

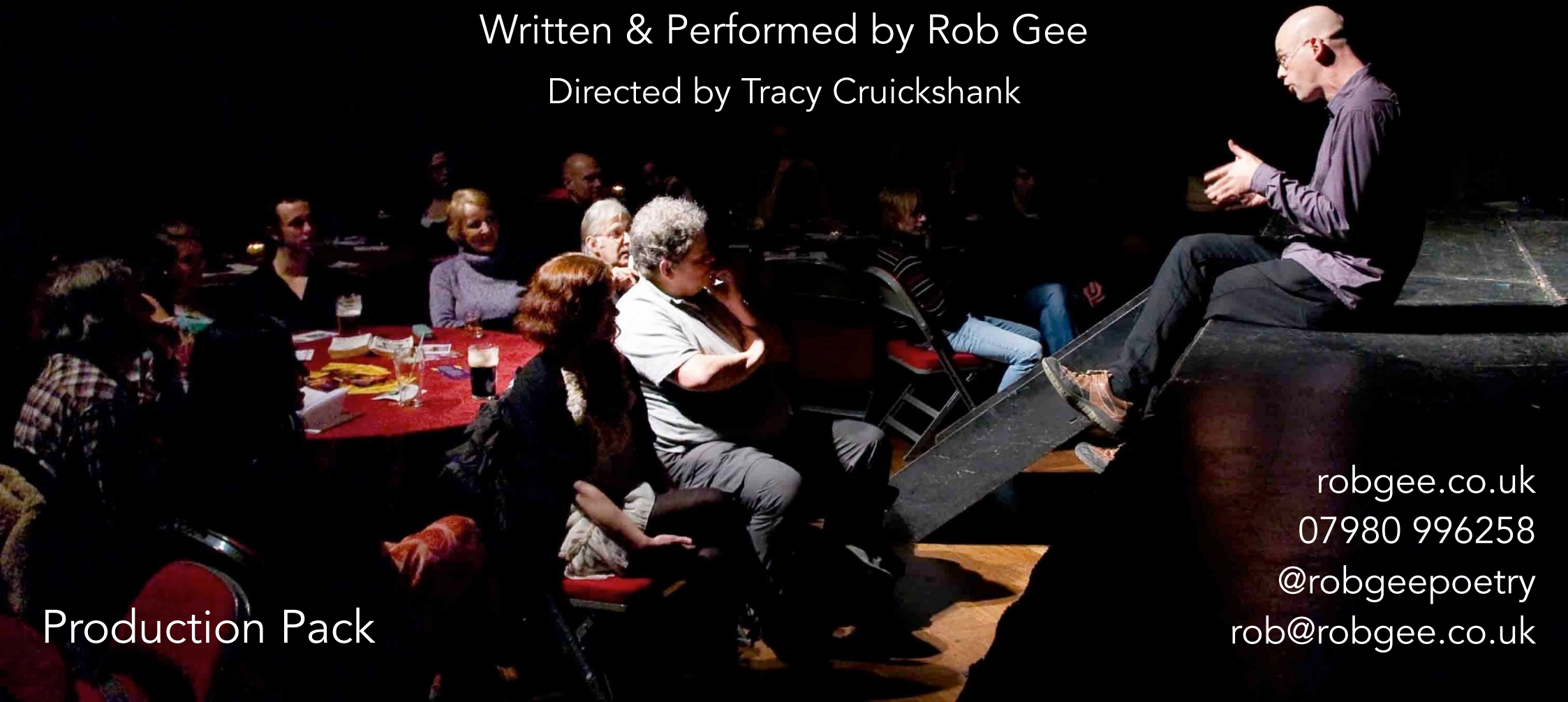


# FRUITCAKE

TEN COMMANDMENTS FROM THE PSYCH WARD

Written & Performed by Rob Gee

Directed by Tracy Cruickshank



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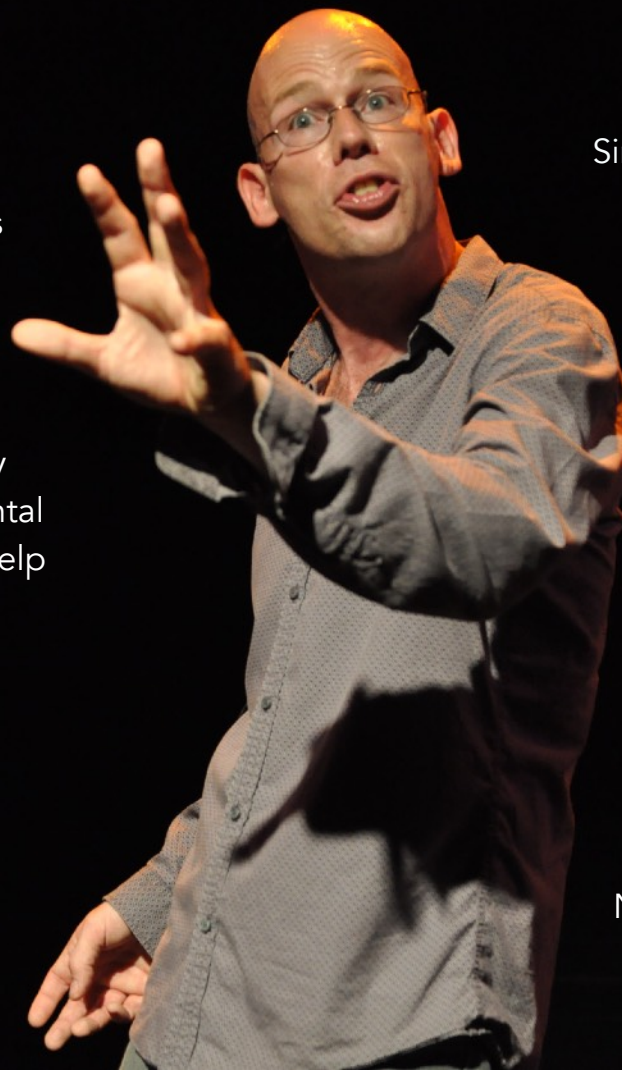
Production Pack

## A user-friendly guide to losing the plot.

Fruitcake charts a night shift on a mental health ward, seen through the eyes of a jaded nurse who hears the voice of God – a kindly Jamaican woman – who gives him ten benevolent commandments to help him through the shift; and life.

**Rob Gee** worked for twelve years as a registered nurse in mental health units around the UK and Australia. Working mainly in adult mental health, he has also worked in child and adolescent units, drug and alcohol services, therapeutic communities, eating disorder and early psychosis intervention services and psychiatric intensive care. Now a stand-up poet, Rob has won over twenty awards for his solo shows and performed with luminaries such as Harold Pinter, Sue Townsend, Jo Brand, Sarah Millican, Alan Carr 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 goes into mental health units to help people create their own comedy and poetry. For a full biography go to <https://www.robgee.co.uk>

The stories depicted in Fruitcake are all true and every effort has been made to represent them without distortion or exaggeration. However, for reasons of confidentiality and respect, any circumstances which might help identify the people in the stories have been altered or removed.



## Director - Tracy Cruickshank

Lecturer and subject leader in Drama Studies at De Montfort University. Tracy has written and directed numerous acclaimed theatre shows. She is also a recovering slam poet.

## Voice of God - Jean 'Binta' Breeze

Internationally renowned dub poet (1956-2021), 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.

## Music by Skatz

Singer/songwriter, music producer, actor and writer, currently based in County Kerry.

To see a short trailer for Fruitcake [click here](#)

## Audience Profile

Suitable for both first time and general audience.

People with an interest in mental health, psychology and psychiatry

People interested in performance poetry, comedy, storytelling and creative writing.

Nursing, medical and social work students.

Strong language. Recommended age 16+

## Technical information

**Running Time:** 60 min plus optional interval

**Minimum Stage Size:** 4M wide x 2M deep

**Dressing Room:** Space for one person

**Lighting and Sound:** 2 washes, 1 lighting special, one centre spot. 11 pre-faded sound cues provided on MP3 and/or QLab

