

Of Two Minds – Stage Whispers Review



No Strings Attached Theatre of Disability. Adelaide Fringe. February 16th-21st, 2016

Who we are bubbles beneath the surface of all of us. Choices, directions, decisions - all causing noise and at times confusion in our own minds. Some of the most special theatre can be when you can relate to the performer's message or laugh at the dialogue you yourself have used many times.

No Strings Attached produces professional theatre by people with a disability, combating stereotypes while demonstrating that (often) the only real difference between being with or without disability is opportunity.

Director Josephine Were workshopped ideas with the performers, producing a collaboration that is authentic and wonderfully funny. Fighting the urge to wake up in the morning, four women take us through a typical day, letting us delve into their thoughts via voiceovers. A story told through voice, movement and excellent animated faces make this journey easy to follow. Michaela Cantwell, Kathryn Hall, Rachel High and Zara Taylor work beautifully together and show us what hard work and bravery can accomplish.



Add music and subtle lighting and what you have is a very real experience, devoid of pretence. A hilarious skit involving a shopping trolley and a bag of thin crisps was a highlight. Watching High dance and sing to Frankie Valli's 'Can't Take My Eyes Off You' was nothing short of brilliant.

For those looking for a very special theatre experience, I urge you to fit this into your schedule.

Kerry Cooper

Photographer: Alice Were