

THEATRE
FOR
LIFE.



EMERGE Programme

*A collaborative film with Southampton
Children's Hospital, Solent Mind and
Southampton City Council Cultural
Services.*

MAST
Mayflower Studios

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SYNOPSIS

Theatre for Life, in collaboration with Southampton Children's Hospital and Southampton City Council Cultural Services, presents Emerge.

Emerge is a community led film devised and written by young people. Funded by the Mayflower 400 Community Heritage Grant (as part of and in conjunction with the city-wide Mayflower 400 programme) Emerge was inspired by Southampton's real stories from 1912 and 2021. In doing so, Emerge celebrates Southampton and increases access to and engagement with the support of the local Arts and Cultural sectors. The powerful outcome raises awareness to the success that is synonymous with an All-Ability inclusive production and accessibility within the arts.

These real stories reflect the tenacity of the human condition by contrasting modern perspectives against a community dealing with the aftermath of the Titanic tragedy. Emerge is a film that simultaneously highlights and challenges inequalities, helping us to learn from the past to inform our futures.

Throughout the film, Emerge presents a collection of authentic voices which explores the truths behind hidden disabilities, mental health issues and facing adversity. Using headphone verbatim, our young theatre makers have collected unique personal stories from within our community, capturing honest, unpredictable and tender testimonies between 2020-2021.

Showing how the pain of yesterday has become the strength of today.

THE CREATIVE PROCESS

As a company we wanted to remove the feeling of exclusion by promoting self efficacy, empowering our young people to feel valued and heard. We have encouraged open dialogue and co-creation with our theatre makers, working together to create powerful and meaningful theatre & film with the guidance of professional artists.

While working predominantly on Zoom since October, most of our cast and creative team have had to shield. Emerge became an invaluable creative lifeline, bringing us all together through the power of the arts.

THE DIFFERENCE IT HAS MADE

"Emerge has been a truly enlightening project. It shines a light on the power of the arts and the young theatre makers determined to be seen and heard in a year that has forced many to shield, including myself. Emerge proves the importance of Disability Inclusion. We not only have a place within the arts but we have a place with society in which our voices as a collective will be heard and valued."

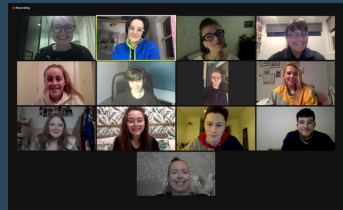
(Youth actor, aged 21 years)

"It's given me a creative outlet and a community of people where we can explore these important topics and educate ourselves to become more inclusive, particularly within the arts. I'm so glad I have had this amazing project to work on throughout the pandemic."

(Youth actor, aged 20 years)



Headphone Verbatim BTS, 2021



Zoom rehearsal, 2020



1912 Filming for Emerge, 2021

HEADPHONE VERBATIM

In headphone the long form interview is used to collect unique and distinctive personal stories. Once interviews have been completed, the chronological edit looks for the "real" story in the interview: the subtext if you like. Artists then perform edited interviews whilst listening to them at the same time through headphones: hence "headphone verbatim".

This technique allows every breath, utterance and idiosyncratic detail of the speaker to be captured by the performer and the result is often a series of poignant, unpredictable, tender, funny and honest testimonies.

Intracultural at its heart, it is an opportunity to reject the notion of stereotype and engage with the nuance and distinctive complexity of each and every personal story.

Our theatre makers have interviewed each other and members of the local community, collating interviews from NHS key workers, friends, family, neighbours and a psychologist, exploring their experiences with hidden disabilities and mental health.

We worked with leading Headphone Verbatim practitioners Kristine Landon-Smith and Neela Doležalová during the editing and final filming at MAST Mayflower Studios.



