



TOUCHY + ANTHOLOGY



*In association with GoPlay Studios & Unity Theatre
Supported by Everyman & Playhouse*

Resource Pack

For teachers, youth workers and workshop facilitators

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ABOUT

20 Stories High

20 Stories High is an award-winning theatre company that believes “everybody’s got a story to tell... and their own way of telling it.”

We co-create with culturally diverse, working-class young people, emerging artists, and world-class professionals to tell stories that are challenging, authentic, and uplifting.

Experimenting with rap, dance, beatboxing, music, and puppetry, we mash up art forms to make new kinds of theatre that empowers and enables social change.

Our shows happen in loads of different spaces from theatres, schools and youth clubs to digital spaces and living rooms.

Our hearts are in Liverpool, but our reach is universal.

20 Stories High an Arts Council England National Portfolio funded organisation.

ABOUT

TOUCHY + ANTHOLOGY

A double bill of Live Music, Hip Hop, film, and poetry, from Liverpool’s finest.

After a two-year gap, 20 Stories High are back on the road with a double bill bursting at the seams with originality, scouse humour and grit.

First up is **TOUCHY** – a collection of award-winning short films on the theme of touch. Unique stories told through a mash up of eye-popping animation, heartfelt music video, and gripping drama all shown on the big screen.

Next up is **ANTHOLOGY** – a raw piece of gig theatre that promises to raise the roof! A collection of uncompromising, emotive, and funny, personal testimonies. Expect heavy-hip-hop vibes, uplifting R and B, and a unique blend of poetry infused ninja moves!

Age Guidance 14+

Also contains flashing images

Content Warnings:

Contains strong language and storylines exploring systemic racism, substance abuse, eating disorders, transitioning, sexual consent, neurodiversity, and the covid-19 pandemic.

Contains depictions of sexual imagery and references to sexual trauma.

We created a self care toolkit to accompany the show to ensure that our audiences feel safe and empowered when accessing our work. You can access the self-care toolkit via our website [here](#) or you can request one from natasha@20storieshigh.org.uk

Director's Note

The idea of touring short films as a double bill with a live show is an idea that could have only happened after a pandemic. Co-creating with the artists over the past 3 years has been such a joy, they have brought so much of themselves to these stories, and I have learned so much from the different collaborations. Bringing their own art forms and own narratives whilst also making sure that stories connect with new audiences.

Making the TOUCHY films in lockdown was hard, but we got through it, and we're really looking forward to sharing them in live spaces. ANTHOLOGY (meaning a collection of stories and songs) was a show that was sort of created by accident. It was only meant to happen for one night only, but the response from the audience was so good, we decided to give both projects their own tour as a double bill!

Whether you are new to 20 Stories High or know us from old, it's good to connect, and we look forward to meeting friends old and new on the tour!

And also a boss shout out to the amazing team for making all this happen!

Keith Saha



c. Rebecca Oliver

Overview of TOUCHY

Jemell's Story blends Hip-Hop and storytelling to tell the story of a young Black lad living with undiagnosed autism.

Content: contains themes of racism, mental health and substance abuse. Also contains strong language and the use of the "N" word. There is a detailed breakdown of what story Jemell tells at the end of this pack, please read it ahead of watching if you'd like some further information.

Available to watch [here](#)

Jazz's Story is a tender and uplifting R'n'B love story exploring public displays of affection in a same sex relationship.

Content: contains themes of same-sex relationships and romantic touch in public spaces. There is a detailed breakdown of what story Jazz tells at the end of this pack, please read it ahead of watching if you would like further information.

Available to watch [here](#)

Ella and Ste's Story investigates consent, with a story that explores the conflicting recollections of an intimate moment from many moons ago.

Content: explores sex, relationships and questions around sexual consent and assault. There is a detailed breakdown of what story they tell at the end of this pack, please read it ahead of watching if you would like further information.

Available to watch [here](#)

Sophie's Story explores how a young woman renegotiates her relationship with her Grandad Kojo during lockdown.

Content: explores family relationships, COVID-19 lockdown and how the pandemic has impacted families. There is a detailed breakdown of what story they tell at the end of this pack, please read it ahead of watching if you would like further information.

Available to watch [here](#)

Max's Story, a young trans guy guides us through his discoveries around social touch with a funny and heart-warming animation.

