

**[11 AUGUST 2015]**  
**FOR IMMEDIATE RELEASE:**

## **Help Yourself To A Freshly Worked Piece Of Theatre**

*Edinburgh, UK -11 August 2015* - Edinburgh-based theatre company, Foolproof Creative Arts, demonstrates how cultivating creativity amongst young performers produces great results as it brings its successful show *Help Yourself* back to Edinburgh for a second year.

Foolproof Creative Arts, an arts charity based in Edinburgh, has been invited to bring its acclaimed play *Help Yourself* back to the Fringe as part of the Just Festival in 2015. The production of *Help Yourself* was devised by the cast from personal stories and case studies provided by development charities International Justice Mission UK (IJM UK) and Tearfund Scotland. Developed by Creative Director, Fiona Stewart and the three young actors, the play opens on Monday 17 August at 6.30pm at Central Hall (Venue 295) and runs every night until 29 August (except 23rd).

Susan Mansfield, reviewing the show for *The Scotsman* in 2014 wrote, "Billed as "a sideways look at injustice", this lively new production weaves a diverse range of material around the subject of charity and the extent to which it is right to help others...That these come together to make a whole says much for writer and director Fiona Stewart, not to mention the performers. Foolproof's Christian perspective doesn't trap them in platitudes, but frees them to look at old themes with a fresh view."

Says Fiona Stewart, Creative Director of Foolproof, "Foolproof has performed at the Fringe for the past four years, and this year we wanted to do something a bit different. Previously I've written the script before the cast and crew get involved, and also appeared in the production, and it can feel a bit like a one-woman show, even when others are involved! One of Foolproof's aims is to work with performers by encouraging them to find community and helping them develop as artists. What better way to do this than to involve them from the very beginning of the process? I'm really excited by what we've written and we're all looking forward to next week's opening night."

Cameron Potts, one of the cast members and graduate of Queen Margaret University comments, "It was exciting to be able to contribute to the creation of the script. That's a luxury you don't usually get as an actor. I think we all had our eyes opened to some issues we didn't know much about too. I probably feel more confident about improvisation and devising as a result of being part of the *Help Yourself* cast."

The play centres around the relationship between two brothers at war over what to do with their elderly father's garden. As the story unfolds, the audience finds itself transported to Zambia and India to discover more about the practices of land grabbing and human trafficking, and in doing so to consider what injustice looks like at home and abroad. The two partner charities, Tearfund Scotland and IJM UK, will be hosting after-show events on Wednesday 19<sup>th</sup> and 26<sup>th</sup>, and there is a post-show discussion on Friday 21<sup>st</sup> August where audiences can meet the cast and hear more about their work.

The production is taking place at Central Hall (Venue 295) as part of the Just Festival.

<https://tickets.edfringe.com/whats-on/help-yourself>  
<http://just-festival.org>  
[www.foolproofcreativearts.com](http://www.foolproofcreativearts.com)  
<http://helpyourselffringeshow.wordpress.com/>

Contact:  
Fiona Stewart

Email: [Fiona@foolproofcreativearts.com](mailto:Fiona@foolproofcreativearts.com)  
Central Hall  
2 West Tollcross  
Edinburgh  
EH3 9BP  
Phone: 0131 228 9477  
Twitter: @helpyourselfie

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