



Based on the book, Meal One, © 1971 The Estate of Ivor Cutler, with illustrations by Helen Oxenbury

## Tour Programme

Produced by 509 Arts with Hull Truck Theatre, supported by Mind the Gap and Bradford 2025. Funded by Arts Council England.



BRADFORD  
2025  
UK City  
of Culture  
Bid



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**





# Cast

Zara Mallinson - Mum

Isaac Sugden - Helbert

Sandeep Gurrapadi - Narrator

# Production

Alan Dix : Director

Felix Cross MBE : Composer

Hannah and Drew Wintie-Hawkins -: Choreography

Naomi Parker: Set Design and Costumes

Fabric Lenny : Digital Projection and Augmented Reality

Simon Bedwell : Lighting Design

Dan McGlade : Music Director

Jenny Harris : Producer

Harry Jelley : Assistant Producer

Ben Pugh : Production Manager

Heidi Thornton : Company Stage Manager

Luke James : Stage Manager

Sophie Rushworth : Technical Stage Manager

Chris Singleton : Creative Enabler

Stephen Rawnsley : Chaperone

Andy Smith : Driver

Ali Allen : Set Painting

Sarah Worrall : Breakfast props

Lucy Dix : Creative Learning Content

Vicky Ackroyd : Access Consultant


Katie Kimber : Social Media

Anita Morris Associates : PR

With thanks to Jeremy and Daniel Cutler, Deborah Dickinson, Chris Hannon, Joyce Lee, Lois Naylor, Alan Rivett, Tim Smith.








When my daughters were small, I used to read them Ivor Cutler's *Meal One*. We all loved the story and its wonderful illustrations by Helen Oxenbury. The idea of a child and their mum having such an extraordinary adventure without ever leaving the house was so appealing. The mix of scary moments, magical transformations and fun times makes for a compelling story that you can read over and over again.

Five years ago, we rediscovered the book and found it just as enchanting and exciting as it was in the 1970s. It gave me the idea of adapting *Meal One* for the stage with music and projections and a house that could transform into something unexpected. It was a most intriguing challenge and in 2019, 509 Arts spent a week exploring the story of *Meal One* at Theatre in the Mill. We added a storyteller to the cast and started working with Mind the Gap to make the show a reality. Covid slowed the whole thing down, but it gave us a chance to find the very best ways of putting *Meal One* on the stage. And here we are - with a show that should appeal to anyone who likes a great story that is full of surprises and with thrilling effects. Enjoy!