Content: it told through an accessible and light-hearted animation. It explores social touch, gender identity and the experience of transitioning. There is a detailed breakdown of what story they tell at the end of this pack, please read it ahead of watching if you would like further information.

Available to watch [here](#)

Suitable for ages 14 plus.

A full synopsis of each film is available in our self-care toolkit available on our website [here](#) or you can request one from natasha@20storieshigh.org.uk.

Overview of ANTHOLOGY

Man-like-Mally explores anti-racism and history of slavery through Hip-Hop performance.

Content: themes of racism, the slave trade, Black empowerment and strong language. Also contains strong language and the use of the "N" word.

Faye Donna Francis delights audiences with her unique jazzy vocal R&B skills, with two original songs from her current EP.

Content: themes of binge eating, relationships and strong language.

Izzy Campbell explores what it's like to be a young working-class scouse woman living away from Liverpool. The challenges and stereotypes she faces on a daily basis in this arresting performance.

Content: themes on identity and belonging.

Warrior Woman Anita performs an extraordinary mix of poetry and ninja moves with her martial arts bo staff. A celebration of female empowerment.

Content: themes of female empowerment.

James Cast shares with us images of himself before he transitioned, and delivers an astonishing poem reflecting on his journey which offers hope for people in his situation as well as shedding a light on his experience.

Content: themes around transitioning and mental health.

Pari Richards is about to be a drama teacher, he writes a letter to his younger self, a young man at risk and offers him hope, support and encouragement in this moving funny letter.

Content: themes of racism and Black empowerment.



Artistic style

TOUCHY + ANTHOLOGY is made up of a mixture of short films and live performances.

They cover a range of different artistic styles which showcase the talents of the performers who co-wrote and created the show in collaboration with 20 Stories High and other creatives.

TOUCHY

- Film making
- Rap
- Spoken Word
- Singing
- Acting
- Storytelling
- Animation and voiceover

ANTHOLOGY

- Gig Theatre / Cabaret
- Rap
- Beats and Live Music
- Poetry
- Spoken Word
- Martial Arts
- Singing
- Autobiographical work

What is Gig Theatre?

Gig theatre combines live performance with live music. In ANTHOLOGY the performance is cabaret style meaning lots of different styles of performances (spoken word, singing, rap etc.) with most of the performances underscored with beats or a backing track. Gig Theatre can come in lots of different styles, with artists creating music from instruments, their voices/bodies or samplers and other sound equipment. Usually the artists creating music will also be part of the performance, which makes it different from a musical which uses a band.

Creating Autobiographical Work

Keith's top tips for creating autobiographical work...

1. Consider why you want to tell this story? Who is it for as well as you? What is your responsibility for your audience's wellbeing? Where is the hope, joy and laughs?
2. If the subject matter feels too raw or unresolved consider using a wellbeing tool such as the drama spiral (see Staging the Personal: Chapter 4 by Clark Baim). Is there a way that the story could be fictionalised to protect you and also people that might be involved in the story?
3. Try telling the story in different forms? Poetry, drama, song, visual imagery.

When creating autobiographical work, we work with an Artist Wellbeing Practitioner, this is not necessary but has helped us with our understanding of telling people's stories in the most authentic and supportive way.

Exploring difficult subject matter with young people

The resources in this pack are intended to broaden young people's understanding and perspectives of some of the difficult themes in "TOUCHY + ANTHOLOGY"

Challenging subject matter may cause prejudice and stereotypes to surface. Some young people may express this through anger, frustration, distress or sadness and may have difficulty accepting opposing viewpoints.

It is important to spend time before going into activities ensuring that all participants and facilitators feel safe and comfortable. The best way to do this is by setting ground rules or drawing up a working contract. Here are some example ground rules we use during workshops:

Respect others

You may hear opinions that are very different from your own. Allow people to express these and explain why they feel that way. Try not to talk over each other.

Own your own values

Speak from the standpoint of 'I' – 'I think that'/'In my opinion'. Avoid 'you' – 'you should'/'you all think that'. If you wish to challenge, challenge the opinion or the behaviour, not the person.

Be open and honest

There is no such thing as a silly question! You could allow young people to write down things they don't wish to ask out loud and then deal with the questions anonymously later on.

Respect confidentiality

People may reveal things about themselves or express opinions that they don't wish to go any further than the people in the room. Uphold the mantra: what is said in the room stays in the room!

Share the air

Foster an atmosphere where everyone gets a chance to speak. Encourage everyone to get involved but respect someone's right to not do so if they find it uncomfortable or distressing.