RMS TITANIC

Learning from our past to inform our future

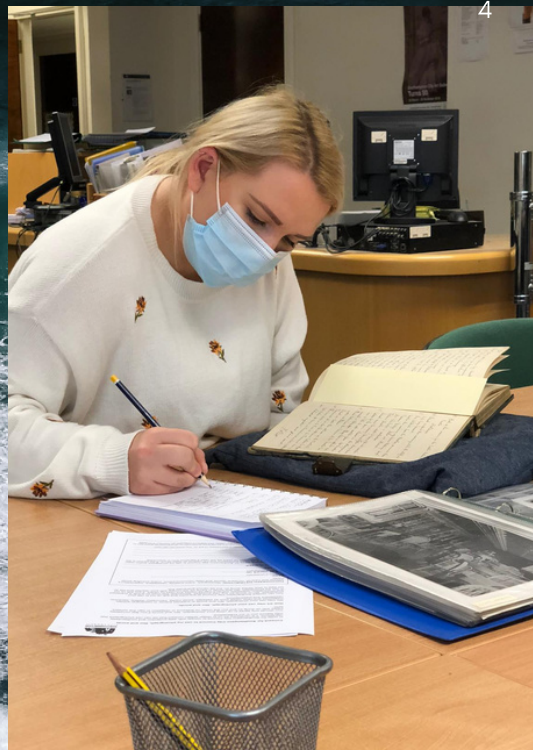
We have worked with the SeaCity Museum to collate research and oral histories, exploring how the Titanic widows, Titanic workers and the Southampton community were impacted following the tragedy.

The 1997 blockbuster romantic and disaster film, 'Titanic' is an epic film that provides a fictional retrospective on the tragedy. However, we wanted to shift our focus to the forgotten families of the victims left behind and the working class communities already struggling amidst high levels of unemployment and poverty. The Titanic widows were most affected, Suffrage may have been on the rise, but the working class widows had no rights, no voice and little financial support.

Our actors wanted to creatively explore hidden stories from in and around Southampton in an empathetic way to help them connect more deeply with their local heritage.

What can we learn from others and their acts of humility as we look beyond this time of crisis and how can we support each other as a community today?

Archive visit - October, 2020



SHEALYN CAULFIELD

*Her thoughts on playing Amelia,
a Titanic Widow.*

Throughout the creation of Emerge it became clear that societal standards of 'normal' is a concept that fits and benefits the lucky few. We live in a society where the 'normal' standards of living supports and encourages a narrow minded approach to adversity. Amelia's story in 1912 presents her 'normal' as it was for the lower class widows of the Titanic Victims, one of severe hardship and scrutiny even when they had lost everything in the Titanic tragedy. As we reflected on this during the creative process of Emerge, we came to learn that the treatment of lower-class women and men who needed help was one of prejudice. It was normal to view the lower classes as 'idiotic' and 'immoral', claiming laziness to be the cause of poverty instead of systemic and systematic barriers to better living conditions.

In 1912, those who relied on financial aid (such as the Titanic Relief Fund) were held to unrealistic standards and purposefully scrutinised, women who dared to campaign for any form of rights were seen as 'less virtuous' and vilified. Men with mental health issues were oppressed and their stories were considered to have never existed.

When comparing this to 2020-2021 we realise that our modern day society has a similar concept of 'normal' to that of our 1912 counterparts and it is encouraged in all ways of life. Government financial aid, such as PIP, determines an individual's worth and deservingness of financial aid based on their ability to hold their hands above their head (a genuine PIP assessment question asked).



The UK is struggling to provide women with access to reproductive rights and health care. 1 in 3 people in the UK view Disabled people as less than productive compared to a non-disabled person. Covid-19 has ensured that society view those who are deemed as 'vulnerable' as a risk to themselves and others. In the UK men are three times more likely to die from suicide than women. Yet, throughout all hardships, there are those who show resilience in their everyday life. In Emerge we chose to share these stories of resilience.

It is my hope that our audience can reflect on their concepts of 'normal' and ask themselves how their neighbours face everyday life compared to them. I hope that they choose to educate themselves. I hope that Emerge allows our audience to strive for a better 'normal.'

HOLLY PARSONS

Her thoughts on playing Lady Visitor

Miss Newman was also known as the 'Lady Visitor'. She was 36, and was known for visiting families in receipt of money from the Southampton Titanic Relief Fund, checking on their ongoing welfare and ensuring the criteria of receiving the fund was met by the families. She served 28 years on the local administration committee before she died and was an important woman who was monumental in the history of Southampton's response to the disaster.

