



## Normality is a mirage...

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

The show charts a night shift on an acute psychiatric 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.

Fruitcake's creator, UK-based Rob Gee, spent twelve years working as a registered psychiatric nurse around the UK and Australia before becoming a full-time writer and performer. Working mainly in acute psychiatry, 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 worked with Harold Pinter, Sue Townsend, Jo Brand, Sarah Millican and John Cooper Clarke, regularly appears on BBC Radio, and is lead artist for BrightSparks Comedy Asylum - comedy shows created and performed by people labelled as having "severe and enduring" mental health conditions. He also leads comedy workshops in inpatient settings. 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."

Since seeing Rob perform, the NHS in England have recruited Rob to use his shows to lead training sessions for healthcare professionals on themes such as compassion, whistleblowing and ethics. This has been an entirely new approach to training, with 93% of responding participants saying they would recommend it to a colleague.

Fruitcake also features internationally renowned dub poet Jean 'Binta' Breeze as the disembodied voice of God. Jean has been described by the British Council as "one of the most important, influential performance poets of recent years." She also has a diagnosis of schizophrenia.

"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**.

- Ends -

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

To contact Rob phone (+44) 7980 996258, Twitter @robgeepoetry, email [robgeepoetry@gmail.com](mailto:robgeepoetry@gmail.com).