

Seabright Productions and
Silent Uproar present...

A SUPER HAPPY STORY

(About Feeling Super Sad)

by Jon Brittain with music
by Matthew Floyd Jones



Cast and Crew

Madeleine MacMahon

Sally

Sophie Clay

Mum/Tash/Karen/Grace/Others

Ed Yelland

Dad/Toby/Darren/Others

Writer: Jon Brittain

Director: Alex Mitchell

Musical Director:

Matthew Floyd Jones

Movement Director: Jon Beney

Stage Manager: Jon Calvert

Sound Designer: Ed Clarke

Lighting Designer: Adam Foley

Set and Costume Designer: Amy Jane Cook

Costume Supervisor: Liz Dees

Construction: Alex Brook

Artistic Support: James Staney,
David Byrne & New Diorama Theatre

Executive Producer:

Martin Atkinson

About Silent Uproar

Fun nights out to make the world less shit. Silent Uproar are an award-winning, Hull based, theatre company creating fun nights out to engage a younger, funkier, and punkier crowd.

We tell relevant, daring, and mischievous stories created by bold playwrights and filled with riotous ideas (and really stupid jokes). Our shows are ridiculous and revolutionary events to share with your mates, discuss difficult and taboo topics and have an excellent night out. Our shows empower people to make the world a better place through entertainment.

We are based in Hull and are committed to making work in the North of England. We strive to make theatre that is affordable, accessible, and exciting; doing so will ensure theatre will be relevant to as many people as possible. We are a project funded charity and are supported by Hull City Council, East Riding Council, Garfield Weston Foundation and Arts Council England (through project grant funding).

Silent Uproar is a supported company of Hull Truck Theatre and have previously been supported by Hull UK City of Culture 2017 and were part of New Diorama Theatre's Emerging Company Scheme (2016-2017).

#SuperHappyStory

Biographies

Madeleine MacMahon

Madeleine is an Actress, Singer and Comedian from the Cotswolds, Winner of the Max Turner Comedy Prize '21 and longlisted for the Funny Women Stand Up Awards '20.

Credits include: Eastenders (BBC); Doctors (BBC); 21 Pounds; Cider With Rosie; Beatrix Potter & The Tailor of Gloucester; Great Expectations (Cheltenham Everyman); Mercury Fur (Middle Child); Kings (Smoke & Oakum/ New Diorama Theatre); Into The Woods (Cockpit Theatre); Kubrick3 (New Diorama Theatre); Peter Pan; Sleeping Beauty; Aladdin; Beauty & The Beast; Jack & The Beanstalk; Cinderella; Dick Whittington (Hereford Courtyard).

Madeleine's cabaret ALTO-HOLIC will appear at Above The Stag Theatre on 11th June and she will appear at Cambridge Comedy Festival in July.

Sophie Clay

After graduating from the University of Hull in 2011, Sophie joined Middle Child theatre as a company member. She has appeared in Ducklings (Manchester Royal Exchange/Hull Truck), Ten Storey Love Song, Saturday Night Sunday Morning, and Apples.

Ed Yelland

Ed studied Drama at the University of East Anglia. He has since appeared in *Margaret Thatcher Queen of Soho* which toured internationally and *Margaret Thatcher Queen of Gameshows*. Other recent credits include *Petruchio in Taming of the Shrew* (Quite Right Theatre), *Lovecraft* (Kings Head Theatre) and *Half* (Southwark Playhouse).

Jon Brittain

Jon Brittain is a playwright, comedy writer and director.

His critically acclaimed play *Rotterdam* premiered at Theatre503 in 2015 before transferring to Trafalgar Studios, where it earned him a nomination for the Charles Wintour Award for Most Promising Playwright at the Evening Standard Theatre Awards 2016 and an Olivier Award for Outstanding Achievement in an Affiliate Theatre in 2017.

His previous work includes the cult hit show *Margaret Thatcher Queen of Soho* and its sequel *Margaret Thatcher Queen of Game Shows*, and the plays *What Would Spock Do?*, *The Sexual Awakening of Peter Mayo* and *The Wake*.

