

Mum Thumb

by Judith Silver

Cast

Jane	Rosanna Preston
Emma	Tanya Truman
Geriatric Psychiatrist, Care home staff, Jean, Rose, Nurse	Christina Dembenezi
Helen, Nurse, Sophie, Mary-Alice	Sophie Marlowe
Mike, Stan	Alessio Bagiardi

With the voices of

Terry – Martin Johnston
Dad – Leigh Shine
Estie – Rosie Joustra

Team

Director – Jules Tipton
Movement director – Laura Weston
Music director – Judith Silver
Dramaturg – Vedi Roy
Advisor – Valerie Colgan

At the Pump House

Tech support and operation - Jason Brameld

With thanks to:

Mark Itzcovitz
Sharon Gaffney at Watford Fringe Festival
All at the Pump House
Tara and Emily at Yogajunction
Stephanie, Susan and all at Finchley Reform Synagogue
Malcolm Gorrie at Chickenshed
Sam Lee, Andreea Radu, Sally Russell
Leigh Shine, Mary-Alice Stack, Sophie Aldred
Annie Marcuson, June Boyce-Tillman
Bernard Burns, Cate Hollis, Leo Nicholson, Jeremy Schonfield
Niki Mylonas and our Old Vic Youth Theatre posse
Beth, Sam and all at the Watford Palace Theatre
The Queens Theatre Hornchurch

mumthumb.co.uk

If you are affected by the themes of dementia and bereavement in ‘Mum Thumb’, and/or would like to support any of the great organisations offering help with them, here are some suggestions:

Cruse Bereavement Care

Cruse Bereavement Support and its counterpart Cruse Bereavement Care Scotland are the United Kingdom's largest bereavement charity, which provide free care and bereavement counselling to people suffering from grief.

cruse.org.uk - 0808 808 1677

Dementia UK

Dementia UK are the specialist dementia nurse charity. Their nurses, known as Admiral Nurses, who they continually support and develop, provide life-changing care for families affected by all forms of dementia – including Alzheimer’s disease.

dementiauk.org - 0800 888 6678

Dying Matters/Hospice UK

Hospice UK is the national charity for hospice and end of life care. They work to ensure everyone affected by death, dying and bereavement gets the care and support they need, when they need it.

hospiceuk.org - 020 7520 8200

The Alzheimer’s Society

The Alzheimer’s Society are a vital source of support and a powerful force for change for everyone affected by dementia.

alzheimers.org.uk - 0333 150 3456

Dementia Concern

Dementia Concern supports people living with dementia and their carers to live as independently as possible by providing dementia care services and practical help.

dementiaconcern.co.uk - 020 8568 4448

The Loss Foundation

The Loss Foundation provides free bereavement support for loss to Cancer or Covid-19

thelossfoundation.org - 0300 200 4112

Contented Dementia Trust

The Contented Dementia Trust, formerly known as SPECAL, is an independent charitable organisation with an innovative approach to the care of people living with dementia.

contenteddementiatrust.org - 01993 822129

Companion Voices

Companion Voices are singers based in the UK who gather to learn songs and prepare themselves to sing for people at the end of life. To join or access this service please contact:

www.companionvoices.org

The idea of ‘making friends with repetition’ came from the book ‘Contented Dementia’ by Oliver James, based on the ideas of Penny Garner. Also recommended is ‘I’m Still Here’ by John Zeisel.

The soundtrack for Judith's original songs from ‘Mum Thumb’ is available at

judithsilver.bandcamp.com/releases

Our website is **mumthumb.co.uk** and contains information including other music credits.

You are also warmly invited to join our Facebook group: **facebook.com/groups/mumthumb**

Please keep in touch and thank you for joining us!