

FLUID MOTION THEATRE PRESENTS

TAKE TEN

*BREATHE
DEEPLY*

fluid
motion
-THEATRE COMPANY-

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ABOUT

Audiences are warmly welcomed by our Swing Supervisors who show them to one of our colourful wooden swing chairs. Once comfortable they can start gently rocking, the back-and-forth motion has been shown to ease tension, calm you down and has several benefits for the brain. Embedded in each swing chair are speakers which play an audio soundscape that encourages participants to take a breath, awaken their senses and notice the world around them. The soft and instructional voices help people to reflect and to explore, to see the world differently and to be present in the moment in a way they might not have done before.

Once the audio is finished our Swing Supervisors are on hand to help facilitate conversations about what participants noticed and how they might want to describe those reflections with us as a way of connecting and sharing. We capture these by writing them down on our pinboard throughout the day and we also share them on social media. These reflections also provide a wonderful snapshot of the experiences of audiences and are a great way to celebrate community and place.

Take Ten can be enjoyed by up to 9 people at a time and the whole experience lasts around 10 minutes for an audience member and there are two reasons for that:

1. Because this allows for moderate audience turnover, and enables festivals/venues to play the installation for a period of up to 5 hours
2. Because more importantly 10 minutes is enough time for your blood pressure to drop, stress levels to reduce and mental clarity to improve.



Take Ten is a performance installation designed to slow us down. It's a space to be present, in the here and now, to reflect and to notice. Audiences can take a moment on our bespoke and colourful swing chairs, guided by a soundtrack that encourages them to sit comfortably, swing gently and breathe deeply.

Take Ten is an artistic response, created in collaboration with Lorna Rees of Gobbledegook Theatre, that is centered around the idea of mental wellbeing. It is underpinned by the '5 steps to mental wellbeing', Fluid Motion's own research with communities across Hampshire and clinical psychologists who helped to shape the audio.

WHERE CAN TAKE TEN BE PERFORMED?

Take Ten can be performed on grass or an area of hard standing, provided that there is a relatively level area to pitch up on. It works very well in public parks, coastal locations and greenfield sites, but due to its versatility, it could even be presented in a car park or in a shopping centre!

The ideal site is a place of relative quiet away from the hustle and bustle or amplified sound sources (although the piece has been successfully installed in urban environments such as Basingstoke Town Centre).

ACCESS

Visually impaired audience members can request a touch tour of the swing chairs, which would take place half an hour before the installation opens. Although Take Ten is about

taking notice and reflecting on the world around you, the audio text is very descriptive, which makes it suitable for performance without the need for additional audio description.

Large print copies of the full text are available for hearing impaired audience members.

We tour with a set of four wooden chairs for audience members who may find it hard to sit on the swing chairs. Audience members in wheelchairs can sit alongside a swing chair and still take part in the full experience.

Fluid Motion Theatre Company are committed to being flexible and accommodating to those with additional needs.



THE THINKING BEHIND TAKE TEN

Underpinning Take Ten are the NHS '5 Steps to Mental Wellbeing' and Fluid Motion has worked closely with two NHS clinical psychologists to support the development of the piece in line with these steps. The 5 steps are:

- ★ ***CONNECT WITH OTHER PEOPLE***
- ★ ***BE PHYSICALLY ACTIVE***
- ★ ***LEARN NEW SKILLS***
- ★ ***GIVE TO OTHERS***
- ★ ***PAY ATTENTION TO THE PRESENT MOMENT***

HOW DOES TAKE TEN EMBED THESE 5 STEPS?

CONNECT WITH OTHER PEOPLE

Take Ten was created in direct response to the Covid-19 pandemic. At its heart is the desire to bring people back together, to share in something positive and to build a sense of belonging. Audience members connect in the safe space we've set up, led by our welcoming Swing Supervisors who will stimulate positive conversation.

BE PHYSICALLY ACTIVE

Just the very act of being outside and in a public space is active – you don't have to run marathons to be active. There's evidence to suggest that gently rocking is soothing and that relaxing helps our mental wellbeing. That is why swing chairs form the basis of our installation, it is fun, playful and good for you as well!

