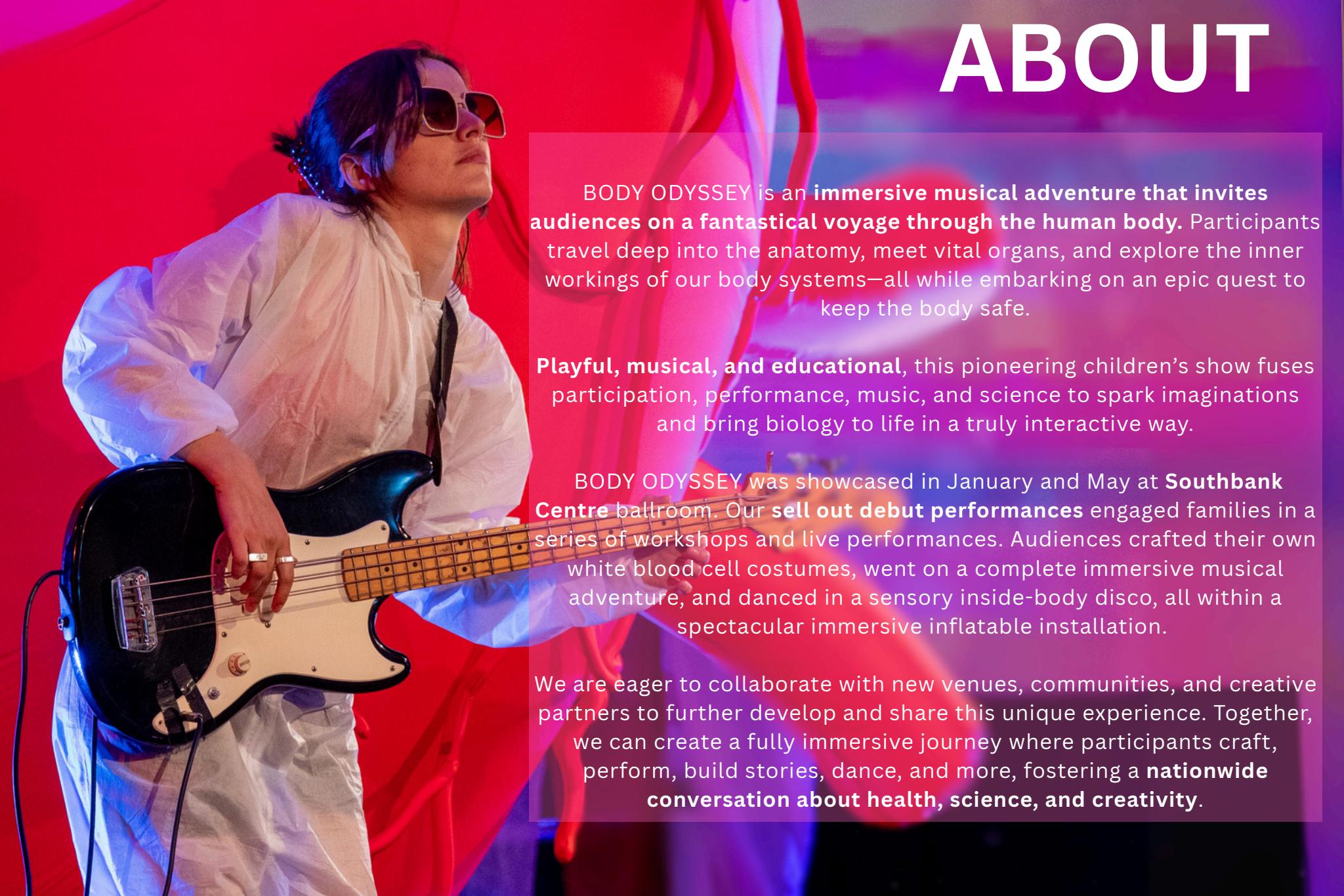


BODY ODYSSEY



An immersive family show set inside the body
by Camille Dawson

ABOUT



BODY ODYSSEY is an **immersive musical adventure that invites audiences on a fantastical voyage through the human body**. Participants travel deep into the anatomy, meet vital organs, and explore the inner workings of our body systems—all while embarking on an epic quest to keep the body safe.

Playful, musical, and educational, this pioneering children's show fuses participation, performance, music, and science to spark imaginations and bring biology to life in a truly interactive way.

