

I'm a Phoenix, Bitch Pre-show information

I'm a Phoenix, Bitch is performed in our Grand Hall.

There is step-free access into the main foyer of our building, and to the Scratch Bar with accessible toilet facilities on the ground floor. There is a large lift that provides step free access to the Grand Hall from the main entrance.

The Grand Hall has step-free access through the entrance and a lift to the Balcony (higher level seating). There is also an accessible toilet located near the Grand Hall.

You can find out more about our building before your visit by looking at our access page on our website: bac.org.uk/yourvisit/access.

Relaxed performances

All performances of *I'm a Phoenix, Bitch* will be relaxed.

This means for all shows we have a relaxed attitude to noise and movement in the auditorium.

This is a chill out space at the front of our building where you can relax and take a break. Members of our Welcome team can guide you there if needed.

BSL and Captioned performances

There will be BSL interpreted performances on Thursday 18 October and Friday 19 October.

There will a captioned performance on Friday 19 October.

About the show

I'm a Phoenix, Bitch is a theatre show by Bryony Kimmings that combines personal stories with epic film, soundscapes and ethereal music. It is powerful, dark and joyful show and about motherhood, heartbreak and finding inner strength. It is her first solo show in nearly a decade.

In 2016, Bryony nearly drowned. Postnatal breakdowns, an imploding relationship and an extremely sick child left her sitting beneath the waves hoping she could slowly turn to shell.

Two years later and she is able to deal with life again, but wears the scars of that year like a dark and heavy cloak. Who do we become after trauma? How do we turn pain into power? How do we fly instead of drown?

We will need new myths to survive the end of existence as we know it. Tonight a new legend will be created; that of the invincible and fearless woman; a tale Bryony wishes she had known from birth.

The performers

This is a solo work and performed by Bryony Kimmings.

What to expect

The show is approximately 1 hour and 20 minutes with no interval.

I'm a Phoenix, Bitch incorporates film, music (recorded and live mixed soundscape and live music), spoken word and performance.

The show will include dramatic lighting changes and moments of low lighting and darkness.

During each performance, there will be moments of loud or sudden sound, including pyrotechnics. The second half of the show is louder and darker than the first half. There will be some haze also used throughout the show.

Trigger Warning

I'm a Phoenix, Bitch addresses issues of postnatal depression, anxiety, relationship break ups, and having a sick child. There is imagery which invokes fire and drowning. If you ever feel uncomfortable or need time out please do feel that you can leave the space to access the chill out room.

Visual Story of the show

(Contains Spoilers)

The first 20 minutes (approx) of the show has a light and funny atmosphere and includes music and singing, where Bryony puts on wigs and costumes to play different versions of herself. These songs are also projected as live films on the back wall.



After the singing, Bryony addresses the audience and talks about her relationship, using models of a thatched cottage, her and her ex-partner



At around 40 minutes into the show there is some video projection which includes flashing lights and loud music. There is imagery of fire and being submerged in water.



Following the video projection there is a section where Bryony lifts weights, and talks more explicitly about her traumas and particularly her son.



There is then a song where Bryony wears a dark cloak which has loud music and includes pyrotechnics. This is the loudest the show becomes.



The last 20 minutes include some haze.