



Welcome to **The Good Enough Mums Club**, a movement of mothers, mums and mamas spreading the message that you don't have to be perfect.

The Good Enough Mums Club musical was originally conceived by Book Writer and Lyricist, Emily Beecher, who was diagnosed with postnatal depression when her daughter Maisie was 10 months old.

When she finally began to get the right treatment, her therapist suggested that writing about her experiences might be helpful. As she wrote about her own experiences, she also began to seek out those of other women. She found, to her surprise, that many others struggled with motherhood too.

What you see tonight is the culmination of all of the stories we've collected over the past 10 years woven together into a poignant and hilarious musical.

When the local Council threatens to close their local playgroup, five women thrown together by motherhood, overcome their

isolation, loneliness, judgement and perfection to discover that they're stronger as a group than as individuals, and that sometimes being good enough is best.

*"In creating The Good Enough Mums Club, we wanted to share our stories of being mums and to communicate the message of hope and acceptance we've discovered, born out of some of the darkest experiences of early motherhood. We recognise that every mum has their own story and we hope the production is a celebration of the ordinary things that make all mums extraordinary."* — **Emily, Sarah & Jade, Founding Mothers**

#### Content Warnings:

We know that for some people seeing content about motherhood can be very difficult and even triggering. The show covers Postpartum Depression, Postpartum Psychosis, Child Loss, Racism, Loneliness and References to birth. If at any point during the show you need to take a break, please feel free to leave the auditorium.

#### Socials:

We love nothing more than hearing from our fellow Good Enough Mums, so don't forget to connect with us on socials!



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**The Good Enough Mums Club** is proudly produced, written, directed, designed, choreographed, stage managed, and performed by mums.

Creator, Book, Lyrics: **Emily Beecher**  
Music & Arrangement: **Verity Quade**  
Directors: **Sarah Meadows & Michelle Payne**

### CAST:

MICHELLE: **Rebecca Bernice Amissah**  
BEA: **Joanna Kirkland**  
SOPHIE: **Amy Ross**  
CHANTEL: **Jade Samuels**  
ESME: **Belinda Wollaston**  
SWING: **Gemma Atkins**  
SWING **Cartier Fraser**

### BAND:

Musical Director & Keyboard: **Debbi Clarke**  
Cello: **Zara Hudson-Kozdoj**  
Drums: **Calie Hough, Craig Apps** (*The Lowry*)  
Bass: **Olly Buxton** (*Birmingham Hippodrome*),  
**Myra Brownbridge** (*Storyhouse, Norwich*  
*Playhouse*), **Amy Baldwin** (*MAST, The Lowry*)

### CREATIVE TEAM:

Set & Costume Designer: **Libby Todd**  
Lighting Designer: **Aaron J Dootson**  
Sound Designer: **Andrew Johnson**  
Associate Sound Designer: **Chris Murray**  
Costume Supervisor: **Becky Livermore**  
Movement Director & Choreography: **Natasha Harrison**  
Associate Movement Director: **Meadhbh Lyons**  
Music Supervisor: **Verity Quade**  
Orchestration: **Sarah Travis**  
Additional Music: **Chris Passey**  
Additional Music contributions: **Amy Carroll**  
Content Sound Designer: **Nicola T Chang**  
Casting Director: **Ellie Collyer-Bristow**

### PRODUCTION:

Production Manager: **Jack Greenyer**  
Stage Manager: **Lucy Morris**  
Assistant Stage Manager: **Abi Morris**  
Sound No. 1: **Vanessa Garber, Paul Gavin,**  
**Chris Taunton, Adam Steed**  
Sound Engineers: **Paul Gavin** (*Storyhouse, Norwich*  
*Playhouse*), **Ryan Anstey** (*MAST, The Lowry*)  
Relighter: **Nathan Storm** (*MAST*)  
Technical Support: **Infinity Technical &**  
**Production Services**  
Lighting Supplier: **HS-Hire**  
Sound Supplier: **Autograph Sound**  
Set Builder: **Centreline Fabrications**

### PR & MARKETING:

PR: **Alison Duguid**  
Social Media Manager: **Bobby Harding**  
Graphic Design: **Guy J Sanders**  
Marketing Consultant: **Charlotte Lewis**  
Production Photography: **Pamela Raith**  
Rehearsal Photography: **The Other Richard**  
Videography: **DMLK**

### PRODUCERS:

Exec Co-Producers: **Emily Beecher, The REcreate**  
**Agency & Sarah Shead, Spin Arts**  
Associate Producer: **Lindsay Fraser**  
Associate Producer: **Zoe Gibbons**  
REcreate Assistant: **Ben Mars**

The original script included contributions by **Sally Samad**. *Burn Bright* lyrics by **Rebecca Bernice Amissah** and **Emily Beecher**. *Can't Back Down* lyrics by **Lady Sanity**.

SPECIAL THANKS to our co-commissioners, Birmingham Hippodrome & The Lowry, and our funders, Stage One, Arts Council England and The Canadian High Commission, as well as our early supporters, The Knee High Project, a collaboration between the Design Council, Guy's and St Thomas' Hospital Charity Trust and the London boroughs of Southwark and Lambeth.