

Artisan Creative presents



Artisan
Creative
Books | Recordings | Performance

HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD

WITH A PIANO!

THE INTERACTIVE,
WELLBEING, MUSICAL
SHOW THINGY

FringeReview

VERY GOOD SHOW

"Entertaining
and refreshingly
different."



Find out more at htsat.co.uk

HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD WITH A PIANO!

THE INTERACTIVE, WELLBEING, MUSICAL SHOW THINGY

Mischievous, subversive, fun and fizzing with wisdom, **HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD WITH A PIANO!** is an invitation to stand back and laugh at a world that is quite clearly bonkers, and take a timeout to realise a better way of dealing with it.

Join award-winning psychologist & songwriter Steve Bonham, along with ace composer and musician Chris 'The Bishop' Lydon, for our **INTERACTIVE, WELLBEING, MUSICAL SHOW** thingy!



With humour, storytelling, great songs and gentle audience participation, discover the "Five Rules of the Road" for a better existence.

Don't miss this **unforgettable** experience!



For bookings:

chris@artisan-creative.com

Chris Lydon 07816 996769



[f](#) [t](#) [i](#) HTSATWellbeing
Find out more at htsat.co.uk



Trailer



Full show

LIBERATING HAPPINESS AND WELLBEING, ONE AUDIENCE AT A TIME!

AUDIENCE FEEDBACK AND INDUSTRY REVIEWS

fringe

FringeReview

VERY GOOD SHOW

[fringereview.co.uk/review/
edinburgh-fringe/2023/how-
to-survive-and-thrive-in-an-
impossible-world-with-a-piano/](https://fringereview.co.uk/review/edinburgh-fringe/2023/how-to-survive-and-thrive-in-an-impossible-world-with-a-piano/)

"Come to this show and you can disco without leaving your seat!"

"Entertaining and refreshingly different."

"Chris Lydon is an excellent raconteur, very much at ease with his audience, engaging and informing and keeping the show flowing seamlessly."

"Steve Bonham is... engaging, funny and a very original thinker."

"Sound practical advice neatly camouflaged with large dollops of silliness."

A joyous confection of songs, musings and audience participation. There is no way you will leave this show not feeling happier than when you went in.
Natalia, audience member

A most enjoyable practical antidote to life's stresses - in words, actions and music.
Yvette, audience member

"Wellbeing communication made fun." ★ ★ ★

[butterwort.art/2023/08/11/
how-to-survive-and-thrive-in-an-
impossible-world-with-a-piano/](https://butterwort.art/2023/08/11/how-to-survive-and-thrive-in-an-impossible-world-with-a-piano/)

"This well-tuned duo delivers an enjoyable performance, enriched by light-hearted music moments."

"A fun piece of wellbeing and mental health communication."

Brilliant! An engaging and enjoyable way to learn how to take the first step to improving your wellbeing. Thoroughly entertaining and useful!

Lucy, audience member

Those songs are going to be in my head all night!
Audience member

Brilliant show! I feel like I've had a lovely afternoon hug.

Eve, audience member

The comedy, the music, the massage. It was like watching Bill Bailey, if he'd been split into two...

Andy, audience member

Your songs, charm, and uplifting message are great!

Damian, audience member

WHO IS THE SHOW FOR?

The show is aimed primarily at all adults; but in particular the 16-35 age bracket and men aged 50+, who are especially prone to mental health issues, which this show provides tools to help address, in a welcoming, inclusive and easy to understand way.



The content of the show chimes well with people who are already well-equipped for looking after their own mental health, but also offers good entry points for those who are just starting on their mental health journey.

There are multiple opportunities for audience participation during the show, which people can take in as much or as little as they want or feel able, and have been included with care and awareness.

We have a website that accompanies the show that reinforces all the ideas that are presented in the show, including the music, dance moves, singalong, and signposting further resources for people to follow up with mental health organisations.

htsat.co.uk

WORKING TOGETHER

We'll work with your team to come up with a plan that could include:

- Development of a social media plan
- Development of a local and regional press/PR strategy
- Identification of local organisations and key influencers
- Box office briefing
- Direct mail strategy
- How we can maximise audience experience
- Retaining audience members post-show

Examples of marketing materials found here:

<https://bit.ly/HTSATtourpack>

HOW TO SURVIVE AND THRIVE IN AN IMPOSSIBLE WORLD WITH A PIANO!



View the full tour pack on Dropbox:
<https://bit.ly/HTSATtourpack>

Programmer page on website:
artisan-creative.com/show-htsat

For bookings:

chris@artisan-creative.com

Chris Lydon 07816 996769

TECHNICAL INFORMATION

Further details found here:
<https://bit.ly/HTSATtourpack>

PERSONNEL

Two artists.

RUNNING TIME

Approximately 50 minutes, no interval

VENUE SPACE REQUIRED

4m width x 2m depth.

Details on tech spec doc.

PRE ARRIVAL

Basic pre-rig by venue, if needed.

ARRIVAL / GET IN

Ideally two hour get-in (but can be flexible).

Venue technical contact to help answer questions.

LIGHTING SET UP

Warm wash on whole stage, if possible.

BACKDROP

Plain backdrop is ideal, but we can be flexible. We have pop-up banners to act as our background.



ON-STAGE POWER

Minimum 1 socket needed centre stage.

SOUND SETUP

We provide our own wireless headset mics and receiver. If venue can provide FOH PA that is great, if not we can provide.

GET OUT

30 minutes is usual, 1 hour max.

OTHER REQUIREMENTS

Dressing room(s) or space(s) for artists (two people).



For bookings:

chris@artisan-creative.com

Chris Lydon 07816 996769



Artisan
Creative

Books | Recordings | Performance