No personal revelations required

There is no expectation that anyone will reveal information about their personal life or experiences. We definitely shouldn't disclose personal information we know about others whether they are in or out of the room.

Workshop Themes

The artistic styles of TOUCHY + ANTHOLOGY can be explored in different workshops including:

- Songwriting and singing
- Writing and performing poetry and spoken word
- Rapping and creating beats
- Making autobiographical theatre

The main content and themes of the show can also be explored through workshops including:

- Same sex relationships
- Black empowerment
- Intimacy and consent
- Racism and anti-racism
- Personal growth
- Transitioning
- Mental health and wellbeing
- Autism and ADHD

Workshop Ideas

1. Writing Workshop: I AM...

A free writing exercise, ask your group to do the following

- Write as many words as you want or can under each section
- It can be a list, a poem or lyrics - any will work

(individually)

I want...

I need ...

I feel...

I hope...

I can...

I will...

(in groups)

We are...

We can ...

We will...

We won't ...

Your students can share their writing back to the group, but it is not necessary.

2. Writing Workshop: “Dear Younger Me”

As a writing exercise, write a structured letter to your younger self telling them about your life. Talk about the positive aspects of your life up to this point, and what your plan is for the future. Think about any pieces of advice you might give your past self if you could send this letter into the past.

3. Dance/Movement & Speech Workshop and Discussion: How do you show affection without touch?

- In pairs, think about the different ways that we show affection and love without physical touch. Use physical gestures or dance to explore what love and affection might look like without actually touching one another. Use words and your voices to express your positive feelings about your partner.
- Combine a few pairs into larger groups. Use some of the material generated in pairs to create a short (3-4mins) piece to be performed to the group.
- As a group, discuss your favourite moments from each performance, and consider what experiences are shared.
- Discussion questions: How do you ask for permission to touch someone when greeting or showing affection? Does everyone want to be touched? How do you approach consent around any forms of physical touch?

Wellbeing Check Ins / Check Outs

Part of 20 Stories High’s practice is supporting mental health and wellbeing. We have adopted a technique of check ins/outs before and after meetings, rehearsals, workshops and when performing.

The check ins/outs are helpful in understanding how people are feeling and what might be affecting their wellbeing.

Check ins:

- Two word check in to describe how they are feeling
- Describing what piece of fruit/ biscuit/ chocolate bar etc. they would be based on how they are feeling
- A noise or movement to represent how you are feeling

Check outs:

- Checking how people feel at the end of the day based on topics that have been explored in the room

Links to the Curriculum

The themes and content explored in TOUCHY + ANTHOLOGY can be linked to PSHE and Citizenship, Drama and Theatre Studies, English, Music and Film Making. Here are some examples of how the show can inspire exercises in the classroom.

Drama and Theatre Studies

Going to see a live performance is a great way to get ideas for devising and improvisation! It allows students to explore theatrical devices and interesting themes.

An original piece of theatre can also be a great inspiration for creating discussions or writing a review.

Discussion ideas:

- What was unique about TOUCHY + ANTHOLOGY?
- What techniques could you identify that the director and cast did in the show?
- What was effective about the different forms of storytelling? You could split this up to discuss the storytelling elements in the TOUCHY Films and ANTHOLOGY live performances
- Did the set, costume & design compliment the production?

Activity ideas:

- Perform a piece of spoken word or poetry!
- Choose one of the themes or pieces from the play. Explore 'what would happen next' or 'what could've happened' to the character.
- Create a review of your experience: what was it like from start to finish to attend TOUCHY + ANTHOLOGY? What did you like? What did you find challenging? What did you learn?

English

TOUCHY + ANTHOLOGY is a really great show to see for English studies as it features so many different authentic writing styles and techniques, from spoken word and poetry, to songwriting, scripts and storytelling.

Discussion ideas:

- What did you like about the writing of the pieces in TOUCHY + ANTHOLOGY?
- What journey did the characters take you on in their piece during the show?
- What techniques could you identify in the structure (or narrative) of the writing?
- What was effective about the different forms of storytelling? (You could split this up to discuss the storytelling elements in the TOUCHY Films and ANTHOLOGY live performances)

Activity ideas:

- Create (and perform) a piece of spoken word or poetry!
- Critical writing: create a written review or blog of your experience: what was it like from start to finish to attend TOUCHY + ANTHOLOGY? What did you like? What did you find challenging? What did you learn?
- Critical review: Review & reflection: choose one specific piece from the show and explore in an essay.

