

A VOICE LOST. A STORY FOUND

MATT



NORFOLK &
SUFFOLK
TOUR 2025

reflectproductionsgy.co.uk



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**ARTS COUNCIL
ENGLAND**

REFLECT
PRODUCTIONS BY

 **Mind**
Norfolk and
Waveney

Dear You,

I don't know your name. I don't know your story. But I know what it's like to feel lost. To smile on the outside while falling apart inside. To think the world might be better without you.

I know silence. I know shame. I know pretending everything's fine when nothing is.

But if you're reading this... you're still here.

And maybe that's the bravest thing of all.

So tonight, I want you to see what it's like inside my world. Not because I want pity - but because I want you to understand. To feel less alone. Or to understand someone else who's hurting.

And maybe... to hold on. Just a little longer.

I'm Matt.

WELCOME

A Note from the Writer &
Director - Peter Dewar

Matt is a deeply personal story. It's rooted in lived experience and shaped by the voices of those who have suffered in silence. This piece was created not only to entertain, but to confront, to start conversations, and to break through the walls that stigma builds around mental health.

Thank you for being here tonight. By being part of this audience, you are helping to make those conversations possible - and perhaps even saving lives.

I hope you leave this performance feeling moved, connected, and reminded that even in the darkest moments, there is still hope.

P Dewar

Please SCAN this QR
Code before the show



SYNOPSIS

Matt is a 32-year-old man spiralling under the weight of depression, addiction, and inner chaos. Struggling with the present, he fights to hold onto his identity, his relationships, and his will to live.

Told through raw dialogue, visceral movement, spoken word, and live sound, *Matt* pulls no punches in its depiction of emotional collapse – and the slow, uncertain climb towards healing.

CAST



MATT

Peter Dewar

Peter Dewar is a theatre director, actor, and writer with over 15 years of experience across stage and screen. His work has toured internationally, connecting with audiences across the UK, Europe, and beyond. As a performer, Peter appeared in a Portuguese Golden Globe-nominated theatre production – a testament to his skill in bringing powerful, emotionally charged stories to life.

He is the creator of *Matt*, a critically acclaimed and deeply personal production that explores

depression, addiction, and the fragile road to recovery. The piece is inspired by Peter's own lived experience, shaped not only by his artistry, but by his journey through the very challenges the play confronts.

Alongside writing and directing the piece, Peter takes on the title role – a version of himself. He describes it as the most emotionally demanding yet profoundly rewarding role of his career. Stepping into his own story on stage is an act of vulnerability, honesty, and resilience.

Peter believes theatre should do more than entertain – it should provoke, connect, and heal. Through *Matt*, he hopes to open hearts, spark conversations, and remind people that even in the darkest moments, they are not alone. If just one audience member leaves feeling seen, heard, or uplifted, that's the real standing ovation.



DAD (ROBERT)

Mark Nash

Mark has worked as an actor since graduating from Drama Centre London in 1994. With touring companies such as Albion Shakespeare and Mad Dogs & Englishmen he has given life to a variety of roles including MacBeth, Puck (*Midsummer Nights Dream*), Orlando (*As You Like It*), Iago (*Othello*), Sir Toby Belch (*Twelfth Night*), Claudius (*Hamlet*), and many more.

After taking a break to marry and raise a family, Mark has broken into the world of independent film with roles in the features *Boudica: Queen of War*, *L2: Empuran*, *Buying Time*, and *Diamond Dogs* (post production), and celebrated short films including *Losing Us*, *Wild Jasmine*, *The Door Under The Bridge*.

Mark will be seen next in *Birdwatcher*, *Potwash*, *The Outfit Saga*, all in post production and appears regularly in Great Yarmouth based YouTube soap opera *Our Town* as Paul Taylor.

Mark is delighted to return to the role of Matt's dad, Robert in "*Matt*".



MUM (JANET)

Diane Webb

Diane Webb has been an actor for 30+ years, playing a range of roles across many Norfolk venues including Earthworm in '*James and the Giant Peach*', Linda Fawcett in '*Jerusalem*', Collie in Agatha Christie's '*Towards Zero*' and Mary Middleton in Lucy Kirkwood's '*The Welkin*'. Over the last couple of years, she has added immersive Murder Mysteries & local short films to her credits. She also writes, directs and sings, and has brought all these skills together to create and produce her first show '*Nature's Call*' which will be touring schools and theatres in the near future. She's excited to reprise the role of Matt's mum.



JESS

Hollie Harrington-Ball

Hollie has been acting since childhood, and has a degree in performance from Queen Mary's of London. With many years experience both on screen and stage, she's excited to return to the role of Jess. Her most recent theatre credits include playing Gilda in Noel Coward's *Design for Living* and Amy in David Hare's *Amy's View*. Her on screen credits include adverts for *Bupa* and *Lloyds Bank*, and various television roles and short films.



DR. BISHOP

Victoria River

Victoria has performed on stage from a very early age. She has appeared in television shows including 'Get Well Soon' with Anita Dobson and attended performing arts college where she played Hermia in *A Midsummer Night's Dream*.

In 2017 Victoria was selected for a professional show which toured around Europe for two years. Last November Victoria played the lead role of Ebony Scrooge in a modern adaptation of a *Christmas Carol*.

She performs yearly in local theatre and dance productions and with various street performers in immersive shows. Other credits include the play 'Fer' where she multi-rolled three characters, and has recently written, produced and performed her own solo piece for a 15 minute show based on her life.

She is looking forward to playing Dr Bishop in 'Matt'.

CREATIVE TEAM

WRITER & DIRECTOR

Peter Dewar

PRESENTED BY

Reflect Productions GY

TECHNICIAN

Lucas Carr

PROPS RUNNER

Zak Bainbridge

STAGE MANAGER

Manuela De Pina Martins

MARKETING OFFICER

David Dewar

PHOTOGRAPHY

James Norman Portrait

Ben Nash

SPECIAL THANKS

Our heartfelt thanks to Norfolk and Waveney Mind for their invaluable support and dedication to mental health in our community. Your work inspires and uplifts, and we are grateful to have you alongside us on this journey.

"We all know a Matt. Some of us are Matt."

This show is for everyone who has struggled in silence, and for everyone who's stood by someone battling with their mental health. It's for those still here, and for those we've lost.

Matt is part of a wider mission to promote mental health awareness and emotional resilience in communities, especially among young people and men - groups often underrepresented in mental health support conversations.



MATT'S MENTAL HEALTH TOOLBOX

WHAT HELPS YOU WHEN THINGS
FEEL HEAVY?



A person I can talk to:



A grounding activity I can try:



A reminder I want to give myself:



One small action I'll take this week:

"I felt seen
for the first time
in years"

"I walked away and
got help
the next day"

"It wasn't just
a play. It was a
**turning
point**"

SUPPORT RESOURCES

SAMARITANS

Call 116 123

MIND

0300 123 3393

YOUNGMINDS (TEXT SERVICE)

Text YM to 85258

PAPYRUS (UNDER 35s)

0800 068 4141

LOCAL SERVICES



Support & Info

 **mind**
Norfolk and
Waveney



MATT

I'M FIGHTING TO SURVIVE

YOU'RE STILL HERE. AND
THAT'S YOUR SUPERPOWER.

If this performance moved you, talk about it.
Share it. Help someone. Be someone's 'Matt.'

Join the conversation: **#MattThePlay**

VISIT OUR
WEBSITE



PLEASE SCAN
AND PROVIDE
YOUR FEEDBACK



AND REMEMBER - HOPE DOESN'T ALWAYS SHOUT.
SOMETIMES, IT WHISPERS: "KEEP GOING."

