

activate
performing arts

The Hide

Created by

Tilly Ingram Theatre

PRODUCED BY **ACTIVATE PERFORMING ARTS**





HIDE



The Hide

Introduction

The Hide is a live solo performance installation led by disabled artist Tilly Ingram about birdwatching and hidden disability. The show asks you to stop and consider what might not be immediately obvious to the eye.

The Hide is a narrative driven live birdwatch, Tilly talks about her love of birds, her struggles as a woman with an invisible disability and one particular disabled White-Tailed Eagle that started her love affair with birds. Whilst we look for birds, The Hide asks us to stop and think about how we look at nature and how we look at people, to think about how we could be kinder with our assumptions.

Audiences are provided with headphones, binoculars and an illustrated bird ID spotting sheet and are invited to experience the hide. Listening to birdsong amongst Tilly's own story, the show is 30 minutes long and travels between stories and live bird spotting. The stillness of the hide experience allows us space to sit and think about how we watch the world.

The Team

Artist

Tilly Ingram

Production Manager

Elese Palmer

Sound Artist

Ezra Gray

Illustrator & Sign Painter

Cock Dicks

Dramaturgy

Lorna Rees

Set Design

Lou Brown

Touring Producer

Activate Performing Arts



About the production

Key Information

- Duration: 30 minutes with up to 3 shows per day
- Numbers: Up to 60 people per show. Promoter to provide bench seating for audience
- Age guideline: all ages are welcome
- Touring team: three people (performer, production manager, access support)
- Space: we require a 14m diameter area, ideally near an area with greenery/birds, in a quieter area of the festival
- What we bring: 60 headphones, 60 binoculars, The Hide
- Power: no power required during the day. If performing for more than one day, overnight charging required
- Get In, Get Out: A minimum of 1 hour get-in and 1 hour get-out is required. Vehicle access to the performance space is also required
- Security & Storage: Secure, locked overnight storage is required for the equipment if installed for more than 1 day
- Risk assessment: A full risk assessment will be made available at the earliest opportunity
- Access rider: As a disabled-led company, we provide a detailed access rider to support our work with promoters



Impact & engagement

“This was such a special experience for me. I can't recommend it highly enough. For those without an invisible disability it is a valuable lesson in slowing down and really looking around you. For those, like me, with invisible disabilities, it was so moving. Ironically, I felt seen!”



“There is a generosity, curiosity and warmth to Tilly’s work, as well as provocation.”

The Hide is more than a performance. It’s an invitation to pause, notice and reflect - opening up space for meaningful conversations about nature, community and wellbeing.

Venues and festivals can extend the experience through:

- Post-show discussions – creating dialogue between audiences, artists and local organisations.
- Workshops and participation – engaging schools, colleges or community groups with creative and ecological themes.
- Partnerships – linking with local nature or climate initiatives to deepen relevance and reach.



About the creator

Tilly Ingram (she/her) is an artist whose practice is centred around our relationship with wildness, nature, and fear. Exploring these from her experiences as a woman with an invisible disability, her work is often playful, joyous, and provocative.

She started her career in Actor training, starting at Drama Centre London and then undergoing her BA (Hons) Acting degree at the University of Chichester. This was followed by a MRes at Royal Holloway, University of London. Tilly's work is largely influenced by her love and interest in nature and wildness, and having been diagnosed with Psoriatic Arthritis at 16, a lot of her ethos is centred around making work accessible both for audiences and herself.

Tilly Ingram Theatre was created because she wanted to create outdoor theatre that reflected her lived experience as a woman with a non-visible disability/chronic illness, and this journey began with THE HIDE, which debuted Spring 2025. Tilly Ingram Theatre aims to create high-quality disabled led work.

The Hide is supported by Without Walls and commissioned by Brighton Festival and Norfolk & Norwich Festival.

www.tillyingramtheatre.com



About the producers

Activate Performing Arts believes live performance has the power to fire the imagination, uplift and connect us. It creates moments that touch the hearts and minds like nothing else. It makes memories that last a lifetime.

We exist to promote, support and produce performing arts projects in our communities. We bring world-class events to unexpected places, like town centres, village squares, beaches and hilltops. And we've been doing it for over 30 years.

Our aim is to break down barriers and reach the widest possible audiences, while celebrating our natural landscape and sense of place. Supporting our performing arts community is at the heart of everything we do. We bring people together, offer advice, and provide access to learning and resources. We're here to help creatives at all levels on their journey towards creating outstanding, inspiring work. As a not-for-profit organisation, we work in many ways and with many partners.

activateperformingarts.org.uk





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