Microphone may be required for ending

**Tech rehearsal:** 2 hours maximum

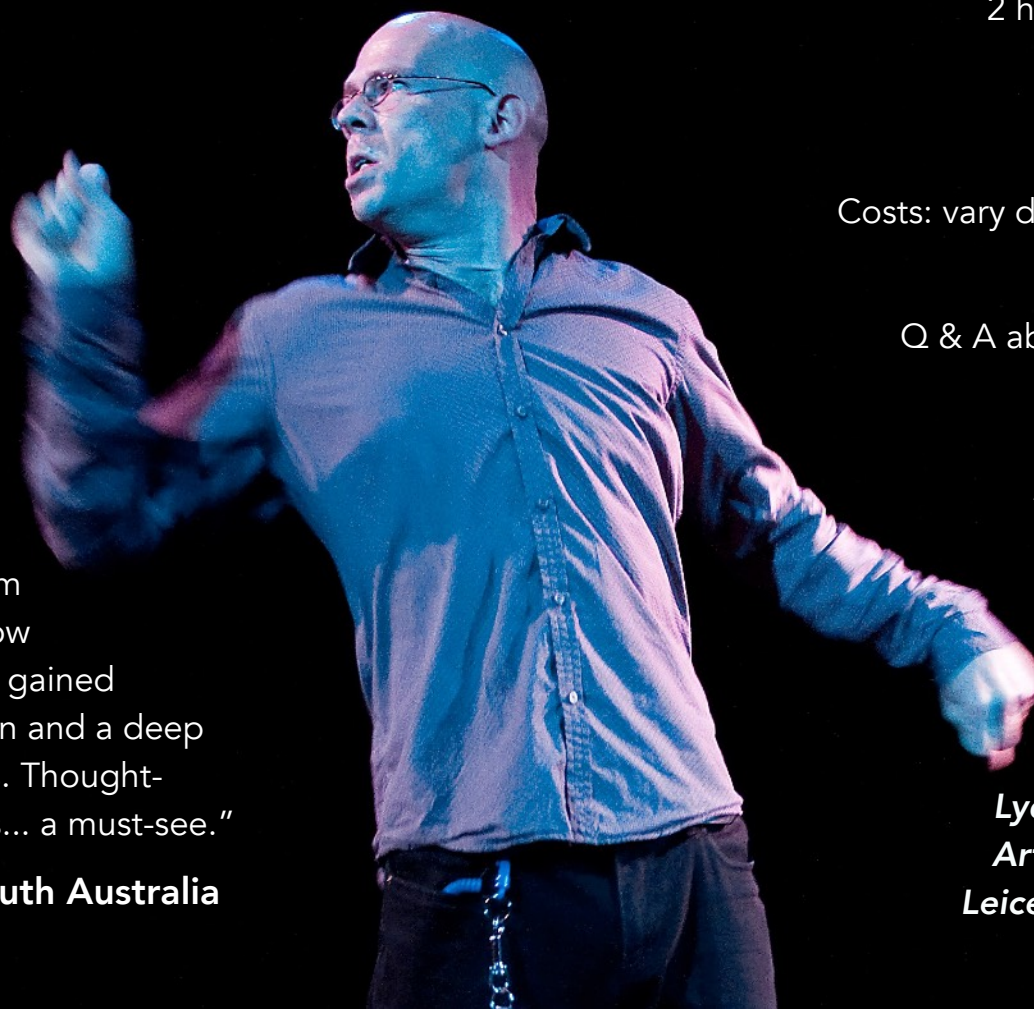
**Other requirements:** One chair for stage

**Get in:** 30 min max.

**Get out:** 15 min max

"Inspirational. Yes, he's hilarious and his comic timing is perfect but it's so much more than that. Gee offers unique insight into a topic which is too often hidden or avoided and his delivery is graceful, respectful and relatable. We leave with the impression that we are all one short step away from the psych ward and this is somehow both confronting and reassuring. I gained renewed respect for my fellow man and a deep admiration for Gee's comic genius. Thought-provoking, humbling and hilarious... a must-see."

**Mind Share Mental Health, South Australia**



## Associated Workshops

**Performance Poetry**

2-6 hour workshop with appropriate breaks

**Creative Writing**

2-3 hour workshop with short break

**Writing Comedy**

2-3 hour workshop with short break

**Comedy/Improvisation**

2 hour workshop with optional break

**Mental Health for Artists**

2-6 hour workshop with breaks

Costs: vary depending on fee for performance

**Post-Show Discussion**

Q & A about the show and its background

**FREE**

"What I find refreshing about Rob is his capacity to see patients as people rather than mental health problems. Many years ago I met Nurse Gee as a patient. I left him as a poet."

**Lydia Towsey, Poet and performer,  
Arts in Mental Health Coordinator,  
Leicestershire Partnership NHS Trust**

"Terrifically well written... hilarious and oddly touching... the kind of performer you pray you'll discover." **Orlando Sentinel**

"His genuine empathy for the patients lifts this show into the ranks of superior entertainment... a tour de force."

**Victoria Times ★★★★★**

"Hilarious, often touching...will probably leave you with tears in your eyes." **The Panic Manual, Toronto ★★★★★**

"Gee has pitched it perfectly... this hour showcases his strong talents as a witty, skilful storyteller." **Chortle, UK**

"An unforeseen highlight, a convulsively funny and surprisingly moving tribute to humanity's collective psychosis."

**Minnesota Examiner**

"Do whatever it takes to see Fruitcake... funny, touching, witty, painful, a joy... I loved it!" **Mooney on Theatre, Toronto**

"Beautifully written... kept the audience enthralled from start to finish." **Voice Magazine, UK ★★★★★**

"Intelligent and endearing... a quality show... see it." **Applause-Meter, Calgary**

"Smart, funny and frequently very moving... a first rate show." **Calgary Herald ★★★★★**

"Hilarious... poignant... life affirming... joyful!" **Uptown Magazine, Canada ★★★★★**

"I didn't want to miss a second!" **Winnipeg Free Press ★★★★★**

"Really gets into your head!" **Monday Magazine, Victoria ★★★★★**

"Should be required viewing" **Edmonton Journal, Alberta ★★★★★**

"A one-man thespian army. This play has everything." **Canadian Broadcasting Corporation ★★★★★**

"The wonderful part about all this is the feeling that Gee cares about people... in situations where he could have easily gone for the crazy person joke, he spun the humour on its ear... and he is hilarious." **Edmonton Sun, Alberta**

