

# THE PUBLIC

## Press Release

15 February 2012

Daily Life Ltd presents

## Bobby Baker's Mad Gyms and Kitchens

Highly acclaimed artist Bobby Baker, brings her uplifting theatre production, *Mad Gyms & Kitchens*, to The Public in West Bromwich on 2 March, an enlightening play which explores the ultimate wellbeing factor.

From working-out to chilling-out, via the kitchen sink, Bobby's wellness roadshow investigates how to get better at feeling better - and even includes a cup of tea!

Bobby Baker has developed this new show out of her own experiences of mental illness and hard-won recovery, from the health benefits of exercising and nutrition to issues relating to our daily lives.

Designed in collaboration with sculptor Charlie Whittuck, *Mad Gyms and Kitchens* is based around five large flight cases, each one opened by Bobby throughout the course of the show to reveal a functioning, fantastical and beautifully crafted gym, kitchen, rest and leisure zone. Bobby will use each case to perform stylised demonstrations in the guise of 'expert life coach' on how to operate the equipment concealed within. An unexpected finale will involve the audience in helping to compile a compendium of 'top tips for wellness'.

Described by The Guardian, as "not only a show but a priceless gift wrapped in a theatrical box of tricks", the heart warming production will leave you feeling enlightened and ready to tackle the world.

Bobby Baker is one of the most widely acclaimed and popular performance artists working today, with her work to date exploring various aspects of day-to-day human existence. Following her critically acclaimed exhibition at the Wellcome Collection in 2009, *Diary Drawings*, and the subsequent Mind Book of the Year Award, her work now focuses increasingly on the area of mental health and its relationship with the arts.

**Linda Saunders, Managing Director of The Public said,**

“Bobby Baker’s wellness roadshow has received rave reviews across the country. Seamlessly tackling incredibly sensitive issues with humour and playfulness, Mad Gyms and Kitchens is an uplifting production with a genuine feel-good factor.”

Mad Gyms & Kitchens has been commissioned for Unlimited, a project celebrating disability, arts, culture and sport on an unprecedented scale as part of the London 2012 Cultural Olympiad. The project is principally funded by the National Lottery through the Olympic Lottery Distributor, and is delivered in partnership between London 2012, Arts Council England, the Scottish Arts Council, Arts Council of Wales, Arts Council of Northern Ireland and the British Council.

Mad Gyms and Kitchens takes place on Friday 2 March at 2pm and 8pm. Tickets are £5, (£2 concessions, £3.50 concessions and carer) and are available from The Public by calling 0121 533 7161.

For a full list of events at The Public visit [www.thepublic.com](http://www.thepublic.com) or call 0121 533 7161.

**ENDS**

For further information contact David Wright, Marketing and Communications Co-ordinator at The Public on 0121 533 7147.

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The Public is a versatile public space and community arts centre, designed by architects Will Alsop and Julian Flannery and funded by contributions from: Sandwell MBC, European Regional Development Fund, Advantage West Midlands, Arts Council England and New Deal For Communities.

### **About the artist**

Bobby Baker is one of the most widely acclaimed and popular performance artists working today. She was trained as a painter at St Martins School of Art but, on leaving, found cake and performance more effective ways to express her ideas. In her career of 35 odd years she has, amongst other things, danced with meringue ladies; made a life size edible version of her family to be eaten by visitors; driven around the streets of London strapped to the back of a truck screaming at passers-by through a megaphone to *Pull Yourself Together* and cured thousands of her pea patients with their many 'unreasonable' psychological and behavioural problems through her Therapy Empire *How To Live*. Bobby Baker's acclaimed *Diary Drawings* exhibition was first shown at the Wellcome Collection in London in 2009, and continues to tour internationally. A book of the same name is the Mind Book of the Year 2011. Her company is called Daily Life Ltd and is based in East London [www.bobbybakersdailylife.com](http://www.bobbybakersdailylife.com)

### **Selected quotes:**

"I would go without food for a week just to get a ticket for her next show."

**Nigel Slater in *The Observer***

"Exceptionally funny, Bobby Baker is a performance artist of rare quality and distinction." **Charles Spencer in *The Daily Telegraph***

**Further reading:**

<http://www.guardian.co.uk/books/2011/sep/12/bobby-baker-mind-book-of-the-year>

<http://www.guardian.co.uk/artanddesign/2009/jun/28/bobby-baker-performance-art>

<http://www.guardian.co.uk/society/interactive/2009/mar/18/bobby-baker-wellcome-collection>

<http://www.wellcomecollection.org/whats-on/exhibitions/bobby-bakers-diary-drawings.aspx>