

Press Release **MUM'S THE WORD (Seren Theatre)**

One mother. Two daughters. The first she hasn't seen for thirty years, the second a touch less. Mix in a little postnatal depression and add a dollop of humour. Shake, stir, stand back and watch the drama unfold. Award-winning play about an oft-hidden condition. And why the big secret? Well, Mum's The Word.

PERFORMANCE DATES (Running Time 2 hrs with interval)

Weds 3rd May, Ryde School, Isle of Wight. 7:30 - 9:30pm
rydeschool.org.uk/

Tues 16th - Sat 20th May, Theatre N16, Balham. 7-9pm
theatren16.co.uk/

Tues 30th May - Sat 3rd June, SLAM Theatre, King's Cross. 7:30 - 9:30 pm
slam.org.uk/about-us/

Weds 6th - Fri 8th June, Ventnor Exchange, Isle of Wight 7:30 - 9:30pm
<http://ventnorexchange.co.uk>

When mum walked out on two small girls, they had no option but to get on without her. For Sophie her career became her life. Until now. With her biological clock kicking in, she's desperate for a baby. But with a partner who never bought into this, it's 'bye bye Toby, hallo wanker bank.' Sister Jane's is built around her family. Three grown kids and a little surprise on the way. So the last thing either needs is their estranged mother turning up out of the blue. Or is it?

Sue Bevan has developed her award-winning one-act play into an even stronger, more-nuanced full-length drama. It spans three generations of women in one family and takes a frank, candid and sometimes funny look at issues of new motherhood, post-natal depression, family bonds and mothers who leave. This will be its first professional production, and Seren Theatre has been created specifically to present this as their first show.

Notes for editors

Recent research reveals one in five mothers suffers from a mental health problem such as depression, anxiety or psychosis during pregnancy or in the first year after childbirth (Independent Mental Health Taskforce). Yet fewer than 15% of NHS districts provide effective specialist perinatal services for women with severe or complex conditions, and almost half provide no service at all. On top of this many women go undiagnosed and unsupported due to feelings of shame and stigma associated with post-natal depression, alongside the fear their child/ren may be taken away.

The government has recently announced additional funding to go into areas of specialist support for women peri-natal mental health issues.

This play explores an issue for which awareness desperately needs raising in a shame-free platform offering discussion and shared experience.

The play will be accompanied by a discussion with the company and information on mental health services available both locally and nationally.

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