

**Review: Delicate**

**By Sara Lamerton**

## ***Delicate, Theatre Royal Plymouth***

What makes you delicate? Your past. Your physical pain. Your grief. Your inability to accept yourself as you truly are. The possible list is endless. But what's guaranteed is that we all have something. We can't escape it. It's the human condition. We will love and lose; we may look in the mirror and hate ourselves; or fight with our demons until we feel like giving up. The shades of our individual grey change from person to person, but each and every one of us has, and will, struggle at some point.

*Delicate* presented by Extraordinary Bodies and co-produced with Figurateatret i Nordland (Nordland Visual Theatre) and Theatre Royal Plymouth is a journey of four people who, on the surface, look radically different from one another, yet are all struggling to connect with themselves and with something beyond their painful, personal stories.

Extraordinary Bodies' slogan of 'Circus for Every Body' is certainly at the forefront of this production. Following the main characters coming to terms with their new realities, we're also treated to a spectacular display of strength, grace, and agility by Edward Muir as he makes climbing, sliding, and balancing on a pole look easy. Far easier than the internal struggle his character faces, anyway. And it's not only Edward who wows us with his physical prowess. Jordan Morton-Towers tumbles, glides, and swirls across the stage adding an impressive layer to his mysterious yet wise character, holding the audience with a calm presence and thoughtful observations. Then there's Laura Dajao whose character's likeable and easy demeanour disarms those who are more standoffish whilst simultaneously grappling with her fate of life as a wheelchair user. As well as Pat Garrett, playing an ex-ballerina, who, despite being much older than the rest of the cast, displays impressive flexibility and poise as her character wrestles with grief, depression, and uncertainty later in life.

As each finds solace and comfort in one another, uniting and healing, we discover a deeper intent behind the play's creation. "Delicate is not only about our fragility as human beings, but also about the delicacy of our planet." Through visual and auditory aids, we are asked to witness the urgency of not only healing ourselves but that festering wound of our most delicate possession, Planet Earth herself.

Devised with inclusivity at the heart, all performances of Delicate are chilled, BSL interpreted, audio described and captioned. Extraordinary Bodies state they "want to create a fairer and more inclusive world." "We create powerful performances that celebrate our vast potential as humans. Exploring a vibrant mix of circus, dance, theatre, and music, we tell meaningful stories that question the value of our bodies and give a voice to those who are often silenced."

Performances run in the Drum until 15th October, so there's still plenty of time to catch this thoughtful, heart-warming play.