My main purpose for this character was to try and reflect a journey not only for the families of the Titanic Tragedy, but in Miss Newman herself. She has numerous character and story arcs that reflect the battles she faced when trying her best to help these families.

Firstly, I want the audiences to be as educated as the theatre company have been throughout this project. We all think because we have heard of the Titanic tragedy and watched modern media depictions of the story, that we know everything about the people during this time. But what about the aftermath when countless men and women took positions on the Titanic after months of unemployment only to perish in the sinking? What about the community and families left behind?

I for one have learned about those left behind and *Emerge* allows us to bring them to the forefront of our audiences thoughts, finally giving these men, women and children the platform to be heard.



It would be extremely gratifying if our audiences witness how these struggles are still parallel with modern day, and reflect on how each individual can change society for the better if we delve deeper into the system and address the flaws head on.

From my character, you can learn to not judge a book by its cover. Pre-judgements and perceptions of people can negatively impact how we interact with them and .

Miss Newman's journey shows true empathy for the family as we see her grow closer to them as people, no longer viewing them as a number to fit a criteria. This shows that kindness is limitless and there is always something to be done, no matter how big or how small, to impact someone's life for the better.

MEET THE CAST



CALLUM SMITH



HOLLY PARSONS



EVAN BARTLETT



AMY WEBB



JULIETTE GADD



SHEALYN CAULFIELD



JOE JENNINGS



AMELIA OCKWELL



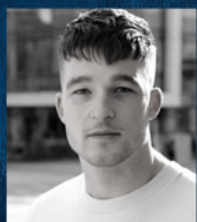
BELLA SMITH



TROY CHESSMAN



KATE POTTER



JJ GALE

CAST LIST

Titanic survivor & 'Psychologist' Verbatim

JJ Gale

Amelia

Shealyn Caulfield

Violet Jessop, 'Robot Device' & 'Run a bath'
Verbatim

Amy Webb

Annie Hopkins & 'I Don't Like the Term'
'Laughter is the best medicine', 'PIP'
Verbatim

Kate Potter

Lady Visitor, 'Normal', 'Shame',
'Government Don't Care' & 'Be Kind'
Verbatim

Holly Parsons

Union Representative, 'Men's Mental Health' &
'The Dream' Verbatim

Callum Smith

'Yuppy Flu', 'Planning Tea', 'Who's in,
who's out' & 'A split second' Verbatim

Juliette Gadd

'Deep Ruts' & 'Dyslexia'.
Feeling Powerless' & 'Resiliency' Verbatim

Evan Bartlett

'Toxic Positivity', 'Read, Write &
Sign' & 'The Sun will rise' Verbatim

Joseph Jennings

Legal Representative & 'PTSD' Verbatim

Troy Chessman

Margaret/Maggie

Amelia Ockwell

Victoria/Vicky

Isabella Smith

Mayor Bower

Jem Rycraft



Amelia Williamson

Shealyn Caulfield has participated in a variety of theatre performances over the years, becoming professionally represented in 2020 by Rising Talent UK. She joined Theatre For Life as she was drawn to their ethos of making theatre accessible for all young people, something she firmly believes in as she is the co-founder of BraveheartsNI (a charity for teens and young adults with Congenital Heart Disease).

Emerge has been transformative. From its conception to its creation, I have been challenged creatively. I have never been a part of a core creative team that openly celebrated and welcomed the importance of ensuring disability inclusion in the arts before Theatre For Life. In the making of Emerge, we refused to let lockdown stop our ardour. We persevered and showed a determination to share the stories of others from an autonomous and authentic light, not one of pity but one of empathy and acceptance.

I would like our audience to share in the belief that the human condition is a complex one. In a time when everyone's 'normal' was distorted, we were able to reflect on what normal is for people and how we can share these stories to highlight how everyone experiences life differently.



*Titanic Survivor
Psychologist Verbatim*

I have been performing in some capacity for over ten years. I pursued my passion for performance by training for three years on an Acting and Performance course at Solent University from 2017-2020. During this time I joined Theatre For Life. I have been enjoying professional work for the last year and I'm excited to further explore the industry.

