



Childlessness or being childfree – either through choice or circumstance – cuts across society and affects many people. Even though there are more and more adults who are without children, it's a subject that is often not talked about.

We want to make a new theatre show that explores this for everyone - celebrating those who choose to be childfree, at the same time as offering support and solidarity for people for whom childlessness is not a choice.

The three artists making this show are all childless, each of us for different reasons. But we don't want this to be about our experience, we want it to be a show for everyone living without children.

Therefore, we want to get to know as many people as possible who have experience around this and understand what it means to you.

Ways to get involved

There are lots of ways you can get involved. We'll be running a series of relaxed and supportive creative workshops where you can share your thoughts and meet other people with similar experiences to you

- **Workshops at local arts venues**
We'll be holding free workshops at Kala Sangam in Bradford, The LBT in Huddersfield and Waterside Arts in Sale. If any of these venues are local to you, information on how to book a place is lower down the page
- **Workshops with organised groups**
We're working with Mind the Gap, WomenZone and Equity Partnership who are all based in Bradford and Ageing without Children who are based in York – if you are involved with any of these groups, get in touch with them to find out about joining sessions
- **Online creative session**
There will be a free online creative session (through zoom) that anyone can join
- **One to one conversations**
If you'd feel more comfortable chatting over the phone or online one-to-one we will do our best to arrange this too
- **Send us your thoughts**
You might prefer just to send us an email, a drawing, a piece of writing or a voice note to share a bit about your experience of being childless/childfree – you can use the email address D.pakkarhull@gmail.com

Is this for me?

Yes, whatever your experience of living without children and whatever your gender identity, we want to get to know you! We can all feel nervous about sharing our experiences with other people, or think things like, 'They wouldn't want to hear from me' - but we will create a supportive and welcoming space... and we are really keen to hear what you've got to say.

It's fine if you've never done anything like this before – we'll make sure you are fully supported and can get involved in ways that feel right for you

Dates and times

- **Online workshop for everyone** – date coming soon, please email Deborah at D.pakkarhull@gmail.com if you are interested in this and we'll send you all the info
- **Ageing without Children York online** - Thursday 18th 11am (closed group)
- **Lawrence Batley Theatre, Huddersfield** - Wednesday 24th August 6-8pm (open to everyone - email Rebecca@thelbt.org to book)
- **Kala Sangam, Bradford** - Thursday 25th August 4-6pm (open to everyone - email mariathelwell@gmail.com to book)
- **Waterside Arts, Sale** – in September, date coming soon (open to everyone email mariathelwell@gmail.com to book)
- **WomenZone, Bradford** - 7, 14, 21st September times tbc (closed group)
- **Mind the Gap, Bradford** - 30, 31 August and 1 September 10-12.30pm (closed group)
- **Equity Partnership, Bradford** – date coming soon (closed group)

Project team

Deborah Pakkar-Hull - Director (<https://uk.linkedin.com/in/deborah-pakkar-hull-b98689b>)

Helen Foster - Research Lead (www.helenlouisefoster.com)

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Ben Rothera - Producer

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Find out more

If you have any questions or would just like a bit more information email Deborah at D.pakkarhull@gmail.com