He directed both of John Kearns's *Fosters* Award winning shows *Sight Gags for Pervverts* and *Shtick* and Tom Allen's shows *Both Worlds* and *Indeed*.

Matthew Floyd Jones

Matthew is best known as the male keyboard-playing half of cult cabaret double act Frisky & Mannish. Hailed as the 'undisputed hit of the Edinburgh Fringe' (*Herald*, 2009), they have played everywhere from Shepherd's Bush Empire to Sydney Opera House, BBC2 to ITV, and at festivals across the world. Matthew's acting credits include: *Richard Carpenter is Close to You* (UK tour); *Camera Lucida* (Barbican); *Heels of Glory* (Chelsea Theatre) and *Punch* (Underbelly). He has been musical director at the Young Vic, Oxford Playhouse and Jermyn Street Theatre, and composed original music for *Gingerline*, *Pimlico Opera* and BBC Radio 1.

Alex Mitchell

Alex co-founded Silent Uproar in 2012 and works as the company's Artistic Director and CEO. Alex has created new work with and for young people across the UK (predominately theatres in the North of England such as Leeds Playhouse, Hull Truck Theatre, Sheffield Theatres, York Theatre Royal, Stephen Joseph Theatre and The Lowry).

Alex has previously been part of Leeds Playhouse's Directors FUSE programme, was shortlisted for the Old Vic 12 (2016 & 2015), and worked as a pop-culture correspondent for BBC Radio Humberside (2018-2021).

www.silentuproarproductions.co.uk



SilentUproarPro



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Silent Uproar present

SUPER HAPPY TIPS

(For When You're Feeling Super Sad)

IT'S OK NOT TO BE OK... WHERE CAN I GET SUPPORT?

Every year, on in three of us will experience a mental health problem. But hundreds of thousands of people are still struggling. Our performance of A Super Happy Story (About Feeling Super Sad) gives an insight into how some of those thousands may feel every day.

If you, or anyone you know, are struggling with mental health, there are many ways to seek advice and support. Organisations like Mind UK won't give up until everyone experiencing a mental health problem gets support and respect. They are just one of many places you can go to find the support you might need. You can visit their website www.mind.org.uk for more information, or call 0300 123 3393 for support.

