

## No kids – now what?

### Join Victoria Firth on a mid-life quest for joy, identity and belonging in the Oldham Coliseum Studio

Performer, theatre maker and director Victoria Firth brings her autobiographical show ***How to Be Amazingly Happy*** to Oldham Coliseum's Studio on Wednesday 2 October.

How do you find a new 'once upon a time' after the 'happy ever after' never turned up? Victoria is on a quest to discover how you make a new life when you can't have the one you imagined. In this big hearted, big thinking show of storytelling and physical comedy our heroine's mid-life search for joy, identity and belonging features public displays of playfulness, private truths and sheer bloody mindedness. Join Victoria as she asks - is it possible to be happy without kids?

The launch of the 2019 tour of ***How To Be Amazingly Happy*** coincides with World Childless Week (16 – 22 September 2019), which aims to help those that are childless despite their longing to be a parent to find support groups that understand their grief and can help them move forwards.

The number of childless women is increasing – For those born in 1946 just 9% had no children at 45 – the age the ONS defines as the end of childbearing years<sup>i</sup>. For women born in 1971 this figure has risen to 18%. Around 1 in 7 couples (approximately 3.5 million people in the UK) may have difficulty conceiving<sup>ii</sup>. 47,422 women are receiving IVF, but the treatment fails 70% of the time<sup>iii</sup>.

***How to be Amazingly Happy!*** cuts across art forms to tell Victoria's autobiographical story of wondering whether to have kids, seeking medical intervention, coming up empty handed and ultimately coming to terms with and discovering what to do with the second half of her life as a non-mother.

**Victoria commented:** *"I hope the show will resonate with the many woman not sure whether to have kids or without the right partner/circumstance to match their white picket fence dreams, the many people who have IVF, those that don't, won't or can't have children and how they build a life outside of the accepted trajectory. Family diversity is greater than ever but there is still very little social validation for women who don't have kids."*

*"I think a lot of women end up in complicated discussions with themselves about having children and/or are worried what life looks like without taking that step. What I hope people take away is a story of reinvention that inspires them to be more daring in being themselves and being happy"*

***How to be Amazingly Happy*** includes storytelling, physical comedy, clowning techniques, audio recordings and live art influences. It comes to Oldham Coliseum Studio on Wednesday 2 October.

- Ends -----

## Notes to Editor:

*How to be Amazingly Happy* comes to Oldham Coliseum's Studio on Wednesday 2 October 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/how-to-be-amazingly-happy/>

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

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**Victoria Firth** was the Director of the Lawrence Batley Theatre in Huddersfield between January 2007 and January 2019. She has recently been the Interim Director at The Dukes in Lancaster.

**World Childless Week** runs from 16-22nd September 2019. WCW aims to raise awareness of the childless not by choice community. To help the community to find support groups that understand their grief and can help them move forwards to acceptance. It's for anyone who is childless despite their longing to be a parent.

<https://worldchildlessweek.net>

**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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<sup>i</sup> The Telegraph 'Proportion of women who never have children has doubled in a generation, ONS figures show' Olivia Rudgard 24<sup>th</sup> November 2017.

<sup>ii</sup> [www.nhs.uk/conditions/infertility/](http://www.nhs.uk/conditions/infertility/) accessed 6/5/18

<sup>iii</sup> [www.wellbeingofwomen.org.uk/fertility-journey-bbc-reporter-shares-heartbreak-failed-ivf/](http://www.wellbeingofwomen.org.uk/fertility-journey-bbc-reporter-shares-heartbreak-failed-ivf/) accessed 6/5/18