



||-A-|| **GYM** THING

SMALL THINGS THEATRE AND WORKING CAST PRODUCTIONS PRESENT

A Gym Thing

BY TOM VALLEN

“After all if you’re in shape people notice you, and being ignored is the last thing you want to happen”

12:30pm (1 Hour)

2nd - 28th August (Not 14th) Relaxed Performance (15th)

Bunker Two, Pleasance Courtyard, 60 Pleasance, Edinburgh EH8 9TJ.

Driven by a daily quest for perfection, Will takes us on a fast paced, sweaty, physical exploration of how the gym has strengthened and weakened his relationships, his physique and ultimately his life. A complex love story from a gym addict’s point of view, set within a 60 minute workout, *A Gym Thing* tackles body image and bigorexia, leaving those who don't visit the gym with a greater understanding of ‘why we do what we do’.

The gym has taken our society by storm. It’s a lifestyle and an imperative part of many peoples daily routines. What isn't so widely publicised are some of the negative effects. *A Gym Thing* shines a much needed spotlight on the world of Bigorexia (reverse anorexia), Body Dysmorphic Disorder (BDD). BDD affects men and women equally, quality of life is extremely poor and the suicide rates are amongst the highest in all of the mental disorders.

“*A Gym Thing* both educates as well as entertains and is much needed piece of theatre that should be shown widely.” - BDD Foundation

Small Things Theatre’s first play *The Stolen Inches* was a **sellout** at the **Edinburgh Festival in 2015** while their latest work *No Place For a Woman* opened to 4* and 5* reviews at **Theatre503** in London in May 2017. They champion new writers and their regular *Night of Small Things* in association with the Old Red Lion Theatre in Islington provides a platform for emerging artists of all disciplines to showcase their work.

Working Cast is an actors only casual staffing agency, which uses company profit to promote and produce it’s actors work. This is Working Cast Production’s fringe debut.

PHILIP SCOTT-WALLACE - Director

@PScottWallace Phil has worked extensively as an actor and is co-founder and producer of Small Things Theatre. This is his directorial debut.

TOM VALLEN - Writer / Will Shaw

@TomVallen This is Tom's debut piece of writing. Theatre credits include: Bash (Old Red Lion/ Trafalgar Studios) and various workshops and scratch nights. TV credits include: Episodes (BBC/ Showtime) Casualty (BBC) Doctors (BBC) and numerous short films.

TARRICK BENHAM - Ravi / Damon

@TarrickBenham Film & TV credits include - Guy Ritchie's TV adaptation of SNATCH (Sony Pictures), Mission Impossible:Rogue Nation (Paramount Pictures), Drifters (E4), Holby City (BBC), Doctors (BBC). Theatre Credits Include - Demonstration (Southwark Playhouse), Dr.Blighty (Brighton Dome), Tanika Gupta's 'Mindwalking' (UK Tour), HEART by Zendehe Theatre (UK Tour), State of Grace (Northern Stage/Newcastle Playhouse), 7 Jewish Children (Brighton Festival).

BETHAN JAMES - Bec / Elsie

@ItsBethanJames Theatre credits include: A night of Small things (Small things Theatre / Old Red Lion) Bench Bites/ Bakerloo Bites (Jam Sponge Comedy / Leicester Sq Theatre), Lethal Injection (Fiveone Productions / Sean Turner), On a Spree (Lonesome Schoolboy / Tristan Bates) TV credits include: Chloe Mabbs (Agatha Raisin / Sky 1) Bethan is an accomplished voiceover artist working extensively for clients including: Disney, Nickelodeon, Channel 4, 5STAR, E!, Tresseemme, Capital Radio. She is also a founder member of comedy group 'Jam Sponge

Notes to Editors

Title	A Gym Thing
Performance Dates	2nd - 28th August 2017 (Not 14th and a relaxed performance 15th)
Running Time	60 Min
Location	Pleasance Courtyard (Bunker Two) - Pleasance Courtyard, 60 Pleasance, Edinburgh EH8 9TJ
Box Office	Tickets Available from www.Pleasance.co.uk (01315566550) £6.00-£10.00 Concessions Available. For review tickets, see below.
Twitter	@AGymThingPlay @ThePleasance @WorkingCastProd @SmallThingsTC
Notes	PG. One small use of strong language and scene of violence
Writer	TOM VALLEN @TomVallen This is Tom's debut piece of writing
Producer (Co-Production)	Tom Vallen (Working Cast Productions) - Philip Scott-Wallace (Small Things Theatre) - @WorkingCastProd @SmallThingsTC

**To book review tickets for this show please contact the Pleasance Press Office
0131 556 6557 press@pleasance.co.uk**

All enquiries, high resolution images and any further information please contact:

Philip Scott-Wallace

e: philip@SmallThingsTheatre.com

t: 07816078028

Contact in Edinburgh for Fringe Duration:

Tom Vallen

e:tom@WorkingCast.co.uk

t: 07709840359

Supported by;

