

REVIEWS


A profound an hour of theatre that's impossible to forget

No Strings Attached celebrates its 25th anniversary with a work of raw, honest theatre that is thought provoking and heartwarming in equal measure.

Peter Burdon, The Advertiser

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 I Forgot to Remember to Forget cast members Kym Mackenzie and Cassie Litchfield. Picture: Supplied by No Strings Attached

Adelaide's pioneering No Strings Attached celebrates its 25th anniversary with *I Forgot To Remember To Forget*, an important work that had its premiere on the world stage in 2018 at the inaugural UNESCO-supported True Colours Festival for artists with disabilities.

Devised by artistic director Alirio Zavarce in collaboration with performers Michaela Cantwell, Kathryn Hall, Kym Mackenzie, Duncan Luke and Cassie Litchfield, *I Forgot To Remember To Forget* is as profound an hour of theatre as you're likely to experience.

With No Strings Attached, you see, you get theatre without borders – they call it the fifth wall, breaking the barriers associated with disability.



 I Forgot to Remember to Forget cast member Michaela Cantwell. Picture: Supplied by No Strings Attached.

And so we have lived stories from each of the cast about their own experience, told in the most artful way.

Cassie Litchfield, for instance, stands surrounded by happy snaps from childhood, tossing them almost magically onto the screen, but the black bear of mental illness wasn't far away.

Michaela Cantwell, too, an award-winning actor whose career might have been cut short by a stroke: not likely.

Kathryn Hall, who has moments when she definitely does forget things, as does Duncan Luke, who can never find the remote.

Smartly done up in white tie, Kym Mackenzie can certainly remember numbers, but wouldn't mind forgetting a lost love.



 I Forgot to Remember to Forget cast member Kathryn Hall. Picture: Supplied by No Strings Attached.

This is raw, honest theatre that is thought provoking and heartwarming in equal measure.

The production is beautiful, especially the visuals and sound from Matt Crook and Brad Thomson, and Tyson Olsen's score.

Happy anniversary, No Strings, and so say all of us.

I Forgot To Remember To Forget

Space Theatre

July 3-6