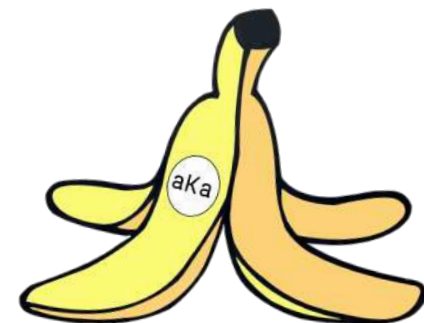


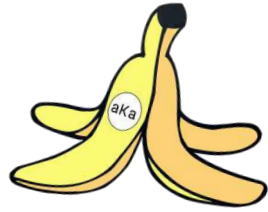


shed-ache

A visual guide:
Get to know our
seriously silly
show



We dance whatever the weather



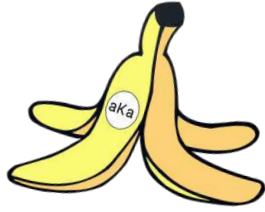
shed-ache is fast, funny and
colourful 🌩️

The weather makes us dance,
play and move around the
space 🌞

Watch out for the shed, it
doesn't like to sit still 🌀



Hello



Joe (he/him)

Jen (she/her)



I am Jen

I am happy to
help you at the
show and I play
the music.

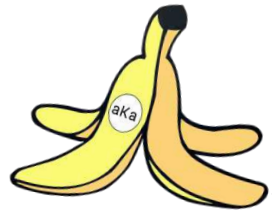


Ania (they/them)

We are Joe and Ania.

We are the 2 dancers in the show.
We run, jump and slide and love
when you cheer, clap and dance
too.

All our shows are relaxed



The show lasts 1 hour.

You can sit, lie down, stim and dance.

Get comfortable on the picnic blankets or a chair.

You can leave the space and come back whenever you like.

The show is non verbal.

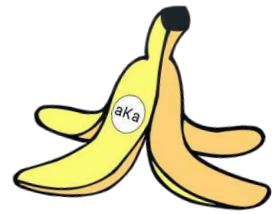
Sometimes the dancers come into the audience.



Please bring quiet sensory toys or comforters.

We use lots of whacky sounds, feel free to use our ear defenders.

A lot happens in shed-ache

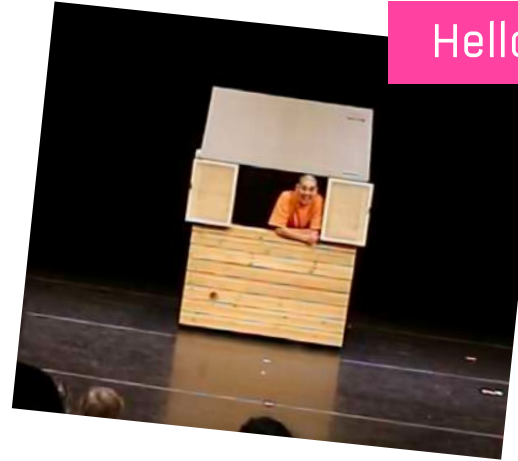


Jen welcomes
you to the show



Introduction paired
with Makaton

Hello!



Where did that sock go?!

ACHOOOOOOO



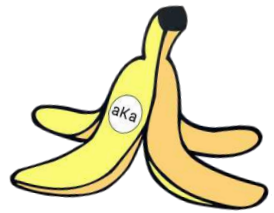
Can you spot any plants
on the shed?



What do the
flowers smell of?



Watch your toes!



Ania comes into the audience with an umbrella



Joe comes into the audience with flowers



Joe comes into the audience with clothes on a washing line



The shed sometimes comes close to the audience



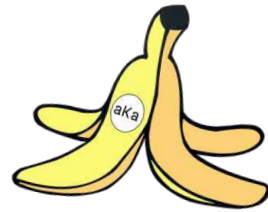
Ania gives out mini plant pots



You might be invited on stage at the end



Info for grown ups



shed-ache is a seriously silly dance theatre show that transports little people and their grown ups to a world that sits somewhere between reality and make believe.

Every show is relaxed. We love when the audience whoop, clap and laugh along with the show.

Sound plays a BIG part of the show. Jen is controlling the volume in reaction to the space and audience. We have ear defenders if you would like to use them.

The company have experience with different audience needs and are very happy to help. If you have any questions, Jen will be happy to answer them.

Enjoy the show!



Contact us



Email:

akadancetheatrecompany@gmail.com

Website:

akadancetheatrecompany.com

Instagram:

@akadancetheatre

<https://www.instagram.com/akadancetheatre/>

Facebook:

@akadancetheatre

<https://www.facebook.com/akadancetheatre/>

Credits:

Concept & Choreography - Jen Grant & Joe Garbett

Performers - Ania Varez, Annie Kelleher, George Bishop & Joe Garbett

Producer - Ellen Booth

Set Design - Hannah Sharp

Mentor & Dance Movement Psychotherapist - Takeshi Matsumoto

Early Years Specialist - Hannah Lefeuvre

Artist Access Consultant - Emily O'Shea

Photo credit - Jake Grant Photography