BODY ODYSSEY was showcased in January and May at **Southbank Centre** ballroom. Our **sell out debut performances** engaged families in a series of workshops and live performances. Audiences crafted their own white blood cell costumes, went on a complete immersive musical adventure, and danced in a sensory inside-body disco, all within a spectacular immersive inflatable installation.

We are eager to collaborate with new venues, communities, and creative partners to further develop and share this unique experience. Together, we can create a fully immersive journey where participants craft, perform, build stories, dance, and more, fostering a **nationwide conversation about health, science, and creativity**.

A photograph of a young girl in a stage costume, wearing an orange vest labeled "HEART HQ" over a grey t-shirt and blue shorts, standing on a stage. She is holding a large red heart-shaped balloon. In the background, another person is visible on stage with a microphone. The stage has a red and blue light effect.

Why We Created BODY ODYSSEY for Children

BODY ODYSSEY began as a reimagining of our award-winning adult show THE WAR INSIDE, which explored life inside the body and the realities of hidden illness. We chose to adapt it for children because these themes are just as vital for young audiences.

Camille, the show's creator, was a teenager when diagnosed with autoimmune illness. The absence of open discussion about hidden disease in the UK left her feeling isolated and unsure. We recognise that children today often face similar confusion, whether living with their own diagnoses or witnessing the complex health journeys of parents, grandparents, or loved ones.

Through BODY ODYSSEY, we wanted to spark early, empowering conversations about health, empathy, and the human body. Southbank Centre's platform gave us the opportunity to launch this dialogue at scale, transforming medical themes into playful, musical, and imaginative adventures. The result is a show that demystifies the body, builds compassion, and invites children to see anatomy not as something to fear, but as a vibrant, interconnected world they are part of and can care for.

Key Programming Information

Target age group 5 -12 yrs

Explores autoimmune disease & invisible illness

Interactive musical

Live musicians on stage

Audience invited to participate by wearing cell costumes made at start of show and take part in interactive games throughout



Key Production Information

The set is made up of giant inflatable organs (please see next page further information)

The staging is flexible - no seating is required.
Ideally there will be one main raised rostra and one smaller raised rostra

3 performers & 2 musicians (see tech requirements page for details on set up)

There is the option for the show to open with a craft where audience members make their own cell costumes - this is facilitated by our performers.

The Clore Ballroom



SOUTHBANK
CENTRE

SOUTHBANK
CENTRE

SOUTHBANK

The Inflatables

We will have 3 inflatable organs - Our designer will need to position them on the floor when they are there to make a final decision of placement. Two of the inflatables rig the same with one rigging point which is also where the fan is attached - each will need access to a power source for the fans. The neuron has an extra attachment point.

Each inflatable with their fan approx 5kg

Rigged from a secure point with 8mm black sash & a weighted locked carabiner.(we do not have these)

Heart

approx 400 cm tall and about 180 x 150 wide plus

Liver

Approx 200cm wide and 120cm tall

Neuron

Approx 6m

Key Tech Information

Stage:

- 2 x vocal mics (e.g SM58 or equivalent)
- 3 DIs & bass amp with DI
- Guitar amp with mic & 2 x stereo DIs

Cast:

- 3 x headset radio mics (e.g. DPA 4066 or equivalent)
- Please can we assign an effects send to a large hall reverb for all 3 radio mics, to be easily adjusted during the show

FOH Control Position

- Stereo line in for the Sound Designer's laptop (running Qlab)



PRESS

FOR 'THE WAR INSIDE' ADULT SHOW



"Theatre does not get much more immersive than this."

London Theatre 1



"Wholly gripping, funny and beautifully produced."

Reviews Hub



"A symphony of insight, creativity and emotion."

Fringe Biscuit

"I identified totally with Dawson's marvellous mix of tears and laughter, darkness and light."

The Greenwich Visitor

"I laughed. I cried. I learnt so much about my own body."

