

A BEGINNER'S GUIDE TO WIDOWHOOD

Originally created by Omar Khan and written by Rae Mainwaring

Director: Andrew Breakwell

Movement Director: Kitty Winter

Sound Designer: Wayne Walker-Allen

Technical and Moral Support (Stage Management):

Ali Bakewell (Midlands)

Edmund Sutton (London)

Performer and Producer: Liz Jadav

Poster photograph: James Middleton

Advance photography (Nottingham):

Ali Bakewell

Production photography (London):

Rio Genet Macuiza

PR (London): Matthew Parker

Thanks to: Omar's mum, Nancy, for sharing her story; Omar and Rae for their words; Joel, Julian and Campbell at Nottingham Arts Theatre where this production launched; Andy Bakewell for customising the stool; Dickie Felton and Gav Cross for their encouragement; and Ellie, Emma, Su, Sue, Vikki, Hannah, Amanda, Katie, Jannine, Sarah and Veronica, whose stories enriched Suria's.

Truthful Tales

Getting Creative with the Truth

TruthfulTales.org.uk
@TruthfulTalesProductions

Truthful Tales is run by actress and drama practitioner Liz Jadav. Having set it up to produce initially this single one-woman play, she has decided how she'd like to do things.

Celebrate and challenge: Celebrating life in all its fulness, including the overlooked, under-appreciated, or just a bit niche, while challenging audiences to see things from another point of view.

Reflect reality: Reflecting the truth about life, the universe and everything, in the way the best stories do. Creatively telling stories that ring with truth.

Encourage excellence: Encouraging and stretching each person involved towards playing skilfully and working excellently.

Engage and explore: Engaging new audiences to explore new stories. Developing relationships with and between audiences, venues and communities, and the practitioners we work with.

Deliver sustainably: Delivering productions that consume little, are built to last, and invest in the future.

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about Truthful Tales
and sustainability



To get in touch:

Email - Production@TruthfulTales.org.uk

Instagram - @TruthfulTalesProductions

Facebook - Truthful Tales: A Beginner's Guide to Widowhood

Have a chat after the show or write us a postcard!

A Beginner's Guide to Widowhood was first performed on 1st October 2021 as part of the China Plate and Warwick Arts Centre 'First Bite Festival 2021' prior to a regional tour in 2025, co-produced and directed by Omar Khan. The play was written in partnership with the charity Widowed and Young.

Performed by arrangement with Knight Hall Agency Ltd

Ali Bakewell retrained as a Stage Manager in 2003, after a career in teaching. ‘A touring stage manager is like a theatre Mum: Checking everything is safe and everyone has everything they need; lots of communication; fixing things that go wrong and sorting out problems; and providing tea and sympathy – and cake.’ Like most mums, her job has long hours and often requires clearing up other people’s messes. She loves it. There is nothing like the satisfaction of a job well done.

Andrew Breakwell has far too many credits to mention, over several decades and from Nottingham to Europe. Since 2012, he has been an Associate Artist at Nottingham Playhouse, where he was Director of Roundabout & Education from 1999. Most recently he has re-discovered Modern Dance classes, with other Senior citizens. Diversity is a continuing aspect of his work, reflecting his concerns for a democratic, equal society.

Liz Jadav first performed the role of Suria in Omar Khan’s 2025 production. Other theatre includes *Hamlet* (National Theatre); *The Tempest* (RSC); *Pygmalion* (Old Vic); *Twelfth Night* (Stafford Gatehouse); and *Joking Apart* and *Better off Dead* with Alan Ayckbourn (SJT). Also many animals, in work for family audiences, where she met **Ali, Andrew, Kitty** and **Wayne**. She first noticed **Edmund** on an unhappy fringe show: the calmest person in the building and a source of encouragement to all. Liz’s screen work includes Tristan White’s 2022 short *Trish: As Seen on TV*; Drake Doremus’ feature *Next Life*; and various (mostly brief!) TV roles. She voices the video game *The Serpent & the Seed* and played Gabriel in her church 2024 nativity.

Edmund Sutton has a physics degree from Bristol University. Technical management and re-lighting includes *La Bohème*, *Maria Stuarda* and *Peace at Last* (Opera up Close); *Our Man in Havana* (Creative Cow); *Snow Play*, *Heart of Winter* and *Hansel and Gretel* (Lyngo Theatre); *Antigone* and *Helen* (Actors of Dionysus); *Shhh!* and *Trolleys* (C-12 Dance Theatre); and several European tours. He has also worked for the Royal Opera House. His lighting designs include *The Psychiatrist* (Julian Bird); *Chateau Farci* (Crunch Productions); *Lovers’ Vows*, *Mayflower* and *Queen Anne* (Historia Theatre); *Savage Beauty* (Actors of Dionysus); *The Dedication* and *Bonny and Read* (Novanda); *Little Red Riding Hood* (Lyngo Theatre); *Umrao – The Noble Courtesan* (Asian Music Circuit); *Sayat Nova*, *Fire Ring* and *Davit Bek* (London Armenian Opera); *Onegin* and *Tatiana*, *Handel Furioso*, *The Queen of Spades* and *The Emperor of Atlantis* (Arcola Theatre).

Wayne Walker-Allen has been making music professionally since 1998. Work includes creating, performing, accompanying; contemporary dance, theatre, installation pieces; staff musician at The Rambert School, regular work for London Contemporary Dance School, Matthew Bourne’s New Adventures and the Richard Alston Dance Company; exploring new ways of composing and creating music and sound; and studying on the MA in Dance Research for Professional Practitioners at Rambert. waynewalkerallen.co.uk

Kitty Winter is a movement director, choreographer and director; a lecturer at Rambert School of Ballet and Contemporary Dance; a PhD (De Montfort University); and a staff director for Box Clever. kittywinter.com



This one-woman play is very much a whole-team production. Clockwise from top left: Andrew (Director), Wayne (Sound Designer), Kitty (Movement Director), Ali (Stage Management), Liz (Performer), and Edmund, who joined in London and had to have his photo added later (Stage Management).