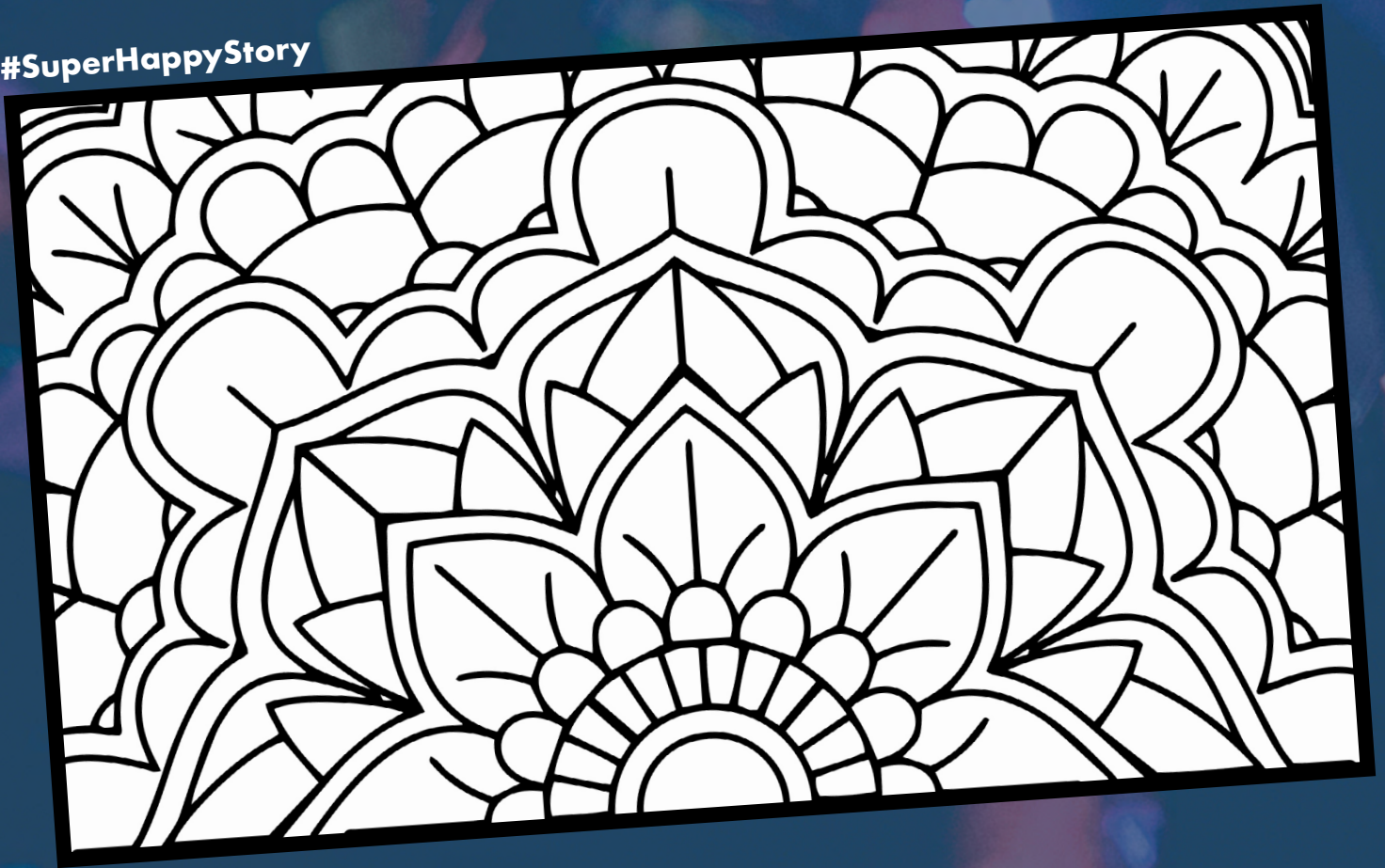
Lines are open from 9am - 6pm, Monday - Friday

Created with support from Hull NHS CCG, Children and Adolescent Mental Health Service (CAMHS) and Humber Teaching NHS Foundation Trust.

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BE ACTIVE

The body and mind are healthier when you are active.

Doing something to distract yourself from your thoughts and feelings, even for an hour or two, could be the difference between a good day and a bad one.

Having something to do and aim for can make life a little more meaningful.

If you're like Sally, and these tips don't help, then seek professional help. These are just suggestions and won't help everyone, all the time.

Print & colour in

Go for a walk

Write a journal

Gardening

Explore your town like a tourist

Cook or bake something

Rearrange or tidy a room

Exercise

Dance around the kitchen like no one is watching

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GET CONNECTED

Help yourself by not being on your own, with your problems, or in life. Talking to family and friends can help.

A sense of belonging may come from being a part of something and playing your part.

Don't be afraid to help others and let them help you in return.

If you're like Sally, and these tips don't help, then seek professional help. These are just suggestions and won't help everyone, all the time.

Talk to a friend or family

Do someone a favour

Be kind to a stranger

Be around other people

Join a class

Invite someone over for dinner

Feed the ducks

Play a game or do a puzzle

Take someone to a performance by Silent Uproar

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SELF KINDNESS

Being supportive and understanding of ourselves rather than being self-critical.

Recognise when you are struggling and don't ignore it. You are not alone. One in three people experience mental health difficulties.

Take time out and treat yourself like you would a friend.

If you're like Sally, and these tips don't help, then seek professional help. These are just suggestions and won't help everyone, all the time.

Have a bubble bath

Stay in bed

Have a tasty treat

Ask for a hug

Buy yourself something new

Listen to a favourite song

Pamper yourself

Snuggle in a warm blanket

Read a children's book, they always have a happy ending