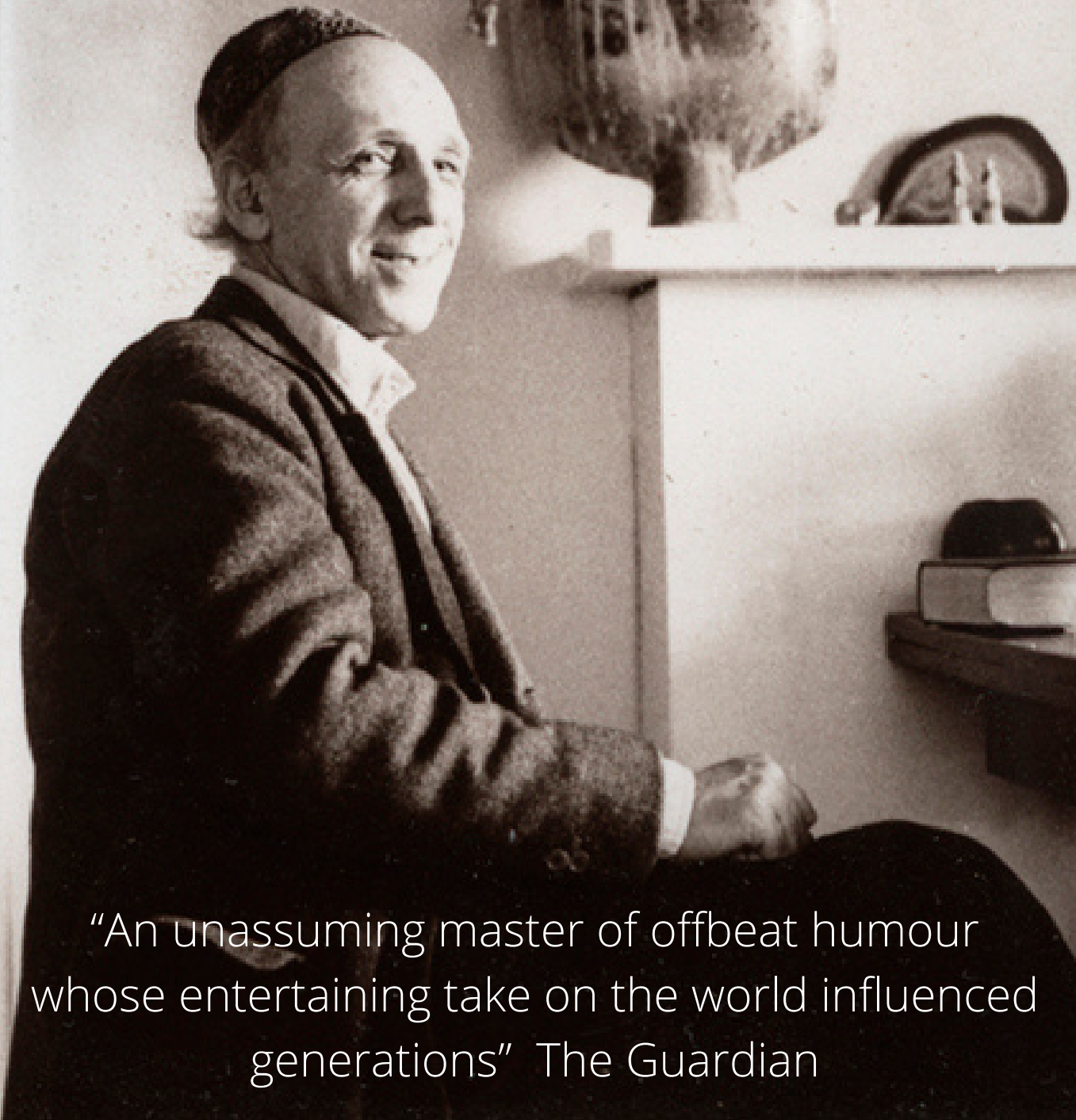
**Introduction  
by  
Alan Dix,  
Director of  
*Meal One***



# Who was Ivor Cutler?

Beloved by artists from KT Tunstall to The Beatles, Ivor Cutler (1923-2006) was a Scottish musician and poet with a unique absurdly comic take on the world. He became known for his regular performances on BBC Radio, in particular his numerous sessions recorded for John Peel.

He appeared in the Beatles' Magical Mystery Tour film in 1967 and on Neil Innes' television programmes. Cutler also wrote books for children and adults and was a teacher for 30 years in inner-city schools in London. In live performances Cutler would often accompany himself on a harmonium.



Ivor Cutler, 1973, by Roger Kohn CC by 3.0

"An unassuming master of offbeat humour whose entertaining take on the world influenced generations" The Guardian





# Meal One Cast

## Zara Mallinson - Mum

Zara is a learning-disabled artist, performer and facilitator who has been performing professionally for more than 10 years. Zara has toured nationally and internationally with Mind the Gap and her recent work includes: ZARA (2019) A large outdoor production in collaboration with Walk the Plank and Contained (2015/17), directed by Alan Lyddiard.

Zara has trained at Mind the Gap and has also completed various residences at NCDT Drama Schools.