Music

The show offers the chance to analyse the use of live music, what its purpose is and how it can be used to enhance the telling of a story. Throughout both the TOUCHY films and ANTHOLOGY live performances, music is vital; underscoring the storytelling, beats in the songs and raps and to set the vibe of the evening as the audience enter and leave.

Discussion ideas:

- How did you find the music in the show?
- Did you like the music in the show?
- What about the style?
- Did it compliment the storytelling?
- What lyrics stood out to you and why?

Activity ideas:

- Based on your experience of music in the show, create your own sound track to a story you want to tell - or something personal to you.

Media Studies & Film Making

As well as offering a live performance experience, the show also features five original short films, created in the Covid-19 Pandemic, in people's homes and socially distanced outside. The films are an excellent way to study creative and innovative storytelling through film.

Discussion ideas:

- What film stood out to you the most and why?
- What about each film stood out to you?
- What did you think of the camera angles & capture of the film(s)?
- What style would you imagine the creative team went for?
- How did the visuals help to tell the stories?

Activity ideas:

- Storyboard your own film that could be part of the TOUCHY collection. This could be personal to you, or a fictional piece around the theme of touch.
- Choose one of the performances from the second half (ANTHOLOGY). Storyboard how you would recreate this piece through film.
- Write a critical review of the film(s).

PSHE, Sex and Relationships

Jazz's story, Max's story and James Cast's telling during ANTHOLOGY are great stimuli for discussion around same-sex relationships, trans awareness and educate on inclusion and activism for LGBTQIA+ rights.

Jemell's story, Man Like Mally and Pari Richards explore Black empowerment and history in their pieces, offering relatability and anti-racist awareness which can be explored further in lessons.

We worked really closely with The Brook to create Ella & Ste's story - which can be used as a conversation starter for safe relationships.

Discussion ideas:

- Discuss the themes and perspectives explored in the films and performances.
- Were there any characters in the TOUCHY films whose viewpoint or perspective you identified with or empathised with?

- Were there anyone's viewpoints or perspectives in the ANTHOLOGY performances that you identified with or empathised with?

Activity ideas:

- Draw an outline of your body and on the inside list your attitudes, values and beliefs (e.g. I respect all people equally, I dislike the killing of animals for food) – be honest!
- Then write the influences in your life that have informed your attitudes values and beliefs around the outside (e.g. I was bullied for being gay/for wearing a hijab, I grew up in Africa, I was raised by Jewish parents)
- Take time to reflect on the person you are and what has made you this way - if you wish to share this with others



c. Rebecca Oliver

Meet the Team

This project started in 2019, it was halted because of the pandemic and reshaped throughout to create the Touchy films and the Anthology performances. Sometimes the process was online and then in person, in many different shapes and sizes. It took quite an extensive team to make possible and we want to thank everyone who helped create TOUCHY + ANTHOLOGY

Tour Credits

Creative & Production Team

Co-Writer & Director
Sound Design & Engineer
Stage Management
Producers

Keith Saha
Kof Owusu
Adam Steed (CSM) and Kofi Owusu (TSM)
Natasha Patel, Leanne Jones & Lucy Graham

Co-Writers & Performers

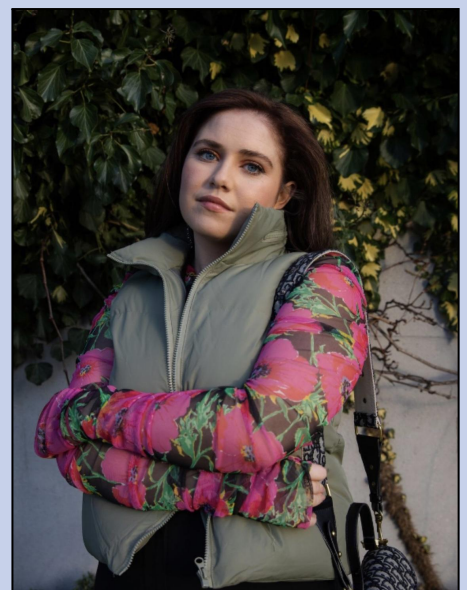


Mal Lidgett (Man Like Mally)

Malik Lidgett is a versatile music producer and rapper who explores all aspects of showcasing his talent. He enjoys performing on stage and in front of the camera. Mal's skills extend behind the camera too after gaining a BA (HONS) Film and TV Production degree at LMA which gave him skills in all aspects of film production from script writing, producing, directing, filming and acting to editing and marketing a finished film. This led more recently to Mal beginning a Masters degree in documentary film making at LJMU. Mal has extensive experience with various pieces of software and professionally uses Final Cut Pro and Logic Pro X. He shares his knowledge and skills in teaching others how they can develop in these areas. Mal has a passion for writing lyrics and has showcased these through his music and through collaborative working. This skill also extends to spoken word.

