

Accessible Description – Lifted by Mimbre

Lifted is an acrobatic theatre show. It has three performers who move together and lift each other up. The different scenes are about different things, but there isn't a story that goes all the way through.

The set is a big blue carpet. Behind the carpet are three chairs and a small table which has the music player on. There is usually a rope on the floor around the carpet and you can sit or stand anywhere behind that.

Freya is the biggest and strongest of the performers. She is called a 'base'. She is often at the bottom of the human pyramids they make. Her costume is orange.

Jaide is the middle one of the three performers and her job is called a 'middle'. She is often in the middle of the pyramids the performers make. Jaide wears a red top and blue trousers.

Silvia is the smallest of the performers and her job is called a 'flyer'. She is often on top of the human pyramids they make. Silvia's costume is green.

There are seven sections in Lifted. At the beginning of each one, the performers sit on the chairs and tap chalk onto their hands and feet. This helps to stop them slipping

when they climb on each other. At the end of each section the performers race each other back to the chairs.

There is a soundtrack to the show which has been specially written. There are seven different tracks which go with each section of the show. Each track has a different emotion which reflects the movements the performers are making. The performers turn the music off and on again between each scene as part of the show. The performers speak very occasionally, but there isn't any spoken dialogue.

This information is produced by Activate Performing Arts and aims to inform and support audiences planning to attend Inside Out Dorset 2021 events. There will be a dedicated Information Point if you have any questions on the day or you can contact us if you have any further questions or feedback.

Contact Details

Direct contact to Dom Kippin, Festival Producer

Mobile: 07866 482769

Office/landline: 01305 260954

Email: dom@activateperformingarts.org.uk

Address: Activate Performing Arts, 7-9 The Little Keep, Bridport Road,
Dorchester, DT1 1SQ

We aim to respond to all access enquiries within 2 working days, but there may be a delay during the festival period 16th – 29th September 2021 whilst we are running the festival events.