## Isaac Sugden - Helbert

Isaac has trained as an actor, singer and dancer since the age of 4 at Wakefield Theatre Royals Performance Academy. He has performed several times at the Theatre Royal, playing Charlie in Charlie and the Chocolate Factory amongst others. He is currently rehearsing for Pugsley in The Adams Family with Ossett Youth Theatre.

Being cast as Helbert in Meal One marks Isaac's professional debut, and he has been working alongside the creative team throughout the show's research and development. He is very excited to be performing Helbert on Meal One's first national tour.

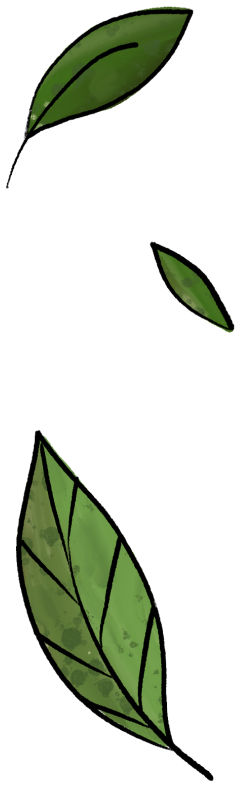
## Sandeep Gurrapadi - Narrator

Sandeep is a classically trained tenor, composer, theatre maker and educator who has worked all over the UK, Europe, India and China.

He has performed in leading opera roles, including Haydn's La Fedelta Premiata at the Royal Opera House in Mumbai, and has also performed in Witchfinder (Cohere Arts), Passion Poison and Petrification (Pegasus Opera Company) and Nightmare Scenario (Operasonic). He has also performed in many other productions and performed on the BBC's The One Show.







# Creative Team

## **Alan Dix - Adaptor and Director**

Alan has been making theatre on stages, parks, castles, forests and fields for many years. He has made operas in grand buildings, intimate events in studio theatres, published books and created exhibitions for galleries. He has taken cars to pieces, built giant bicycles and raised the roof with big noisy choirs. He has worked with musicians, filmmakers, choreographers, writers, digital artists and designers.

He loves telling a compelling story in ways that are unexpected, unusual and which will appeal to different kinds of people in many different places. Meal One has a very special place in his heart.

## **Felix Cross, MBE - Composer**

Felix is a composer, director and producer whose music has been played all over the world.

From 1996 to 2015, he was the Artistic Director of Nitro/Black Theatre Co-op in England, developing and producing new musical-theatre from a black British perspective. During this time he worked as a composer for many major theatre companies in England.

In 2012, he was awarded an MBE for services to Musical Theatre. Since 2013 he has split his time between London and Sydney where he is studying for a PhD, alongside composing and directing. He has recently worked on *Prizefighter* (Brisbane & Melbourne Festivals) and *Black Drop Effect* (Sydney Festival / Blacktown Arts Centre).

## **Dan McGlade - Music Director**

Based in Shipley, West Yorkshire, Dan has composed, performed and directed music for over twenty years - for theatre, film, bands, schools, universities and community groups.

Prior to Meal One, he wrote a series of film scores for Leeds theatre company Wrongsemble - *Stargazer* (2021), *Aladdin and the Stolen Stories* (2021, as part of Bradford Literature Festival), and *HUMBUG* (2020).

As founder and lead singer of indie band Rent (1995-2008), Dan embarked upon a quest to bring theatrical dandyrock to the world - a crusade showing no sign of abating with his forthcoming solo EP, 'Mid Vice Crisis'. Also this year, with support from Arts Council England, he is developing a new musical, 'Darcy Filthound' - a morally questionable tale set in 19th Century London, in a style rather indulgently described as 'Victorian Sleaze-Rock'.







# Creative Team

## **Hannah and Drew Wintie-Hawkins - Choreography**

Hannah and Drew Wintie-Hawkins both graduated from London Contemporary Dance School. After graduating they both had extensive performing careers dancing for choreographers and companies such as; Royal Opera House, English National Opera and Opera National De Lorraine, and many more.

