

What is BDD?

- * Criticising and worrying about the way part of your body looks (but not mainly about being thin enough or worrying about becoming fat)
- * Spending a lot of time (more than an hour) thinking about appearance every day
- * Checking or 'fixing' appearance (e.g. checking in the mirror or other reflective surfaces, grooming activities, or skin picking)
- * Hiding, covering, or disguising a perceived flaw in appearance (e.g. with make-up, hats, bulky clothes, or body posture)
- * Comparing your appearance to that of other people
- * Avoiding places, people, or activities because of your appearance concerns (e.g. bright lights, mirrors, dating, social situations, being seen close-up)
- * Appearance related critical thoughts that cause a lot of anxiety & shame
- * Interference with work, school, family, socialising, or relationships because of your appearance concerns

- * BDD is not a product of the media
- * About 1 in 50 people (or 2% of the population) suffer from BDD
- * Almost as many men as women suffer from BDD
- * The most common age at which people develop BDD is 13
- * The cause of BDD is unknown, but it is associated with childhood abuse, bullying & teasing
- * Any part of the body can be a focus in BDD
- * The top areas of concern are nose, hair & facial skin
- * Each year, 1 in 330 people diagnosed with BDD commit suicide
- * BDD is a treatable condition
- * Despite its seriousness, there is virtually no funded research into BDD
- * Despite its seriousness, there are virtually no specialist clinics for BDD

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The Body Dysmorphic Disorder Foundation Registered Charity no 1153753

Thanks to Amoreena Campbell at the BDD Foundation and an extra special thanks to Gary, Wendy, Caroline, Paul and Jocce without whom none of this would have been possible.

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written by TOM VALLEN

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PHILIP SCOTT-WALLACE Director
@PScottWallace

Welcome and thank you all for coming to A Gym Thing by Tom Vallen. I'm delighted to have helped develop and be directing this wonderful piece of new writing.

As humans we are all driven to succeed, whether that be to have a happy family, to be the best at our jobs or simply feel like we make a difference in our day to day lives. The gym has become a staple of our society and it is, on the whole, a positive thing. I have spent many

days of my life in a gym, unfortunately without the discipline to maintain a God like figure, but able to observe those that do. This play is an insight into the mind of those people; who make the gym their marker of success and the positive and negative consequences that brings with it. The play tackles important issues of addiction and bigorexia as well as the wider issue of how we view exercise and body image.

Finally, I'm particularly happy to be working on this show as it was first seen at A Night Of Small Things, our night for new work and emerging artists and so it is brilliant to see it develop and realise in to a full scale production. We hope you enjoy the show and please do give us your feedback at the end.

Many thanks, Phil



TOM VALLEN Writer and Will Shaw
@TomVallen

This is Tom's debut piece of writing.

Theatre credits include: Bash (Old Red Lion/ Trafalgar Studios) and numerous workshops and scratch nights.

TV credits include: Episodes (BBC/ Showtime)

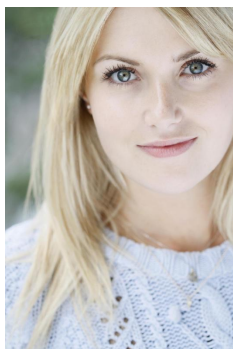
Casualty (BBC) Doctors (BBC) and numerous short films.

Tom is the founder of Working Cast Productions.



TARRICK BENHAM as Ravi Anand / Damon Collins
@TarrickBenham

Film & TV credits include - Guy Ritchie's TV adaptation of SNATCH (Sony Pictures), Mission Impossible: Rogue Nation (Paramount Pictures), Drifters (E4), Holby City (BBC), Doctors (BBC). Theatre Credits Include - Demonstration (Southwark Playhouse), Dr. Blighty (Brighton Dome), Tanika Gupta's 'Mindwalking' (UK Tour), HEART by Zende Theatre (UK Tour), State of Grace (Northern Stage/Newcastle Playhouse), 7 Jewish Children (Brighton Festival).



BETHAN JAMES as Rebecca Harrison
@ItsBethanJames

Theatre credits include: A night of Small things (Small things Theatre / Old Red Lion) Bench Bites/ Bakerloo Bites (Jam Sponge Comedy / Leicester Sq Theatre), Lethal Injection (Fiveone Productions / Sean Turner), On a Spree (Lonesome Schoolboy / Tristan Bates)

TV credits include: Chloe Mabbs (Agatha Raisin / Sky 1)

Bethan is an accomplished voiceover artist working extensively for clients including: Disney, Nickelodeon, Channel 4, 5STAR, E!, Tresseme, Capital Radio.

She is also a founder member of comedy group 'Jam Sponge'

Jess Tucker Boyd Movement

Jess is now completing her MA in Movement Directing and Teaching at The Royal Central School of Speech and Drama. Selected movement direction credits are: *Coming Clean* - Directed by Adam Spreadbury-Maher - The King's Head Theatre. *Hamlet* - Directed by Rob Forknall - Changeling Theatre's open air summer tour. *BU21* - Written by Stuart Slade - Kuleshov Theatre - Theatre 503 and later transferred to The Trafalgar Studios.

Twitter / Pebl Arts. We'd Love Your Feedback

We'd love to hear your feedback via twitter: @AGymThingPlay and as we hope to raise much needed awareness around Body

Dysmorphic Disorder & Body Image in general we've teamed up with Pebl Arts, a 100% anonymous feedback forum. Here you can express your thoughts on our work or how we could go further to portray an accurate representation of the disorder.

Many thanks!

Twitter: @AGymThingPlay by @TomVallen

Producing Twitter: @WorkingCastProd @SmallThingsTC

Facebook / Instagram: @WorkingCastProd @SmallThingsTheatre

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