



Easy Read

Strong Enough:

An outdoor circus-storytelling show by Strong Lady Productions.

**STRONG
LADY**
PRODUCTIONS.COM

WITHOUT WALLS
Outdoor Arts Consortium

This document has been created with support of Without Walls Consortium. Strong Enough is a 2021 commission of Without Walls, Hat Fair and Just So.

Strong Enough: What to Expect



Relaxed Performance

All performances of Strong Enough are relaxed performances.

You can:

- wear headphones
- talk to each other or make noises
- come and go
- move around



All Ages

Strong Enough is a circus and storytelling show.

It is suitable for all ages, even children.



Festival May Be Busy

Strong Enough is an outdoor performance at a festival.

The festival may be busy and noisy.

There will be event staff around the site to direct you to where you are going and keep things safe.

35 Minute Show + 15 Minutes Before

**Strong Enough is
35 minutes long.**

For 15 minutes before the start time I will:

- Play Music
- Chat to people
- Set up props
- And prepare the crowd.



Themes

This show celebrates how strong we all are, focusing on emotional strength.

The show includes stories about finding strength in difficult times - including the loss of loved ones.



Relaxed Performance

The show has no sudden loud noises, no swearing and no flashing lights.

There is music and talking throughout the show. There will be times when people clap. You do not have to join in with clapping if you do not want to.

About Strong Enough



**My name is Charmaine.
I am a Circus Strong Lady.**

I am the performer in this show.

I have asked lots of different people to tell me stories about a time when they were strong.



**In this show will tell you
some of their stories - and a
few of my own.**

I use the physical strength of circus tricks to reveal the emotional strength in the stories.



**I usually perform on floor
level, with a red rope
marking my space.**

I talk directly to the audience, but there is no audience participation.

You will not be asked to reply to questions or enter the performance space.

The Storytelling Style in Strong Enough



I tell you many stories in this show.

Some parts are told by other people's voices, in the soundtrack.

These are recordings of people telling me their own stories of being strong.



There is physical storytelling, using circus skills.

Sometimes it looks like I might fall or drop things, but don't worry, it is all safe.

I do this to show the struggle and strength in the stories.



There is background music for most of the show, playing through the speakers.

I control the soundtrack myself. I use a remote control button that is hidden in my costume.

Scene by Scene Breakdown



I am a circus Strong Lady.

I have been touring the world performing feats of strength for 20 years.

To show you what a feat of strength is, I tear a thick book in half.



I was not athletic as a child.

I was the fattest kid in my school.

I ran a running race in year 1 at school. Everyone else had finished, but I was only half way. I ran the rest of the race with the whole school watching me.



I discovered that I was strong enough to lift other people. It was in a circus workshop when I was 15.

This made me think differently about myself. I might be slow, but I am strong.



Sometimes I don't feel strong enough, even though I am a circus Strong Lady.

I started asking people to tell me stories about a time when they were strong. I hoped that their stories would give me clues, for how to feel strong enough.



Some people's stories were extraordinary moments of strength.

I tell you some of the stories of strength that people have told me. I use the strength of circus tricks to show the strength in their stories.



I reveal my struggle to do handstands.

Handstands are one way that circus artists measure whether they are strong. I struggle to do it and I don't always feel strong enough - but I keep trying.



Some stories of being strong are about keeping going - even when it is hard or scary.

Rosie is afraid of heights. Even though she was afraid, she was able to shift her focus away from worry, to just focus on her next step.



There is also strength in saying no.

Hannah is someone who everyone thinks of as strong. Everyone comes to her for help and advice. She was exhausted. She found the strength to set boundaries and to say no.



Emma's story was about the strength to just keep going.

She was a single mum of 3 small kids. And working as a teacher. And studying for an MA. We run through what a typical day was like for her - it was very busy.



James realised the strength in just being there and supporting people, rather than trying to fix things.

James helps his Mum care for his little brother Billy, who has a diagnosis of Pathological Demand Avoidance / Autism.



When performing a circus trick, it is the struggle that makes it look strong.

If I make it look easy when I break a chain, it doesn't seem as strong. If I know that, then why do I feel weak if people see me struggle in real life?



Denise is very independent. She doesn't think she can rely on other people, but she can rely on herself.

Her father died when she was young. He taught her to fix things. She feels his strength in herself when she takes care of things and people.



Ricky's story is about being at his lowest and finding strength he didn't know he had. It was both the weakest and the strongest he ever felt.

When his ex-wife died, he had to find strength to help his daughter through grief.



We repeat the story I told at the start, about my running race. This time it is told by my Dad.

In his version, is not a story of being slow and failing. It is a story of determination. He is proud of how hard I kept trying right to the very end.



I asked many people to tell me stories of being strong, to help me figure out how to feel strong enough.

It turns out that strength is in: getting up again when we fall, reaching out, and taking the next step. It is not just about triumph or being invincible.



It is in our struggle that we find strength we didn't know we had - and build strength we didn't have before.

The show ends with a celebration of this realisation.

The music includes many people's voices talking about their own strength.



I am happy to talk to you after the show.

I may need to pack up if another show is waiting to start. In that case, I will be free to talk as soon as I finish packing things away. This usually takes about 10 minutes.

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You can tell me about your own stories of strength by email, if you want to.

You can also ask questions or give feedback. My email address is:

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