I have thoroughly enjoyed the process of creating Emerge. It has also afforded me the opportunity to learn about other peoples lives and struggles and helped me cultivate a more informed, empathetic and understanding approach to the people I meet in day to day life.

I hope our audience begins to ponder on and maybe question systems and how we as a society have dealt with certain issues in the past. But more importantly how we can collectively make a more inclusive and thoughtful world. As individuals we should learn to celebrate our successes no matter how small. The past year or so has been difficult in many ways but we have all emerged stronger and more resilient. Let's be proud of that.

HOLLY PARSONS



*Lady Visitor
, 'Normal', 'Shame',
'Goverment Don't Care'
& 'Be Kind' Verbatim*

Discovering my performance style at the University of Chichester, I specialise in physical theatre and lip synching, using verbatim style technique to substance my devising.

I love working with true stories, characters and subjects that can benefit and unfold truths in our societies now that need addressing. EMERGE has been an incredible experience to be a part of and has challenged me as a comfortable stage performer into the world of film and production. I am proud to have met and worked with the cast and creatives to discover their stories and learn so much on areas that sadly are neglected within our modern world.

I hope that EMERGE, the cast and it's audience learn from the values of the film, and allow it to provoke change where change is needed. From the year we have had, I hope and aim for everyone to be happy, to be working as hard as ever, but to also enjoy every minute of what's to come

KATE POTTER



*Annie Hopkins
'I Don't Like the Term'
'Laughter is the best medicine',
'PIP' Verbatim*

My name is Kate and I am a Theatre Maker and Facilitator. I have spent the last two years creating work with Theatre For Life. I am also a Youth Theatre Practitioner and have most recently been working as an Associate Artist with other Theatre Companies.

I have thoroughly enjoyed the process of creating Emerge. It has been an incredible experience and one that I will always look back on fondly. Even though it has been tough at times and consequently meant we created unique and interesting work. It also helped me tremendously having a project to work on through lockdown, it gave me a sense of purpose and helped me remain creative in such a testing time.

I hope that Emerge helps people to understand the importance of the issues raised and they make a conscious effort to acknowledge what they have learned and take that with them into their daily life. Emerge can be a catalyst for shifting towards an even more positive future.

As sad as I am to be saying goodbye to Emerge, I cannot wait for the next Theatre For Life project.

AMY WEBB



*Violet Jessop
'Robot Device' &
'Run a bath' Verbatim*

Amy graduated in 2018 from the University of Chichester, with a degree in Theatre. She then became part of Theatre for life, performing in 'Silent Mind' at the Nuffield Southampton, along with school tours, from 2018-2019.

The process for 'Emerge' has been challenging but so interesting. It's helped me to keep being creative and occupied. After a years work of online rehearsals, it's finally happened and I'm so excited about the screening.

I hope the audience will come away thinking about what they can do to help further understanding of mental health and hidden disability. The first step is asking those questions and researching. It's ok to ask. I hope we can all be able to accept people just for who they are.

CALLUM SMITH



*Union Representative
'Men's Mental Health' & 'The'
Dream' Verbatim*

I have had the privilege of working on a range of projects both in theatre and on screen since I have been lucky enough to spend three years studying BA (Hons) Theatre at the University of Chichester (2017-2020), as well as gaining professional representation from DeeBoss Talent Management. This is my very first project with Theatre for Life since joining the company last year.

Working on Emerge has been the most amazing experience. Emerge gave me a space to keep my creative juices flowing. It has allowed me to work with the most incredible artists on an important project. It has taught me the significance of amplifying stories from all walks of life so that we can learn and gain a deeper understanding of our world.

I hope that Emerge creates a space for the audience to reflect on the progress we have made since 1912. Questioning the ways in which aid is distributed to people who need it the most is a key element of Emerge, and I believe it opens up a subject that needs to be addressed more in today's society.

