

PRESS RELEASE: FOR IMMEDIATE RELEASE

SWIM – a theatre show described as an ode to the healing power of nature set to open at Theatre by the Lake before embarking on national rural and coastal tour

Liz Richardson Productions Ltd co-produced by Theatre by the Lake in association with impPOSSIBLE Producing Ltd

**SWIM**

Written by and starring Liz Richardson

Thu 31 March – Sat 16 April

Press night: **Sat 2 April at 7:30pm at Theatre by the Lake, Keswick**

Deviser & Director: **Andy Routledge**; Original Music: **Carmel Smickersgill**; Designer: **Hannah Sibai**

A show about wild swimming and the healing power of nature is set to open at Theatre by the Lake on 31 March, running until 16 April before embarking on a national rural and coastal tour to some unique and unusual venues.

A development of a previous incarnation of the show which opened at HOME in Manchester and transferred to Edinburgh Festival, the piece is written and performed by Liz Richardson.

Richardson said: “Back when I first had the idea in 2017, open water swimming was really starting to pick up and pop up as a more talked about thing around the UK. I was noticing so many people were taking to the water to help process things they were going through in their lives, I wanted to know more but I also wanted to dig more specifically into why and what people were getting from swimming outdoors. The first version of SWIM had a cast of three of us and a musician. This time it’s just me and the musician on stage. The play is more of a storytelling piece from my perspective rather than an exploratory expression of swimming.”

Featuring a live musician on stage (Carmel Smickersgill – nominee for Apple Music’s Rising Star Ivor Novello Award), the show has humour, heart, music and projection and is based on a true story.

SWIM is a TBTL co-production with Liz Richardson Productions Ltd in association with impPOSSIBLE Producing Ltd.

Find out more and book tickets for TBTL’s run at [theatrebythelake.com](http://theatrebythelake.com) or for the tour at <https://www.lrproductions.co.uk/>

*Ends*

#### About the show

*“The sensation of water  
flowing around my body  
happily floating down a river,  
watching the banks pass me by.  
I like to take the same journey as a river*

*it's the lack of control which feels so good,  
it's good to leave my life alone for a while."*

Liz grew up in the Lake District. She spent her childhood walking in the fells, playing in the lakes and in the river at the end of her garden. After time away living in the City, Liz returns to the hills and into a new village for a new chapter of her life. But when her new community is rocked by tragedy, Liz rediscovers outdoor swimming and how it can keep both her and her new friends afloat.

Filled with humour and heart, live music and projection, SWIM is a tender tale based on a true story.

SWIM will embark on a rural and UK tour following its premiere at TBTL. Find out tour dates [here](#).

## Biographies

**Liz Richardson** (writer and star) trained at E15 Acting School, London. She now lives in the Peak District. She co-created one-woman show Gutted at HOME, which toured the UK widely. Whilst in London she was a founding member of actor-led, improvisational theatre company The Factory, performing at theatres including The Globe, Southwark Playhouse, Soho Theatre, Hampstead Theatre and on BBC radio. Liz has also enjoyed success in stand-up comedy, being a semi-finalist in the Soho Theatre's Amused Moose competition (BBC) and appearing for Funny Women and The Hackney Empire alongside Jenny Eclair. Liz is a facilitator for the Manchester hub of Mothers Who Make- a UK initiative peer support group for creative mothers and their work.

Liz established LR Productions Ltd in early 2020 to create and work with creatives whose passions lie with community and new writing.

Find out more about Liz and her work [www.lrproductions.co.uk](http://www.lrproductions.co.uk)

**Carmel Smickersgill** (live musician and composer) is a Manchester based artist working within predominantly electronic and classical genres. She has released music with the label PRAH and written for ensembles and performers such as the Liverpool Philharmonic, BCMG, Laura Bowler and Equilibrium Quartet to name a few.

She was a 2021 recipient of the Jerwood Live Art Fund, a 2020 Ivor Novello nominee and a 2019 recipient of the Christopher Brooks composition prize with the Liverpool Philharmonic. Her music has regularly been played on BBC radio 6 music and BBC radio 3, and she has performed live on Marc Riley's show with alternative pop band Bunny Hoova.

Carmel studied Composition at the Royal Northern College of Music with Gary Carpenter. In 2021 she was made an associate member of the college. Carmel is now mentored with Anna Meredith.