Faye Donna Francis

Faye is a singer/songwriter, DJ, director & actor based in Liverpool. She is currently studying Arts Events Management at LIPA. She has trained with Both Feet Actors, Galloway Vocals, Arts Educational Schools London and National Youth Theatre (NYT). As an Actor & Singer, Faye is extremely passionate about exploring "truth" in her creative practices. Faye has worked on productions such as Luke Barnes's Lost Boys in collaboration with NYT, she's also been a part of Tmesis Theatre's Wicked Women creative development programme. Faye's music is influenced by alternative pop and Rnb, written with a personal and political edge. Her song This House No Home was played on radio one xtra with DJ Target. This song will be part of her upcoming EP 19-23. Her new music is set to drop mid October 2022. Faye's DJing has allowed her to open for industry professionals such as Girls Don't Sync. Faye was a member of the 20 Stories High's Young Actors Company and has been involved in multiple acting and music workshops. TOUCHY + ANTHOLOGY is Faye's first professional gig with the company.





Izzy Campbell

Izzy Campbell is a 22-year-old Actor, Singer and Writer from Liverpool, based in Manchester. She has worked creatively with Liverpool and Manchester based production companies, including LIPA, Contact, and 20 Stories High, making her debut appearance in their short film series Touchy (2021) which has been added to Million Youth Media's YouTube Channel. She has worked with various music producers, collaborating on numerous sonic experiences, and is currently working towards her newest single. More recently, she is in the writing phase of her first play: You Are My Sunshine, which explores what it means to care for someone, the complexities of family, and the resilience of the human spirit. The piece will premiere at Unity Theatre, as part of their Up Next Weekender.

Anita Welsh (Warrior Woman)

Anita is a mother, poet and writer who creates: not only life but art to share with her child, as well as other children and families. She uses writing and poetry to spark imaginations and encourage playful synergy between little ones and their parents. This aim to offer high quality work and activities grows from a personal experience of a lack of exciting, inclusive artistic opportunities that bring families together. Anita is currently developing a book for children that she hopes will be a refreshing collection of new nursery rhymes that are diverse, accessible and current. Recent projects include: Artistic Collaboration with Squash on their 'Sign of the Times' exhibition on Windsor Street L8, Story Building Associate at 20 Stories High, Toast & Jam, a 16-week project of creative play sessions delivered for 20 Stories High; Community Engagement Associate for Big Up!, a 20 Stories High and Theatre-Rites co-production and work with Liverpool Cultural Education Partnership.





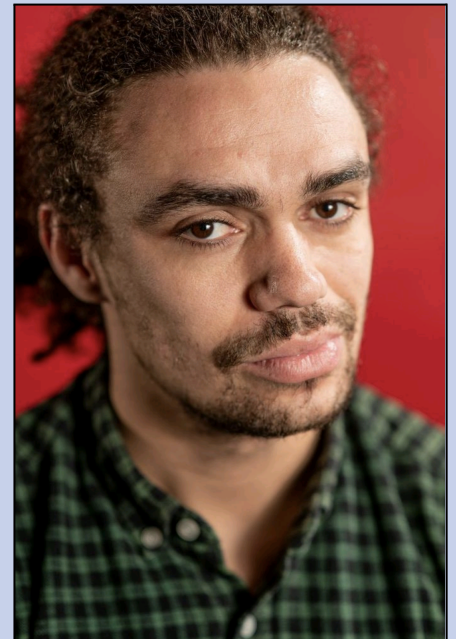
James Cast

James is a trans performer who started his journey at the young age of 8 with Altru Drama performing in various shows.

