**Handful Of Nothing**

**Devised and performed by Tilly Lee-Kronick**

**Directed by Mish Weaver**

*Handful of nothing*- a palatable tale of an eating disorder and recovery.

She's at a threshold. Again.

Weighing up her options. Hungry for autonomy. Craving for others to decide.

Heavy with choice. Light with emptiness.

Aching to fly away.

Handful of Nothing is a unique fusion of ingenious story-telling, innovative aerial choreography, puppetry, dance, text and song. Taking you on a poetic journey full of surprises, this tale playfully (believe it or not!) explores confronting our inner demons, battles with addiction and questions of worth and weight. Accompanied by a beautiful original score, Tilly will give you an insight into the puzzling place of limbo in which she often finds herself.

**Biography**

Growing up in London, Tilly spent her childhood singing, dancing and performing, but her love for circus began at an international aerial dance festival, where she first discovered she could dance in the air. She then completed her degree at Circomedia, specialising in static trapeze and physical theatre. Tilly strives to create work in a multi disciplinary way, challenging traditional perceptions of circus and theatre, to create unique and exciting aerial work. She was a resident circus artist at The Roundhouse 2018-2019 and Associate artist at Deda 2019-2020. She has worked nationally and internationally with companies such as Extraordinary Bodies, Stumble Dance Circus, Cirque Bijou, Full Tilt Aerial Dance, Stacked Wonky Dance Theatre, Rosemary Lee. She also played the principle role in Metta Theatre’s Little Mermaid- The circus musical sensation.

Her acclaimed solo show “Ripe”, also directed by Mish Weaver, has toured nationally, as part of Circus Around and About with Crying Out Loud, and was selected as one of the top three pieces of Resolution festival 2018.

**Credits:**

Performed and devised by: Tilly Lee-Kronick

Director and designer: Mish Weaver

Composer: Isaac Lee-Kronick

Lighting design: Jenny Roxburgh

Costume designer: Poppy Lees

Mentor and writing support: Matilda Leyser

Creative Provocateur: Ben Duke

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If you are affected by any of the themes in this show here are some resources for support:

BEAT: [https://www.beateatingdisorders.org.uk/](https://url.uk.m.mimecastprotect.com/s/cW_ICQnLphYBnkfxbrPD?domain=beateatingdisorders.org.uk/)

CAMHS: Child and Adolescent Mental Health Services

Samaritans: [https://www.samaritans.org/?nation=scotland](https://url.uk.m.mimecastprotect.com/s/jE4UCROBqhxnwvhNgluR?domain=samaritans.org)

