

BABY BRAIN

Kimberley Nixon

Motherhood, mental health and stand-up gags!



“Baby Brain is a brave, blisteringly honest piece of theatre that leaves you laughing, devastated, and profoundly changed.”

The Edit Wales

TRIGGER WARNING
infant death
mental health
suicide

SYNOPSIS

A new play about motherhood, postpartum psychosis and stand-up comedy! A new mother, Cass, tackles her mental health crisis, with dark humour, bright wit, brutal honesty and dreams of becoming a comic. A 'slightly true story' starring BAFTA winner Kimberley Nixon (C4's Fresh Meat, Wild Child, Under Salt Marsh).

INDUSTRY QUOTES

"A brilliant piece of writing and performance. A really smart piece of work."

Porter's Theatre, Cardiff

"It touched our heart strings"

Katy Thomas, Mothers Matter charity

"Genuinely funny throughout"

Lee Walters, Ffilm Cymru Wales

"Kimberley is electric"

Tim John, screenwriter of A Streetcat Named Bob

HEADLINES

A brand new one person play

Built in marketing. Kimberley's 300k Instagram followers have been built around this topic.

<https://www.instagram.com/realkimberleynixon/>

Simon & Shuster publish Kimberley's autobiography in 2026.

BAFTA winning and nominated writing team

1 hour run time



QUOTES FROM PREVIEWS

“ Made me feel seen ”

“ Provocative, challenging but very honest ”

“ You feel the effects of psychosis firsthand ”

“ Extraordinarily moving and memorable ”

“ Hilarious, bonkers ”

“ Five stars! ”

“ Well crafted,
very clever ”



Authentic personal story • Monologue • Funny • Emotional

A one person play, in 6 acts.

A new mother, Cass, tackles her postpartum crisis, with dark humour, a bright wit and brutal honesty. How can you live up to the super-maternal, picture-perfect image perpetuated by social media? How can you keep a sense of yourself when now you must suddenly care for a new life? How can you deal with life at its most demanding when you are at your weakest ebb?

This is a story about finding light in the darkest places and the unvarnished truth of motherhood that so often goes unspoken.

Cass struggles to understand what is real and what is in her mind. We take the audience on the same journey – breaking the fourth wall and playing with the theatrical form. A giddy mix of standup routines and devastating emotional twists that challenge preconceptions and prompt difficult questions.

Full of unusual narrative devices, such as voice notes, stand-up routines, imaginary interactions and playful props – this play promises a fun time and an emotional rollercoaster ride, with no awareness of the topics needed.

The script was refined, rehearsed and performed in the Sherling Studio at the Lighthouse Poole as part of its Sanctuary scheme for supporting new work. Industry performances followed that allowed for further development and the creation of the now polished final draft.

KIMBERLEY NIXON: A PERSONAL JOURNEY

Kim is a Welsh actress known for her roles in TV series like **Fresh Meat** and **Cranford**, and films such as **Wild Child** and **Angus, Thongs and Perfect Snogging**.

She has spoken about having obsessive-compulsive disorder and this came to a head after the birth of her first child in 2020 when she finally realised she had had intrusive thoughts all her life.

She has championed awareness of all post-natal mental health issues via interviews, podcasts and her own substack, **Kimfluencing My Brain**. Her Instagram, which she started to share her story is currently at 300k followers and her autobiography will be out May 2026, published by Simon and Schuster. She also hosts the podcast **Sweet or Salted?** for Ffilm Cymru Wales.

Fun fact: Kim won both **Celebrity Mastermind** and **Richard Osman's House of Games**.



THE TEAM

Tim Clague & Danny Stack have been working together for 15 years, writing and directing stories that mix humour with heart. They met Kimberley Nixon while directing the TV movie **A Very English Christmas** for Channel 5. With Kim, they quickly found common ground in honest storytelling and a shared taste for the darkly comic.

Tim & Danny's work spans films, TV and animation. They have been involved in over a dozen movies and created the award-winning kids' series **Dog Years** (Amazon Prime) as well as the sci-fi comedy **Future Tx** starring Griff Rhys Jones (cinema release in UK and US). Their animated feature **Aliens FC** is currently in production.

Danny's writing credits includes **EastEnders**, **PJ Masks**, **Hey Duggee** And **Thunderbirds Are Go**. Tim is the winner of the Jerwood Film Prize with his BAFTA-nominated short film **Eight**, directed by Stephen Daldry.

They've told stories for families, for young audiences, for broadcasters and studios. *Baby Brain* is their first play. It grew out of long conversations with Kimberley about motherhood, mental health and the messy, funny, frightening parts of being human.





CREATED BY

- Kimberley Nixon
- Tim Clague
- Danny Stack

TECHNICAL INFORMATION

Duration: 55 minutes

Minimal props

Suits small stages

Can be run in most theatre set ups:

- Black box
- Proscenium
- Thrust

Simple lighting – using 3 elements:

- House lights
- Spotlight for 'stand up' sessions
- Soft lighting on hospital chair.

CAST

Presented as a monologue, the cast actually consists of 3 performers.

The central character, Cass, leads the story. Two "stage hands" assist in the performance, but are slowly revealed to be part of the narrative, as opposed to being purely a backstage presence.



“ This is the rare kind of show that doesn't just stay with you—it unsettles you, comforts you, and opens your eyes all at once ”

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CONFIRMED DATES

MARCH 5 - **CARDIFF**, Porter's

MAY 31 - **DROITWICH**, Rik Mayall Comedy Fest - Norbury Theatre

JULY 2 - **POOLE**, Lighthouse

JULY 6,7,8,9 - **MANCHESTER FRINGE**, Salford Arts

AUGUST 10,11,12 - **CAMDEN FRINGE**, Bridewell Theatre

AUGUST 21 to 30 - **EDINBURGH FRINGE** - Assembly George Square

DOWNLOAD INFO, PHOTOS AND MORE VIA THESE LINKS

https://drive.google.com/drive/folders/1YK-fJVK1_JimRiQPXdVXaPEzbuMrwMHm

<https://vimeo.com/nelsonnutmeg/babybrain>