Highlights include: *A Christmas Carol* & *the Coup*. After many years training with Altru Youth Theatre, James went on to join 20 Stories High Young Actors' Company in 2015, contributing to the creative process for *Elasticated Sound System* and going on to perform in *In Time* (2017) and *Indebted* (2018) for the company. As well as acting, James writes and performs his own poetry - a skill he developed with Collective Encounters. James is keen to continue enhancing his writing skills and co-wrote Max's story along with Keith Saha.

Pari Richards

Pari Richards is a multidisciplinary artist based in Liverpool. He graduated with a degree in drama from Liverpool Hope University in 2016 and undertook further training at Rose Bruford Drama school in 2017. Pari has been acting, writing and performing across a number of projects and platforms. Credits include: *Son from Sudan* (Afterthought), various projects with Altru Drama, and *The Elasticated Sound System* (20 Stories High). Alongside his theatrical work, Pari has a passion for drama- influenced education and has worked with various theatre companies including Altru Drama, facilitating workshops and performing in Theatre In Education projects for young people. Pari is also a Board Director for award winning arts company - BlackFest. Pari also writes and performs his own spoken word poetry independently, credits include: Afro hub poetry slam, "A Lovely Word Festival" (Lemn Sissay Support act) - Liverpool Everyman and Playhouse, Poetry Place (Manchester) & "Spoken Word London".



Touchy Film Credits

Co-written by Keith Saha, Julia Samuels (Ella & Ste's story), Mal Lidgett, Faye, Donna Francis, Izzy Campbell, Anita Welsh, James Cast and Pari Richards.

Cast

Jemell's Story:

Jemell	Mal Lidgett
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Jazz's Story

Jazz	Faye Donna Francis
Kat	Izzy Campbell
Jazz (Shadow)	Poppy Crossland

Ella & Ste's Story

Ella	Izzy Campbell
Ste	Pari Richards

Sophie's Story

Performer	Anita Welsh
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Max's Story

Max	James Cast
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Creative & Production Team

Keith Saha	Co-Writer & Director (Jemell, Jazz, Sophie & Max's stories)
Julia Samuels	Writer of Ella & Ste's Story
Amy Golding	Director of Ella & Ste's Story
Kof Owusu	Filmmaker, Director of Photography & Music Producer
Miriam Nabarro	Designer
Joe Hornsby	Lighting Designer
Jon Everett	Sound Designer
Fiona Hilton	Stage Management
Natasha Patel	Producer
Leanne Jones	Producer
Lucy Graham	Producer
Lou Platt	Artist Wellbeing Practitioner
Kay Dale	Animator (Max's story)

Signposting

Helplines: Autism & ADHD

National Autistic Society
www.autism.org.uk

Child Autism
www.childautism.org.uk

Helplines: Racism & Inequality

Stop Hate UK
www.stophateuk.org // 0800 138 1625

Anthony Walker Foundation
www.anthonwalkerfoundation.com // 0151 237 3974

Support for LGBTQIA+ individuals

The LGBT Foundation
www.lgbt.foundation // 0345 330 3030

Stonewall
www.stonewall.org.uk // 0800 050 2020

Support for Trans individuals

Mermaids UK
www.mermaidsuk.org.uk // 0808 801 0400

Trans Unite
www.transunite.co.uk

Support for Mental Health challenges

Young Minds
www.youngminds.org.uk

MIND
www.mind.org.uk // 0300 123 3393

MIND COVID-19 Support Services
www.mind.org.uk/information-support/coronavirus/

Helplines: Sex, consent and relationships

Brook

www.brook.org.uk // 0151 207 4000

RASA Merseyside

www.rasamerseyside.org // 0151 666 1392

Helplines: Eating Disorders

Beat Eating Disorders

<https://www.beateatingdisorders.org.uk> // 0808 801 0677

Orri

<https://www.orri-uk.com/resources> // 020 3820 6130

Join us online

At 20 Stories High we are keen to connect digitally with our audiences, partners and participants. There are a whole host of ways venues and individual audience members can connect with us artistically and also engage in conversations about the show.

#TOUCHYANTHOLOGY



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Credits

Special thanks to the Everyman Playhouse, Unity Theatre, GoPlay Studios, and all the touring venues.

And thanks to our other current funders and partners: John Ellerman Foundation, Paul Hamlyn, Wellcome Collection, Achatas Philanthropy Prize, Children In Need, The Coutts Foundation, Stage Sight, Arts Council England, Liverpool City Council, BBC Big Lottery Fund.

Resource pack content created by the team at 20 Stories High.

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