

AFTER BIRTH Synopsis
by Highlight Collective
Sunday 22 July, 3pm/4pm/5pm

There will be 3 performances of the After Birth monologues today at 3pm, 4pm and 5pm in The Lounge.

The performance will last for 25 minutes

You can decide where you wish to sit or stand in The Lounge.

If you need to make any noise or move that is ok.

If you feel that you need to leave The Lounge that is ok and the door will be open for you to do so.

There will be places in the Great Hall where you can sit down and take some time out.

AFTER BIRTH

AFTER BIRTH is about what it is really like to be a new mum after having a baby. It is about post-natal depression which is a mental illness some new mums experience. That means they may have thoughts which are not very nice and that make them feel afraid or sad.

The play will be introduced by someone from Highlight Collective so you know what is going to happen. They will then leave.

There is one actress in AFTER BIRTH, who is playing the role of "A New Mother". The actresses' name is Sara Abanur. She will be in the Lounge ready to perform at the start of the play.

Once everyone is comfortable and found a place they are happy to sit or stand then the actress will begin the monologues.

The actress will perform 3 short monologues in a row. She might move around and pick up props to use.

The first monologue is LEAK.

LEAK is about the first week after having a baby. The mother will talk about what it is like to be a new mum and the things that surprise her. She will talk about things like blood, wee and poo! She is surprised at what it is like to be a new mum and to look after a baby. It is very different to what she expected.

The mother also talks about what it was like to give birth and the people that were with her like her husband and the midwife. She talks about her excitement at having her baby daughter but also the things she is finding difficult about being a new mum.

The second monologue is FEAR

FEAR is about the mother's worries and fears about her baby daughter and being a mum. The mother is experiencing post natal depression but does not realize this yet. This means her brain keeps having the same negative thoughts. She is having lots of thoughts that are making her feel sad and afraid. She keeps worrying about bad things happening to her baby daughter and that she won't be able to protect her daughter.

She has not told anyone else how she is feeling or that she is feeling scared. She wants to be a good mum but is scared she is no good at being a mum.

The third monologue is RISK

RISK is about the mother starting to get help with her post-natal depression. She sees a Health Visitor who recognizes the mum is not feeling well. A Health Visitor works with new mums and babies and makes sure they are ok. The mum is asked to do a questionnaire by the Health Visitor. The Health Visitor then knows that the mum has post-natal depression and how to help her.

The mum is scared about having post-natal depression as she worries what other people will think and if they think she is a bad mum. She decides she must tell the truth about her scared feelings so she answers truthfully in the questionnaire. This means the mum can get some help now the Health Visitor knows she has post-natal depression. She goes to a group where she can meet other mums who have post-natal depression like her and where they can talk about what they are thinking. The mum finds this helpful and realizes that there are other mums who feel like her.

Once the monologues are finished the actress will leave The Lounge. You can stay in The Lounge if you wish a bit longer or you can also leave.

There will be information relating to the performance and also people who can talk about the performance if you like. This will include people who work at the theatre, people who are part of Highlight Collective and Health Visitors from Central Manchester NHS.