

Sonic Boom Theatre Company

Hero Worship

by Kenny Boyle



Fringe Superhero battles mental health issues

It's a superhero team up worth talking about. Mental health charity **Support in Mind Scotland** and actor/writer **Kenny Boyle** have partnered to wage war against arch nemeses that are all too familiar to many: anxiety and mental health issues.

Hero Worship is a one man show that delves into the rich fantasy world of comic books and features Captain America, Batman, Superman and Wolverine all played by **Kenny Boyle**. Not just for committed comic geeks, **Hero Worship** has appeal for everyone, even if you wouldn't recognise Spiderman if you found him stuck in your bath. Because at its heart it's about far more than just escaping into the world of comic books, it's about what those who do so might be escaping from.

'Relatability is really important,' Boyle explained, 'we're trying to write a play that makes it okay for children as young as ten to talk about mental health issues and we don't want to scare them away by making a play that's bleak and unfriendly. And it's not just young kids we're trying to reach either. Anxiety affects a huge amount of people in their 20s and 30s and yet many still find it taboo to talk about. But a whole lot of us love to talk about superheroes. I wanted to write a play that makes talking about mental health issues just as easy as talking about the latest Marvel movie.'

'It's my goal to keep the audience laughing and enjoying themselves, but to go away thinking about some pretty big issues and also, I hope, feeling really good about themselves. Because ultimately the story of the play is that whoever we are and whatever we think of ourselves we're all superheroes. For someone with severe social anxiety just leaving the house can be a massive act of heroism and the play celebrates these small but very important victories. It's also there to remind people that no matter how unimportant you might feel – you're great at something. You've got a superpower. And maybe you haven't found it yet, but one day you will. And that will be your origin story.'

C venues

vibrant vivacious variety

head of press and marketing

Nick Abrams

head of external affairs

Sheridan Humphreys

associate director

Siva Zagel

artistic director

Hartley T A Kemp

year round administration

C venues London

5 Alexandra Mansions

Chichele Road

London NW2 3AS

during the Fringe in August

C venues Edinburgh

Press office at C nova

India Buildings, Victoria Street

Ticket collection at any C venue

press office tel 0845 260 1060

fax 0845 260 1061

box office tel 0845 260 1234

email press@Cvenues.com

www.Cvenues.com

Listings Information

Venue

Dates

Time

Ticket prices

C venues box office

Fringe box office

C, venue 34, Edinburgh Festival Fringe

21-29 Aug

13:30 (0h50)

£8.50-£10.50 / concessions £6.50-£8.50 / children £4.50-£6.50

0845 260 1234 / www.CtheFestival.com

0131 226 0000 / www.edfringe.com

For further information, images and interview availability please contact Kenny Boyle at Sonic Boom Theatre Company on 07886 445506 / kennyiboyle@hotmail.co.uk or the C venues press office on 0845 260 1060 / press@cvenues.com