LEARN NEW SKILLS

Research shows that learning new skills can also improve your mental wellbeing and helps boost confidence. The audio soundscape, which plays from each swing chair, encourages audiences to take notice of the world around them and gives them the opportunity to learn a short breathing technique, which is a great way to feel more calm and present. This will be fun and for many is a new skill!

GIVE TO OTHERS

We'd like the people who come and take part in Take Ten to write down their thoughts and to share their reflections for others to see. This will create positive feelings and a sense of self worth. Audiences are encouraged to stick these on our pinboard at the welcome podium. Our Swing Supervisors will also give each audience member a 'Take another ten' postcard to take away with them, offering other ways to take ten at home.

PAY ATTENTION

We want people to simply notice stuff, because there is a vast amount of evidence to show that being in the present moment can really help when things might feel a little overwhelming. Our audio soundscape embedded into the swing chairs gently encourages participants to notice the world around them, noticing something new that can give a new perspective to life. Our Swing Supervisors will also encourage people to describe what they noticed as a way to connect and share.



Swing
Gently



OUR AUDIENCE

The audience for Take Ten is not the theatre market – this is an installation which is for outdoor places and non-traditional performance spaces. We don't expect people to book. This is not street theatre. It's more like an intervention for public space. Take Ten is for any age but younger children must be accompanied by an adult.

It is an arts/health/science piece made with research and is underpinned by a team of clinical psychologists and is based on the wealth of learning

which has created the 5 steps to mental wellbeing. The piece is also underpinned and written in response to some of the hundreds of community conversations that Fluid Motion have had about the Covid-19 pandemic as part of their large community project The Gathering Project.

It's about learning something (even if it's something you already knew presented in a new way) and it's about connection with others - which as theatre makers is possibly the most important thing of all.

MARKETING COPY

50 WORD COPY

Take Ten is a performance installation designed to slow us down. It's a space to be present, in the here and now, to reflect and to notice. Take a moment on a colourful swing chair, guided by a soundtrack that encourages you to sit comfortably, swing gently and breathe deeply.

UNDER 100 WORD COPY

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TECHNICAL SPECIFICATION

WHAT WE BRING

- 3 colourful three person occupancy wooden swing chairs (for audiences)
- 4 colourful single occupancy wooden chairs (for performers and audiences if required)
- 1 welcome podium
- 1 wooden company logo sign
- A long wheelbase high-top transit van. This vehicle must be able to access the site for loading and unloading. The van can be parked elsewhere during performances.

SETTING UP

Take Ten tours with four people on the road. All members of the team act as technicians and set up the space. Set up takes approximately two hours and get out takes around one hour. Each swing chair is 1.85m in length and can hold three people. The height of the swing chairs is 3m. The swing chairs are laid out in a rough semi-circle with the welcome podium placed in front of the middle chair. The total area needed is 15m x 15m.

RUNNING TIME

Each Take Ten experience lasts around 10 minutes for an audience member. The performers can perform the installation for a maximum of five hours with at least two ten minute comfort breaks.

WHAT WE REQUIRE FROM A PRESENTING FESTIVAL OR VENUE

The company aims to be technically self-sufficient. However, we ask for support getting into the performance space (including help manoeuvring the van at less accessible sites).

We don't need power or water, but a safe place to park the van during the day and overnight if required. We will require a private space to change into costume. A festival steward may be required at the installation entrance — under the direction of the Take Ten team — to manage audience capacity.



CONTACT

Fluid Motion Theatre Company is a renowned arts organisation and Charity in England dedicated to improving, supporting and highlighting mental health. Our vision is to use the arts as a tool for helping open up the conversation around mental health, challenge the stigma and improve wellbeing.

We make innovative, cross-artform work with a focus on theatre that is inspired by lived experience and underpinned by mental health and wellbeing. We also produce the annual All in the Mind Festival, the leading outdoor mental health arts festival in the UK.

 www.fluidmotiontheatre.com  www.aitmfestival.com

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