



NOT ME

UK Tour, April – October 2020

The path to wellbeing for people with addictive tendencies? Connections. 'Not Me' is a thrilling and humorous performance adapted from Marianne Dissard's deeply-engaging and fearless 2019 memoir of trauma and the life of a disordered touring musician. Not your typical recovery text by far, this is a deeply affecting existential howl disguised as a contemporary take on one woman's attempt to regain life balance through yoga and self-awareness. The show weaves Dissard's music with excerpts from her book and videos by Dissard and collaborator Julia Alcamo, and a boundary-breaking Q&A on the book's themes of eating disorders and mental health.

“Marianne Dissard is that rare sort of talent: a literary chanteuse who renders the whole world with keen observations, wit, and pathos.” Mitch Cullin, *A Slight Trick of the Mind* and *Tideland*

Eating disorders are widely misunderstood and stigmatised illnesses. This book and its stage adaptation work to change this at several levels by educating (raw, abrasive honesty of the text), enchanting (music and... confettis!), and disarming through humor. The tough-love, multipronged approach culminates in a heart-opening Q&A. Dissard creates this by weaving her own videos with those of artist Julia Alcamo, and sharing her words and music to create a highly audience-responsive and adaptable performance of her story.

“Not just painfully honest, but viscerally, brutally honest - a struggle for survival, and ultimately self-acceptance” John Parish / *Let England Shake* (PJ Harvey)

Marianne Dissard is a French-American singer, performer, author, and filmmaker. She is based in Ramsgate, Kent. Her critically-acclaimed desert noir music was recorded and toured worldwide with members of Giant Sand and Calexico. The University of Southern California film school graduate directed several films ('Low Y Cool' with Robert Kramer, 'Drunken Bees' with Howe Gelb of Giant Sand, Andy Warhol remake 'Lonesome Cowgirls'). Her most recent collaboration with American choreographer Ami Garmon after 'Petit Intérieur, Cinq Pièces' from seminal 1994 'Hiver de l'Amour' Palais de Tokyo Paris and Fondation Cartier was programmed by TanzFabrik Berlin for HerbstFestival 2013.

Julia Alcamo is a German/American filmmaker working primarily on documentary films and short format dance videos. She is based in Brighton.

Notes to Editors

Title	<i>Not Me</i>
Writer & Performer	Marianne Dissard
Dates and Venues	Midlands Art Centre, Birmingham, April 7 th (macbirmingham.co.uk/book?id=893949) King's Arms, Manchester, April 8 th (kingsarmssalford.com/whats-on) Alma Tavern, Bristol, April 10 th (tickettailor.com/events/almatheatrecompany/335931) Tom Thumb Theatre, Margate, April 16 th (facebook.com/events/674599859732409) Werks 2, Brighton Fringe Festival, May 4 th – May 10 th (facebook.com/events/477154776548250) Drayton Arms Theatre, London, July 13 th King's Arms, Fringe Fest, Manchester, July (TBC) Hastings Fringe Festival (TBC) The Garage, Norwich, October 1 st Deptford Lounge, London, October 5 th Theatre Festival, Hastings, October (TBC) Upstairs @ Western, October (TBC)
Running Time	65 mins
Links	Tour Facebook (facebook.com/tours/873605923042694) Website (mariannedissard.com) Website – Julia Alcamo (juliafilms.uk) Bandcamp (mariannedissard.bandcamp.com/music) Youtube (youtube.com/mariannedissard) INCLUDED in the SHOW: 'Mouton Bercail' / Marianne Dissard (youtube.com/watch?v=uyxpMN9ovtA) 'mint' / Julia Alcamo (juliafilms.uk/portfolio/mint) 'Not Me' (Ch.10 - Mr. Creosote) : mariannedissard.com/not-me_epk_uktour2020

Performance and media guidelines by BEAT, UK's eating disorder charity. Beat's Press Officer is available for consultation on any media enquiry or sources of support. Call 0300 123 7061. Out of hours 07804 589404

Email media@beateatingdisorders.org.uk.

(A note on trigger warnings: I don't believe trigger warnings, though well-intended, serve much purpose. If, for whatever reason, you fear being exposed to the mental and physical reality of eating disorders, or if you yourself suffer from those conditions, please act responsibly in choosing to attend this show.)

IMAGES: dropbox.com/sh/r7d9k39kacjhpn1/AACHxiA3aKFTUqinMOMsLo2da?dl=0

For all enquiries, high-res images and further information, please contact:

Chris Hislop / 07711 033205 / chris.hislop@gmail.com / www.chrhislop.com