Description Consultant -**

Chris Champion

**Dramaturg - Gillian Greer, Soho Theatre**

**Stage Manager - Becky North**

**Production Manager - Callum Finn**

**Producers for Graeae - Lizzy Luxford &**

Hetty Shand

**Producer for Theatr Iolo - Michelle Perez**

**Producer for Soho Theatre - David Luff**

**With thanks to:** The Pleasance Dome for their support at the Edinburgh Fringe Festival, The Egg at Theatre Royal Bath and Garfield Weston Foundation.

**From Jenny Sealey:** Huge thanks to my siblings who have let me do this and my Frank (whose real name is Rob or Bob) for being so patient going through my lines. To David Belshaw for introducing me to the book. And lastly, Harriet Walter, Emma Thompson and Nadeem Islam for sage advice on lines and being an actor again.

# About the show

**Age Guidance: 14+**

**The show is an hour long.**

**It is a relaxed show. You can leave and return to your seat at any point.**

**There is a collective audience participation moment. You do not have to participate.**

**If Jenny hands you a bag of flour to hold, you can refuse. She will understand.**

**Jenny will sometimes swear.**

**The flour bags in the show contain real flour. The loose flour is gluten-free.**

**During the show there will be subtle lighting changes, projections on a screen, recorded music and gentle sound effects.**

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Content Warnings**



**Visit the Access Area at front of house  
for more information or visit [graeae.org](http://graeae.org)**



## How to communicate with a Deaf person - Do:



1. Ensure good lighting on your face
2. Speak clearly
3. Speak at your natural pace
4. Make eye contact
5. Keep to the point
6. Use your natural gesture
7. Use writing if you get stuck
8. Remember that communication is a two-way thing
9. Just be you - don't give up!

## How NOT to communicate with a Deaf person - Don't:



1. Shout
2. Cover your mouth with your hands
3. Turn your back to them
4. Stand with your back to the light, making lipreading difficult
5. Chew gum or talk with your mouth full
6. Gesture wildly, waving your hands in front of your face
7. Exaggerate your lip pattern
8. Speak very, very slowly
9. Speak as you would to a small child

**Thank you for coming to Self-Raising**

**If you liked the show, please share the love**



**@graeae**



**/graeae**



**graeaeatrecompany**

**graeae.org**

**A Graeae production in association with Soho Theatre and Theatr Iolo. Developed with The Incubator at The Egg, Theatre Royal Bath.**

**GRAEae**



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**ARTS COUNCIL  
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