Hannah and Drew created the independent arts organization, York Dance Space to encourage dance in the city. They have also worked as movement directors and choreographers for companies such as Pilot Theatre and other 509 Arts productions.

They often work with communities and young people to create mass performance work for local people like in iMOVE and work for York Art Gallery.

Drew is currently making his own children's theatre production supported by York Theatre Royal and York Archeology Trust. Hannah is part of this year's group of Overture, a professional development programme by Matthew Bournes' New Adventures.

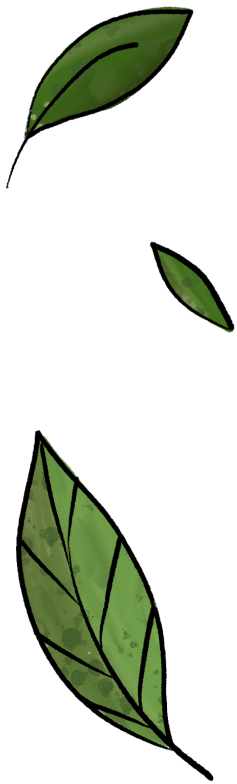
## **Naomi Parker - Set Design and Costumes**

Naomi Parker trained at Bradford College of Art and Design and her varied career has included; costume and set design, carnival, prop making and textile arts.

When she is not designing and making things for MEAL ONE , Naomi creates lots of interesting objects in her workroom such as costumes, animals and birds . She has just finished making some angel wings for Northern Ballet Theatre , a mermaid for Walk the Plank and an alpaca named 'Pepper' for Roberts park in Saltaire.







# Creative Team

## **Fabric Lenny - Digital Animation and Augmented Reality**

Fabric Lenny is an artist whose playful work includes installation, theatre design, animation, live drawing, illustration, sculpture, moving image and painting. His creative journeys start with drawing. These 'starts' can be doodles, observed drawings, or just a series of marks which offer up hidden images, suggest unusual shapes and concepts, or can unlock the door to new imagery and fresh ways of working that can lead.

Some recent pieces of work include Thor and His Clube, a public sculpture commissions by ROAR, A Grassland Village, an art installation for Chester Zoo with Awekids (Orchids) Collective, and a mural at Northern Stage for the Great Exhibition of The North.

## **Simon Bedwell - Lighting Design**

Simon is a Lighting Designer and Production Manager who works on theatre, dance, opera, musicals, live music, exhibitions, festivals, and lots of other kinds of work.

He is the Production Manager of the East Riding Theatre (ERT), Festival Director at Stage4Beverley and lectures in theatre at York St. John University.

He has recently worked on A Steady Rain at the Arcola, Art at ERT, A Christmas Carol at ERT, And Chocolate It Shall Be at Illuminate York, and many other shows. He has worked with York Theatre Royal, Sheffield Theatres and Touring.

## **509 Arts**

Based in Bradford, 509 Arts has worked for over 25 years as both a production and consultancy company. Our creative work is inspired by people and place.

509 Arts is deeply committed to producing work in Yorkshire and the North of England that captures the public imagination and uses the very best teams to make this happen.

Visit [www.509arts.co.uk](http://www.509arts.co.uk) for more information.

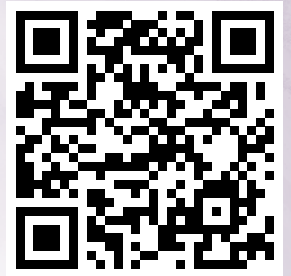




# MEAL ONE

## Moving Picture Installation

Before and after each performance make sure you our augmented reality trail in the foyer. To access the AR you will need to download the Artivive App to your mobile phone via this QR code.



## Access

Meal One contains integrated captions and all performances are relaxed. [Find out more about access and download a pre-show support pack.](#)

## Creative Activities and Things To Do and See

You will find lots of activities, videos and pictures, all about Helbert and his world [on our website.](#)

**Running time:** 35 minutes