JOSEPH JENNINGS



*'Toxic Positivity', 'Read, Write
& Sign' &
'The Sun will rise' Verbatim*

My passion for performing began at a young age, especially comedy. I soon realised that taking on characters enabled me to explore different themes and views from my own and provided a for escapism. During lockdown, Drama and production classes stopped, and I went into shielding. Theatre for Life came along at just the right time.

The experiences, knowledge and most importantly friendships I have gained have really helped me as I worked alongside peers that understood living life to the fullest whilst having a long term health condition. It has also helped me to decide my future career path and what I choose to study once I leave school.

I hope the audience will gain an insight into the lives of those who live with challenges that may or may not be visible. Education and discussion is one way in which we can address these topics and to be able to bring these to life though performance is very exciting. I hope that in the future this production will help others to talk openly and freely.

JULIETTE GADD



*"Yuppy Flu", Planning Tea', 'Who's in,
who's out' & 'A split second'
Verbatim*

I have participated in many pantomimes and musicals within the local community and school.

I have found the emerge process really fun as I have gotten to make new friends and learn things I never would have before.

I want the audience to understand and have empathy toward other people as we never know what is happening behind the scenes. I hope that in the future I can become a broadcasting engineer and talk more openly because I think sometimes the plain out truth is the best way for other people to understand. I feel that this project is a little window that could help others see into lives of people struggling.

EVAN BARTLETT



*'Deep Ruts' & 'Dyslexia'
'Feeling Powerless'
& 'Resiliency' Verbatim*

Hi, I'm Evan and I'm part of the amazing emerge project, I have always loved drama and have enjoyed how this project has allowed me to make many new friends.

This brilliant project has brought me closer to people through such a difficult and sometimes lonely year, hope you enjoy the film!

TROY CHESSMAN



*Legal representative
'PTSD' Verbatim*

Troy chessman graduated from the Acting & Performance course at Solent University in 2018. Since then, Troy has been involved in many professional productions and tours which have taken him around Hampshire, the U.K (Including the Edinburgh Fringe Festival) and internationally, making his professional Hong Kong debut in 2020. Troy is also a writer, with a passion for telling real stories focusing on mental health, dementia and sexuality.

I hope that when people watch Emerge they will see that despite how long ago the Titanic disaster was, there are undeniable similarities to issues we face today, hopefully people will be inspired and empowered to make a stand and support those who are in need in times of crisis. I also want people to get a more authentic (not romanticised) perception of what happened to the people in aftermath of the Titanic disaster.

Looking towards the future, 'Emerge' provides us with a reality check that we are all responsible for each other and we need learn from the mistakes of yesterday. We need to speak up and speak out, start conversations about mental health and pave the way for a brighter tomorrow.

AMELIA OCKWELL



Maggie Williamson

I've performed in lots of shows such as Pirates of Penzance with Mayflower.

Emerge was very good for allowing me to concentrate on something other than schoolwork and the pandemic. It was fun doing something creative and different with new people. It also gave me something to look forward to after Lockdown.

There are so many key messages throughout the film, especially about the hardships for women and the lower classes during the time of the Titanic sinking. There are strong teachings about family and togetherness and we can learn about the impacts of the Titanic sinking not just the event.

I hope to be able to get back to acting on stage and connecting with friends from the theatre I haven't seen in a long time. I am aiming to publish my book and see it in shops that have people without masks buying it and enjoying it. I'm excited for when musicals to return to Southampton and we can finally watch them again. I wish for our society to move past this having learnt from it.

ISABELLA SMITH



Victoria Williamson

Working on EMERGE and filming was fun and exciting. It was really nice to meet new people whilst filming. I really loved the crew and meeting the cast!

The film is really good as well and covers important topics. From my part in the Titanic storyline, I learned that all kids didn't have a good life and the parents didn't either. After the pandemic is finished I think that people should emerge by expressing themselves in lots of different ways and that's how I think it should be!



