

# NATIONAL YOUTH MUSIC THEATRE

Supported by  
SIR ANDREW LLOYD WEBBER

Presents  
A Studio Production of

## BODY WORK



Music and Lyrics by Richard Stilgoe

Director / Choreographer  
Music Director  
Stage Manager  
Assisted by

Mandy Sapsed  
Sarah Travis  
Claire Nance  
Michael Hume

Tuesday 9 August 1994  
Rudolf Steiner School, Edinburgh

Your tummy rumbles. You hiccup, blush, have pins and needles or goose-pimples. The left hand knoweth not what the right hand doeth, and your foot has gone to sleep. You put on a brave face, and carry on, ignoring yet again the fierce internal struggles waging within your body.

The body is managed by the brain, the soul and the heart. The brain believes in efficiency and self-help. Dominic, the soul, has wispier, more general views. The heart believes in honest toil and full employment. Together with the pituitary gland they govern an unruly collection of nerves, white cells, red cells, muscles, senses and hormones.

Bodywork tells the story of a day in the life of the various bits of a male body. The soul dreams, the brain wakes, the heart pumps on. The body goes to work, gets injured, falls in love, has a shower, goes out to dinner, smokes, gets drunk and falls in the river. Germs sneak in and spread discontent. The soul threatens to leave. Has the body damaged itself irreparably, or can it pick up the pieces and keep civilisation going?

It's taken you about a hundred and ten heartbeats to read this. Your eyes have sent the shapes of words to your brain, and your brain has recognised the words and made sense of them. Meanwhile, the stomach has been digging goodness out of your last meal, the nerves have checked that you're not too hot or cold, and a germ has sneaked up on one of your white cells and mugged it!

Touch and go, really, isn't it?

|                      |                            |
|----------------------|----------------------------|
| Dominic              | <i>David Longden</i>       |
| Brain                | <i>Louise Potter</i>       |
| Heart                | <i>Luke Tudball</i>        |
| Pituitary Gland      | <i>Ben Thursby</i>         |
| Camera               | <i>Zandile Mguni</i>       |
| Sound                | <i>Wendy Olateju</i>       |
| Taste                | <i>Jade Hamilton</i>       |
| Bud                  | <i>Dayle Henderson</i>     |
| Dog Handler          | <i>Jayne Parker</i>        |
| Nerves               | <i>Tiffany Gore</i>        |
|                      | <i>Hayley Birkbeck</i>     |
|                      | <i>Johanna Hewitt</i>      |
|                      | <i>Kate Robinson</i>       |
| Left Lung            | <i>Rajni Shah</i>          |
| Right Lung           | <i>Elizabeth Hastings</i>  |
| Colon                | <i>Robert McNeill</i>      |
| Red Cell             | <i>Andrew Squire</i>       |
| White Cells          | <i>Susannah Marchand</i>   |
|                      | <i>Lisa Analts</i>         |
| The Genes            | <i>Emma Trow</i>           |
|                      | <i>Annalise Whittlesea</i> |
|                      | <i>Tiffany Graves</i>      |
| The Muscles          | <i>Vincent Palmer</i>      |
|                      | <i>Philip de St Croix</i>  |
|                      | <i>Hannah West</i>         |
| Germ                 | <i>Emma Trow</i>           |
| Virus                | <i>Cheryl Jack</i>         |
| Digestion            | <i>John Hinton</i>         |
| Dermatitis           | <i>Simone Benn</i>         |
| Stomach              | <i>Clare Harrison</i>      |
| Appendix             | <i>Paul Cox</i>            |
| Skin                 | <i>Dale Jones</i>          |
|                      | <i>Robert McNeill</i>      |
| Hair                 | <i>Alex Bourne</i>         |
|                      | <i>Neil Clench</i>         |
|                      | <i>Richard Dobson</i>      |
| Gastrin              | <i>Richard Puddifoot</i>   |
| Adrenalin            | <i>David Killoran</i>      |
| Thyroxin             | <i>Andrew Squire</i>       |
| Insulin              | <i>Alex Bourne</i>         |
| Somatotropin         | <i>Philip de St Croix</i>  |
| Oxytocin             | <i>Russell Payne</i>       |
| Testosterone         | <i>Simon Johnson</i>       |
| Doctor Sally Johnson | <i>Hayley Birkbeck</i>     |
| Waiter's Voice       | <i>Robert McNeill</i>      |

### **Introduction**

This studio production is the first of its kind for the NYMT! Our presentation of BODYWORK is the result of seven days' intensive rehearsal and could not possibly be performed without the sheer commitment and talent of all involved. A personal note of thanks then, from Sarah and myself, to our lovely cast, chaperones and technical crew, and to all individuals who have given their support to this project. Thank you.

Mandy Sapsed, BODYWORK Director.

### **Acknowledgements**

We would like to offer our grateful thanks to the following people and organisations for their assistance with this production: to all staff and parents for their support and help with costumes, to chaperones Sybil Houlden, Pauline Lewis, Stephanie Loudonsack, Sue Parker, Sheila Trow and Jan White, to Sharon Oreley, to the Rudolf Steiner School, to Roland (UK) Ltd for their help with instruments, to Greyfriars Art Shop and Texas, to the Royal Opera House for their help with rehearsal space, to all individuals and organisations who have kindly assisted company members with course fees, to Arthur Scarrow and Sheila Trow for their help with the programme and to Richard Stilgoe.

**Drinks will be served in the courtyard during the interval.**

### **The National Youth Music Theatre**

President: HRH The Prince Edward CVO

Supported by Sir Andrew Lloyd Webber

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**SADLERS WELLS**