**Andy Routledge** directs. His recent theatre credits include *The Invisible* (Bush Theatre), *The Life and Times of Fanny Hill* (Bristol Old Vic), *Variation on a Theme* (Finborough Theatre), *Playhouse Creatures* and *The Changeling* (Southwark Playhouse). He was also the Associate Director for the Young Chekhov trilogy at the National Theatre, adapted by David Hare.

## SWIM LISTINGS

### Theatre by the Lake

Lakeside, Keswick CA12 5DJ

Box office: 017687 74411

[www.theatrebythelake.com](http://www.theatrebythelake.com)

[@tbtlake](#)

### Performance times

Monday – Saturday – 7:30pm

Tue 5, Fri 8, Tue 12, Thu 14 matinees– 2:00pm

Ticket prices: £10-£29

### Tour listings (Appleby, Shap, Penrith & Alston)

18 - 21st April *Cumbrian Rural tour* - <https://www.ticketsource.co.uk/team>

Fri 22 April Rosehill Theatre - <https://www.rosehilltheatre.co.uk/whats-on/theatre/swim>

Mon 25 & Tue 26th April The Minack - <https://www.minack.com/whats-on/swim>

Wed 27 April The Poly, Falmouth - <https://thepoly.org/whats-on/event/1808/swim>

Thu 28 April Trebah Gardens, Cornwall

<https://www.trebahgarden.co.uk/events/performances/swim>

Fri 29 April Into Bodmin - <https://intobodmin.co.uk/events-old/>

Mon 23 May Exeter Phoenix - <https://exeterphoenix.org.uk/events/swim/>

Tue 24 - Thu 26 May Theatre Royal Plymouth - <https://theatreroyal.com/whats-on/solo-voices-swim/>

The Cumbrian tour is supported by TEAM and Eden District Council

### THEATRE BY THE LAKE

Theatre by the Lake, hailed by The Independent as "the most beautifully located and friendly theatre in Britain", opened in 1999. It is a short stroll from Derwentwater on the edge of Keswick, amid the magnificent western fells of the Lake District. Comprising of two stages, a 400-seat Main House and 100-seat Studio, the theatre presents up to nine of its own productions throughout the year as well as hosting a variety of festivals and visiting companies, playing to over 130,000 people per year. It is the only Arts Council funded producing theatre in Cumbria and for three years running has been voted the Most Welcoming Theatre in the North West in the UK Theatre Awards.

### LIZ RICHARDSON PRODUCTIONS LTD

Liz has a BA Honours from East 15 Acting School, London. She has since moved back to the North West.

Whilst living in London, she was an active member of actor-led, improvisational theatre company The Factory, creating & performing widely, including at The Globe, Southwark Playhouse, Soho Theatre, Hampstead Theatre and on BBC radio.

Liz dabbled with stand-up comedy and enjoyed notable success as a semi-finalist in Soho Theatre's Comedy Competition, from which she was invited to appear with Amused Moose (BBC) and at The Hackney Empire alongside Jenny Eclair.

Liz was a supported artist at HOME Manchester, where she also opened and ran the regular engagement strand Mothers Who Make, a national initiative offering peer to peer support for artist-mothers of any discipline.

Liz lives in the Peak District with her husband, kids, cat & dog. Liz runs a children's music class, playgroup, youth club and does youth work with the local primary schools.

### **imPOSSIBLE Producing**

imPOSSIBLE Producing is a Cornwall based producing company producing Locally and Nationally, supporting and developing artists and new work.

imPOSSIBLE is led by experienced producers Charlie Bunker (Wildworks, Arts Council, Kerpow) and Gabby Vautier (Young Vic, Barbican, Kneehigh, Manchester International Festival, Punchdrunk, Fertility Fest). In their first year they launched The Island programme of brain breathing sessions and retreats for artists, activists and producers. Producing includes; Pagan Pandemonium (New Wolsey), large scale outdoor co-created promenade production ARRIVAL (Royal Docks), Help I think Im a Nationalist (Tour), Didos Bar (Dash Arts), Calvino Nights (SW Tour), Terra Coda (MAYK).

imPOSSIBLE also support organisations including: Theatre Royal Plymouth, NSDF, RTYDS, Battersea Arts Centre and Young Vic

SWIM is one of the productions imPOSSIBLE are currently working to make possible.

[www.impossibleproducing.com](http://www.impossibleproducing.com)

For further information, please contact:

Rachel Swift for TBTL (017687 81107; [rachel.swift@theatrebythelake.com](mailto:rachel.swift@theatrebythelake.com))

Hilary Rhodes for the Tour - [hilary@weareteam.co.uk](mailto:hilary@weareteam.co.uk)