

CALDONIA & KATHARINE

WEIGHT/WAIT

*Digital Education Pack for schools,
colleges, universities & youth groups //*

14+





*Alex is at her first counselling session.
Will her mind let her stay?*

Intricate movement, fluid contact and emotionally driven dance leads the audience through her story, and that of two others, as they start to understand how to keep their heads above water.

Re-imagined from a stage performance to a 25-min film with four dancers, Caldonia and Katharine use movement, spoken word and humour to explore the mental and physical 'weight' of our thoughts and inner voice. An interactive, intimate work, it tackles the stark rise in mental health issues in young people (one in six aged 5 to 16 years in 2020, up from one in nine in 2017, NHS) offering solution and direction in a relatable, accessible way.

[Click here to watch the stage performance trailer](#)



"Empathetically tactful, gracefully written and exceptionally performed, *Weight/Wait* is as exquisite as it is heart-wrenching, a welcome conversation on anxiety through dance."

Hannah Lee, Voice Magazine

Whole experience:
1 Hour - Full Day

Why?

Price:
£150 - £275

This work seeks to open conversations and create dialogue on the subject.
It is a resource to help with early prevention, access and understanding.
It offers an artistic response that can move, entertain and alert people to the issue with a hope to lead to action.

The film will be accompanied by a worksheet that asks watchers to think about their own mental health and well-being and that of others. The worksheet will interlink seamlessly with the content so viewers become active watchers, completing tasks as they watch the film with time for reflective questions and dialogue afterwards.

September -
December 2021

Our Offer:

Target Audience:
14+

£150: (Digital Education Package)

Unlimited online access to 25-min film
Worksheet/Lesson Plan/Support Resources
1-2-1 with Caldonia Walton for teacher/delivery support

£225:

Half Day In-Person Workshop
Unlimited online access to 25-min film
Worksheet/Lesson Plan/Support Resources

£275:

Full Day In-Person Workshop
Unlimited online access to 25-min film
Worksheet/Lesson Plan/Support Resources

**To book your offer, please fill out the following form:
<https://forms.gle/eMbaLp1EEiFZ56LcA>**

"A powerful piece of contemporary dance theatre and an emotional rollercoaster that is gripping from start to finish....an exquisite duet performed by two very impressive dance artists."
Nadia Strahan, Fringe Review



ABOUT CALDONIA & KATHARINE

Caldonia & Katharine create original stories using movement, theatre and spoken word. They engage directly with audiences by presenting relevant topics with emotionally driven content and by breaking the fourth wall. They create from ideas that spark conversation and find light-hearted ways to provoke responses.

Over the last two years, they have produced and co-created the work *Weight/Wait* from R&D to full production. It has been presented in numerous different locations such as Birmingham International Dance Festival (outdoor stage), Greenwich and Lewisham Young People's Theatre, DanceXchange, The Patrick Centre, Chisenhale Dance Space, Brighton Fringe Festival, Blue Elephant Theatre, Chase Farm Hospital (with in-patients), Arcadian Youth Dance and at Parkview School, Tottenham. The work will now include another female and male performer.

Caldonia graduated from London Studio Centre with a First Class BA (Hons) degree, and has performed for artists such as Cascade Dance Theatre, RANSACK DANCE, Zamira Kate Mummery (ZK Dance), Douglas Thorpe (Mad Dogs Dance Theatre), Cirque Bijou, Willi Dorner, Dam Van Huynh, Wayne Parsons, Ana Lujan Sanchez and Lizzie J Klotz. Choreography credits include: The Dance Centre (Vancouver), The Royal Opera House Linbury Theatre, The Southbank Centre, The Place, The Vaults, London Fashion Week, Tristan Bates Theatre, The Arts Theatre, on Channel 4 Random Acts and at the Artsdepot. She also holds a Level 6 Diploma in Dance Teaching from the British Ballet Organisation (Distinction).

Katharine Richardson trained at London Studio Centre, specialising in contemporary dance and graduating with a First Class BA Honours degree. Katharine has worked with Yorke Dance Project, Neville Campbell, Kate Mummery, Ponciano Almeida, Ben Duke and Henri Oguike.

Visit their websites: caldoniawalton.co.uk
kathyrichardson.co.uk

@caldoniadances
@kathy_richardson

"Weight/Wait is a stunning conversation on mental health through the unified strength of dance and dialogue. A raw and enchanting dance performance, untangling one woman's exertion with anxiety as she begins counselling"
Voice Mag (voicemag.uk)



Audience Feedback

"Being a mental health professional, I have the painful privilege to be alongside people experiencing a mental health crisis. It is often something that people struggle to articulate and this can lead to a feeling of being misunderstood and totally alone. By embodying the internal experience through movement, this performance was able to create an incredibly vivid and palpable account of anxiety that felt familiar, terrifying and incredibly brave"

Lora, Mental Health Nurse

"I've worked with young people with psychosis for many years and this was a vivid portrayal of some of the symptoms they would describe. They captured the feel of carrying the thoughts, voices and feelings very clearly, literally carrying or by the image of trying to interact with people when the voices are controlling you and interfering with your intentions." Fiona Scott

"Raw, powerful and tremendously watchable. The storytelling was both physically impressive and emotive, it left the whole room moved. To identify with so many, with so little words - physical theatre at it's best."

"It was a perfect balance between dark and comic and should be shown in schools."

"Very moving, it touched feelings I've had in my own life."

"So beautiful and a portrayal of anxiety that got me thinking."

"It made me feel stronger for myself, recognising bits of Karen in myself and to see the situation objectively."

GET IN TOUCH

Associate Producer: Annalise Cowan - annaliscowan@hotmail.co.uk

