



Former mental health nurse creates award-winning show with help from his ex-patients

Fruitcake - Ten Commandments from the Psych Ward is a sixty minute solo show by comic, poet and mental health nurse, Rob Gee.

The show charts a night shift on a mental health unit, seen through the eyes of a jaded nurse who hears the

voice of God. In this case, God is a kindly Jamaican woman who gives him ten benevolent commandments to help him through the shift; and life.

“A tour de force.” **Victoria Times, Canada**. “Terrifically well written.” **Orlando Sentinel**. “Smart, funny and frequently very moving.” **Calgary Herald**. “An unforeseen highlight; a convulsively funny and surprisingly moving tribute to humanity’s collective psychosis.” **Minnesota Examiner**.

Fruitcake’s creator, Leicester-based Rob Gee, spent twelve years working as a registered mental health nurse around the UK and Australia before becoming a full-time writer and performer. Working mainly in adult mental health, he has also worked in child and adolescent units, drug and alcohol services, eating disorder services, early psychosis intervention and psychiatric intensive care.

As a stand-up poet, Rob has won over twenty awards for his solo shows. He’s performed with luminaries such as Harold Pinter, Sue Townsend, Jo Brand, Sarah Millican and Frankie Boyle. He is patron of Leicestershire Action for Mental Health Project (LAMP) and lead artist for the Comedy Asylum: comedy shows created and performed by people receiving mental health treatment. He also goes into mental health units to help people create their own comedy and poetry. *“The simple act of sharing a joke with someone can be tremendously therapeutic. Above all, laughter can remind us that we’re not alone.”* For a full biography go to <https://www.robgee.co.uk>.

Rob enjoyed looking back at his old career with fresh eyes: *“When I first wrote Fruitcake, I performed it to an audience of people I’d nursed in the past. I was really nervous! Thankfully the feedback was very positive, it was a huge relief.”*

Fruitcake also features internationally renowned dub poet Jean ‘Binta’ Breeze (1956-2021) as the disembodied voice of God. Jean was described by the British Council as “one of the most important, influential performance poets of recent years.” She also had a diagnosis of schizophrenia.

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Notes to Editors: For further info, images and interviews, go to <https://www.robgee.co.uk>.

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