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Funny sad: Caterina Incisa

Four-star comedy about mental health

East Finchley playwright Caterina Incisa has a play running at the Hope Theatre in Islington this month. The one-woman show, *0 Days Without Crying*, has been described as part stand-up, part memoir.

Born and bred in Cherry Tree Road, N2, Caterina moved back to the area after working as a writer and English teacher in Canada for four years.

0 Days Without Crying is a 50-minute solo tragicomedy which follows Jess, a 20-something woman, as she makes ill-advised and embarrassing attempts to "love" herself. The show was a sell-out hit at the Montreal Fringe Festival in Canada and has received numerous four-star reviews.

Caterina said: "It's for anyone who's ever looked in the mirror and wanted to vom. I play Jess, a woman with crippling low self-esteem who decides to take three months to fall in love with herself. Early on in

the play we find out that Jess' mother died when she was 16 and this has seriously impacted her mental health.

"It was important for me to be brutally honest about depression and grief but also to make the audience laugh. I find dark stuff very, very funny and there are a lot of jokes in this play because, as someone who suffers from low self-esteem, I need those sweet, sweet validation laughs."

0 Days Without Crying is playing at The Hope Theatre, Upper Street, Islington, Sunday and Monday 8-9 and 15-16 July at 7.45pm. Tickets priced £15/£12 are available online at thehopetheatre.com or by phone on 0333 666 3366.

Filming set to start on dark dementia drama

By John Lawrence

Film veteran Miriam Margolyes and London rapper Professor Green are two of the stars of an edgy new short film project that will tackle some dark issues about street life and what dementia means for people old and young.

Producer Trish Rybarczyk, of Three Wise Monkeys Productions, is frantically crowd-funding to raise enough cash for filming on *Ethel* to begin in south London in August.

Trish, who has lived in East Finchley for 26 years, hopes the film will get young people talking about the issue of dementia. "It's not the first thing young people think about but, at any time, they could suddenly find themselves being a carer for someone with Alzheimer's," she said. "This will be a dark drama with plenty of twists and turns, but it might open their eyes more than watching Love Island."

Trish and writer-director Jonny Wright hope the 15-minute production will take off at short film festivals around Europe and eventually find its way onto British television. It also stars Union J boyband singer JJ Hamblett and Elijah Baker.

Incentives for investors

But first the cast and crew need to raise £30,000 to fund filming. They are offering perks including on-screen credits and spending a day on set in return for small-time investors willing to help their crowdfunding campaign.



On board: Miriam Margolyes. Photo Kyte Photography.



Star cast: Professor Green. Photo Simon Emmett



Crowdfunding: Producer Trish Rybarczyk

Trish said: "Large and small sums are welcome as they all help us towards our target. We've got exciting rewards like meet-and-greets with the cast, and autographs, and we're running a £10 lottery to win a set visit for two."

See the campaign at <https://igg.me/at/Ethel> and find out more about the production itself at www.ethelshortfilm.co.uk. Ten per cent of the money raised will be donated to The Bat Foundation, which helps people diagnosed with Alzheimer's through table tennis therapy.

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