CREATIVE TEAM

Director / Production Manager
Filming & Editing
Devising & Scriptwriting
Headphone Verbatim Direction
Headphone Verbatim editing
Production Assistants
Production Runner
Costume Design
Costume & Prop hire
Hair & Makeup Design
Hair & Makeup Supervisor
Hair & Makeup Base Supervisor
Hair & Makeup Team

Location scouting
Sound design & editing
Props Design
Poster Design
Programme Design
Programme Editing
Marketing
Research
Location chaperones

Community Producer
Photography

Michelle Smith
Elit Pictures – Gonçalo Valle & Bruno Mojs
Theatre for Life Youth Theatre
Kristine Landon-Smith & Neela Doležalová
Theatre for Life Youth Theatre
Kate Potter & Shealyn Caulfield
Kate Potter
Shealyn Caulfield
Plaza Theatre, Romsey
Shealyn Caulfield
Katrina Battershill
Ella-Jane Matthews
Amy Arch & Megan McPhilemy

Michelle Smith & Kate Potter
Holly Parsons, Elit Pictures & Michelle Smith
Amy Webb & Callum Smith
Christopher Hewitt
Michelle Smith
Shealyn Caulfield
Michelle Smith
Theatre for Life Youth theatre
Abigail Oakley, Jacquelyn Ockwell & Sarah Shameti
Alana Jones
Erin Knowles

With thanks to the following organisations:

MAST Mayflower Studios
Southampton City Council Cultural Services
Southampton City Council
SeaCity Museum
Tudor House Museum
Weald and Downland Living Museum
Brune Park Community School
Gosport City Council
Plaza Theatre, Romsey





THANK YOU

Sarah Shameti - Southampton Children's Hospital.
Abigail Oakley - Solent Mind.
Desree - Poetry & Spoken word workshop leader.
Amari Harris - Drama & Storytelling workshop leader.
Emma Kelly - Featured 2020 interview & voice over.
Jacquelyn Ockwell - Chaperone.
Alexandra Lyons, Maria Newbury, Jo Smith, Liza Morgan - SeaCity Museum archives.
Russell Masters - Historical Southampton.
Caroline Egg and Helen Ford - Plaza Theatre.
Katrina Battershill, Ella-Jane Matthews, Amy Arch & Megan McPhilemy - Hair and Make Up Team.
Solent University BA (Hons) Makeup and Hair Department for providing hair equipment.
Ilona Harris - Weald & Downland Living Museum.
Jem Rycraft - Mayor Bower.
Emalene Hickman - Mayflower400.
MAST Mayflower Studios.
A special thank you to our wonderful community for allowing us to interview you as part of the Headphone Verbatim storylines.

Elit Pictures:

At Elit Pictures we combine critical thinking with creative storytelling, bringing your ideas from the paper to the screen.
The team: Goncalo Valle, Bruno Mojs, Renato Ribeiro.
www.elitpictures.com

Supported by:

Arts Council England
Mayflower400 Community Heritage Grant
Baring Foundation
I Will Campaign



SUPPORT

If you have been affected by any of the issues in the film, please feel free to talk to one of our Solent Mind representatives who are available in the theatre foyer.

Here are some local charities and networks who can provide support and advice.

Solent Mind support line

Our experienced advisors will offer you support and ideas to help you to cope if you:

- are feeling anxious or low and want to talk to someone
- would like practical guidance on how to stay well at home
- want specific support such as benefit or bereavement services, or;
- are caring for someone else and would like support.

Our help is available to everyone and you do not need to be receiving any other kind of mental health support to be able to call us.

Our Support Line is not a counselling or therapy service, but our wellbeing experts will be able to listen to you and offer bitesize support, information and signposting.

[023 8017 9049](tel:02380179049)

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

Cal 1 116 123

ataloss.org

The UK's signposting website for the bereaved. They can help you find bereavement services and counselling. They also have resources on [coronavirus pandemic bereavement](#).



PRACTICAL STRATEGIES: EXPLORING THE SEVEN ESSENTIAL RESILIENCY SKILLS FOR YOUNG PEOPLE KS3 +

*Supporting young people to recognise and develop
resiliency skills as we prepare for a time of recovery.*

Emotional awareness & Self Regulation | Impulse Control | Optimism
| Flexible & Accurate Thinking | Empathy | Self Efficacy |
Connecting & Reaching Out

EMAIL: ENQUIRIES@THEATREFORLIFE.CO.UK