



a dynamic, creative group of people dedicated to creating original theatre, and making accessible to all.

Welcome and thank you for watching the show, we sincerely hope you enjoyed what you saw. This pack will give you all the information you need to know about 4DR Theatre and how and why you should book us for your school. If you have any questions please do feel free to contact us on our website www.4dr.co.uk

History

4DR Theatre started in 2002 as a college session that was 'just for fun', it grew into an exclusively Yeovil College student based company. Students could audition and join for two year s whilst studying at college, we created small 5-10 minute pieces inspired by funny ideas and issues that affected the young members such as heartbreak, competition and jealousy. Over the past eight years 4DR has had over 60 members come and go through it's doors, we've been lucky enough to create work for local youth dance platforms, the NHS and have even and performed in the prestigious 'Resolutions' Dance competition at 'The Place', London.

We came to realise that the work 4DR was producing needed that extra push, and we wanted to give more people the opportunity to be part of the company, so we decided to become independent from Yeovil College and open our doors to anyone that was interested in physical theatre and what 4DR creates.

In 2007 4DR embarked on it's first 'full-length' feature, 'We 3- a contemporary adaptation of Macbeth'. On 2nd May 2008 'We 3' was premièred to a sold out audience and since then we have been working on streamlining the show for an educational setting.

Direction

The company is guided by Artistic Directors [Jo Deacon](#) and [Tamsin Randall](#). Together they work as creators and performers, as well as supplying training and inspiration for the hard working, talented performers.

As a company we work collaboratively, this means that we devise and choreograph the majority of work with full company input and dedication. The reason we work in this way is because of the type of company 4DR has become. We are a group of people that are versatile and adaptable to many different forms of performance. The Company enjoys both drama and dance aspects of the Physical Theatre and aim to blend those forms of performing arts together in our own form of the genre. Thus producing theatre that is not only talented but moving, entertaining, funny and accessible to all.

Our take on Physical Theatre...

4DR's Physical Theatre uses observation and human reaction to fuel our creativity. We explore many issues, stimuli and ideas to create our work. We've made pieces based on simple ideas such as being physically stuck to someone else and at the other end of the scale we've created work based on human emotion, script and music as a stimulus. As a company we are very physical, our work includes a lot of lifts and jumps and we also use a lot of diverse choreography.

THE COMPANY

Jo Deacon – Artistic Director

After completing an HND in Theatre at Yeovil College Jo continued to work in Somerset as a freelance performing arts teacher. Jo has been a passionate member of 4DR since its inception in 2001. She became an artistic director in 2002. Jo firmly believes you can't teach performance without being a performer. She has an active performing life as part of a variety of local groups. Jo continues to work closely with [Yeovil College](#) and other venues in the south west of England bringing physical theatre, dance and movement to everyone.

Tamsin Randall - Artistic Director

After graduating from LIPA (Liverpool Institute for Performing Arts) in 1998, Tamsin became a lecturer in dance and drama at Yeovil College. Tamsin has been artistic director of 4DR since 2001. She left the company in 2008 but continues to work closely with Jo and the performers. She currently works as Head of Dance in a Sixth form in Wiltshire.

Performers

Katie Maun
Craig Denman
Hannah Maun
Lucy Scott
Kate Stevens
Sean Seal
Elspeth Edmonds
Rudi Preston
Gary Brooks
Emma Jane Martin
Jay Westaway
Fiona Wasiewicz

WHAT WE CAN DO FOR YOU

We're offering a 'pick and mix' blend of workshops and a touring version of We 3 for you school or college.

As you will see below we can offer different kinds of workshops depending on your group of participants and what you wish the participants to achieve. However, if the options below don't suit your needs then we offer a tailor-made service. This can give you the flexibility and get you exactly what you need. For example if you would like us to deliver a workshop working from Romeo & Juliet instead of Macbeth, or you would like us to work on devising around a theme such as 'bullying' or 'underage drinking'. This can be designed just for you.

Also all the workshops can be altered depending on the age and skill level.

A: Basics of Physical Theatre: 2 Hours

This workshop provides a general taster of dance and contact based physical theatre, giving the participant a chance to try something very new and learning physical skills such as spacial awareness and lifts. This includes drama games, trust games and basic contact exercises including partner and group work.

B: Devising and Choreography: 2 Hours

This workshop consists of: Dance warm-up, trust games, leading to fast track basic skills with the emphasis on movement and contact work. Then working from stimulus and taught original 4DR choreography, participants will learn how to develop all elements into their own work.

C: Working from Script: 2 Hours

Workshop consists of: Drama Games, Dance warm-up and introduction to script. After group discussion and breaking the script down, participants will use games and exercises exploring the themes and characters, helping the participants think 'outside the box' and devising their own version of the script.

Tailor Made Workshop:

Tell us what you need, we can design the workshop around you.

This service can be used if you have a certain script in your syllabus, or if you have a certain aim to achieve with your group. We can do anything from 2 hour workshops to 3 day residencies. All of your requirements can be discussed on a one to one basis with Jo Deacon the Artistic Director.

Please contact us on 07814 343780 or email jo@4dr.co.uk

Prices:

The pricing is simple, below is a table to help you decide on which combination of workshops would work for your group. However, every case is different, and prices are negotiable for larger groups.

The basic fee covers 15-30 participants, anything over has an extra charge per head over 30.

example; 36 participants would be £45 (basic fee) for upto 30, plus the extra 6 students at £2 per head. $£45 + (£2 \times 6 = £12) = £57$ Total

Workshops/Show	Basic fee	15-30	31-40	41-50
A, B or C	£45	No extra	+ £2 per head	+ £1 per head
Tailor-made	£60	No extra	+ £3	+ £2
Touring We 3 show	£145*	No extra*	No extra*	No extra*

*We are also offering a touring version of We 3. The touring version is 45-50mins long and has the full cast of 12 performers. We can supply a touring rig of lights at an extra cost. The touring show is designed to slot into a school lesson or lunchtime. There is no extra ticket charge for the show, you pay one flat fee, and can have as many as will fit in the performance space under your venues health and safety limitations.

On booking we'll need you to confirm a point of contact and that you have appropriate workshop space.

Our Requirements:

- Minimum 15 participants, in comfortable clothing (no jeans or combats)
- Large, clean and non-carpeted space e.g. hall, gym or studio.
- Changing facilities such as a classroom or allocated changing area.

If you would like to book the Touring We 3 show, we do need set up/clearing time of 30mins.

To Book

Please email jo@4dr.co.uk or call 07814 343780, to discuss your requirements further.



We 3 is a contemporary physical adaptation of Shakespeare's Macbeth. In its first full length piece 9 strong chorus members take the audience on a journey created from the couples point of view and show the witches control over Macbeth and Lady Macbeth in their tale of murder, betrayal and the lust for success.

4DR integrates movement, dance, voice, music and acting and We 3 promises to be unique and original in its interpretation of the Scottish Play. Dare to take this journey with the company and enter the dark world of Macbeth?

4DR is touring We 3 around the Midlands and South West in schools, colleges and youth centres. We have designed this show so that it fits easily into 45 min session, providing us with the opportunity to supply both workshop and performance.

To start the tour we performed We 3 at Yeovil College on the 12th and 13th February, inviting public, press, local teachers and lecturers to enjoy the show.