

## NEW PLAY EXPLORES MODERN DAY STRESS IN THE COLISEUM STUDIO

On Thursday 19 September Arc Stockton present ***Tensile Strength (or How To Survive At Your Wit's End)***, a new play about stress, and why so many of us feel it to an unhealthy degree, in Oldham Coliseum Theatre's Studio.

We've all been there, struggling with work, with relationships, feeling like things are all a bit too much... and then the cat goes missing. ***Tensile Strength*** is a show about the world we live in now – we all worry about work, about family, about break ups, but why do they cause us to so feel stressed? This is a show that poses some urgent questions to a society which just can't seem to relax anymore.

Teesside based writer and performer **Holly Gallagher** tells the stories of three people living in the same post-industrial northern town. As seasons pass, we follow them as they attempt to deal with the fear, pressure and uncertainty of everyday life.

**Holly commented:** *"I made this show because I am stressed, quite a lot. I made it because I wanted to see if other people feel the same as me. And because people love to tweet about living on coffee and never sleeping all the while everyone's answer to 'how are you?' is 'tired.' and it's DAFT to go on like this to be honest."*

Taking its title from a term meaning a material's breaking point, ***Tensile Strength (or How To Survive At Your Wits End)*** aims to encourage audiences to think about their relationship with stress and how to better deal with it when it begins to affect our health.

**- Ends -----**

### Notes to Editor:

*Tensile Strength (or How to Survive at your Wit's End)* comes to Oldham Coliseum's Studio on Thursday 19 September at 7.30pm.

Tickets are £8.

Tickets can be bought in person at Oldham Coliseum Theatre, by phone on 0161 624 2829 or online at [www.coliseum.org.uk](http://www.coliseum.org.uk)

Link to event on website: <http://www.coliseum.org.uk/plays/tensile-strength/>

For further press information, please contact Shelly Ramsdale on 0161 785 7012 or email [shellyramsdale@coliseum.org.uk](mailto:shellyramsdale@coliseum.org.uk)

### Oldham Coliseum Theatre

Oldham Coliseum Theatre is a cultural and educational charity that works with over 150,000 individuals per year.

The Coliseum has a rich history in Greater Manchester dating back to 1885. It provides a wide variety of distinctive theatre performances and participatory activities for people from all communities in Oldham, Greater Manchester and beyond. It creates original productions each year which are presented at the Coliseum and on tour. Intrinsic to the town's on-going regeneration, the theatre works with its local communities and young people to develop creative programmes to facilitate learning, engagement and community cohesion.

[www.coliseum.org.uk](http://www.coliseum.org.uk)

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