"A roaring success"

The Lancet



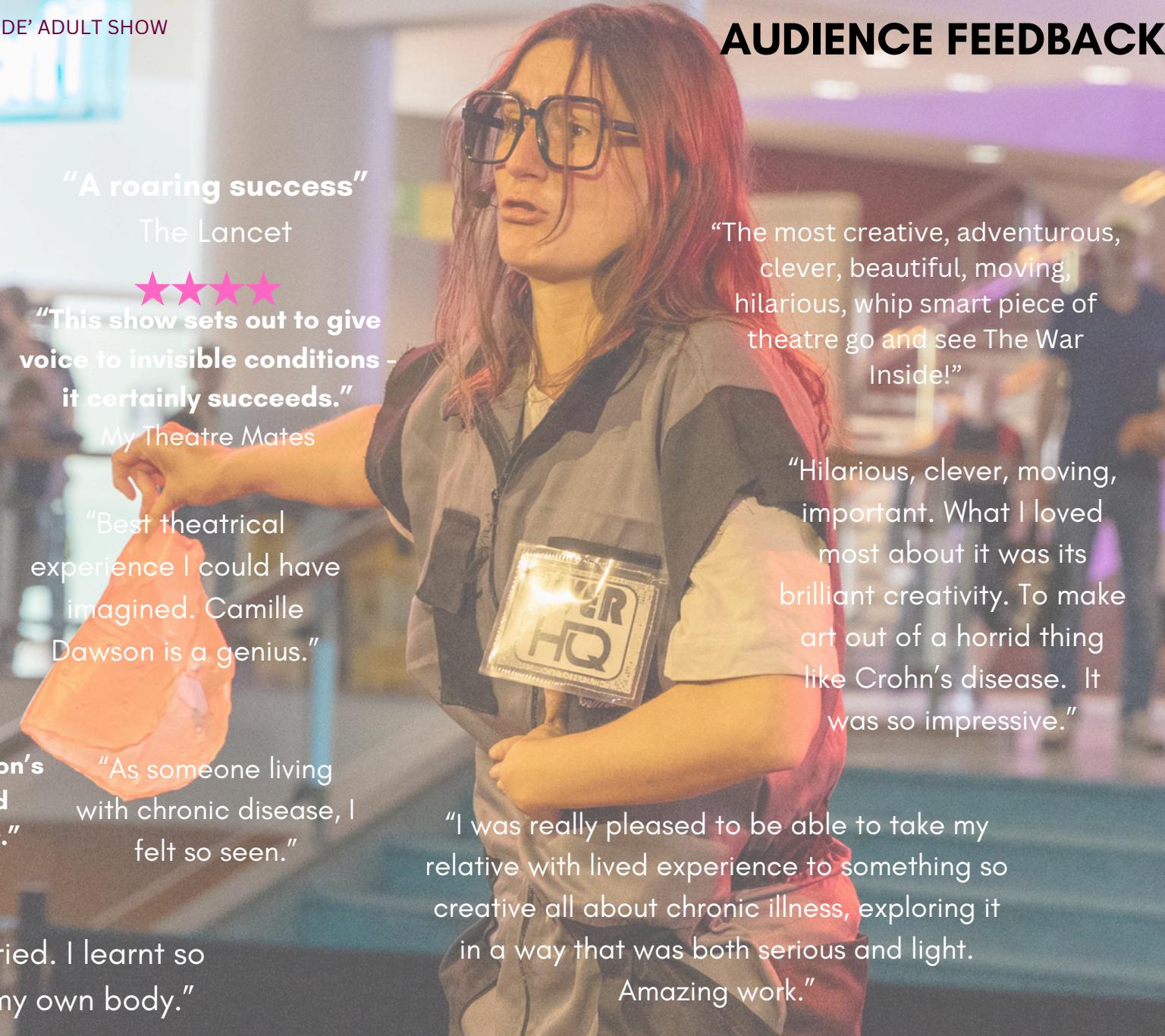
"This show sets out to give voice to invisible conditions - it certainly succeeds."

My Theatre Mates

"Best theatrical experience I could have imagined. Camille Dawson is a genius."

"As someone living with chronic disease, I felt so seen."

AUDIENCE FEEDBACK



"The most creative, adventurous, clever, beautiful, moving, hilarious, whip smart piece of theatre go and see The War Inside!"

"Hilarious, clever, moving, important. What I loved most about it was its brilliant creativity. To make art out of a horrid thing like Crohn's disease. It was so impressive."

"I was really pleased to be able to take my relative with lived experience to something so creative all about chronic illness, exploring it in a way that was both serious and light. Amazing work."

Creatives and Team

Writer & Director: Camille Dawson

Immersive Inflatable Art Installation: Cristina Ottonello

Movement Director & Co-Director: Chloe Young

Dramaturgy & Co-Director: Joana Nastari

Composition, Music & Lyrics: Franklin Dawson & Lottie Pendlebury

Composition Sound Mixing: Adam Pearson

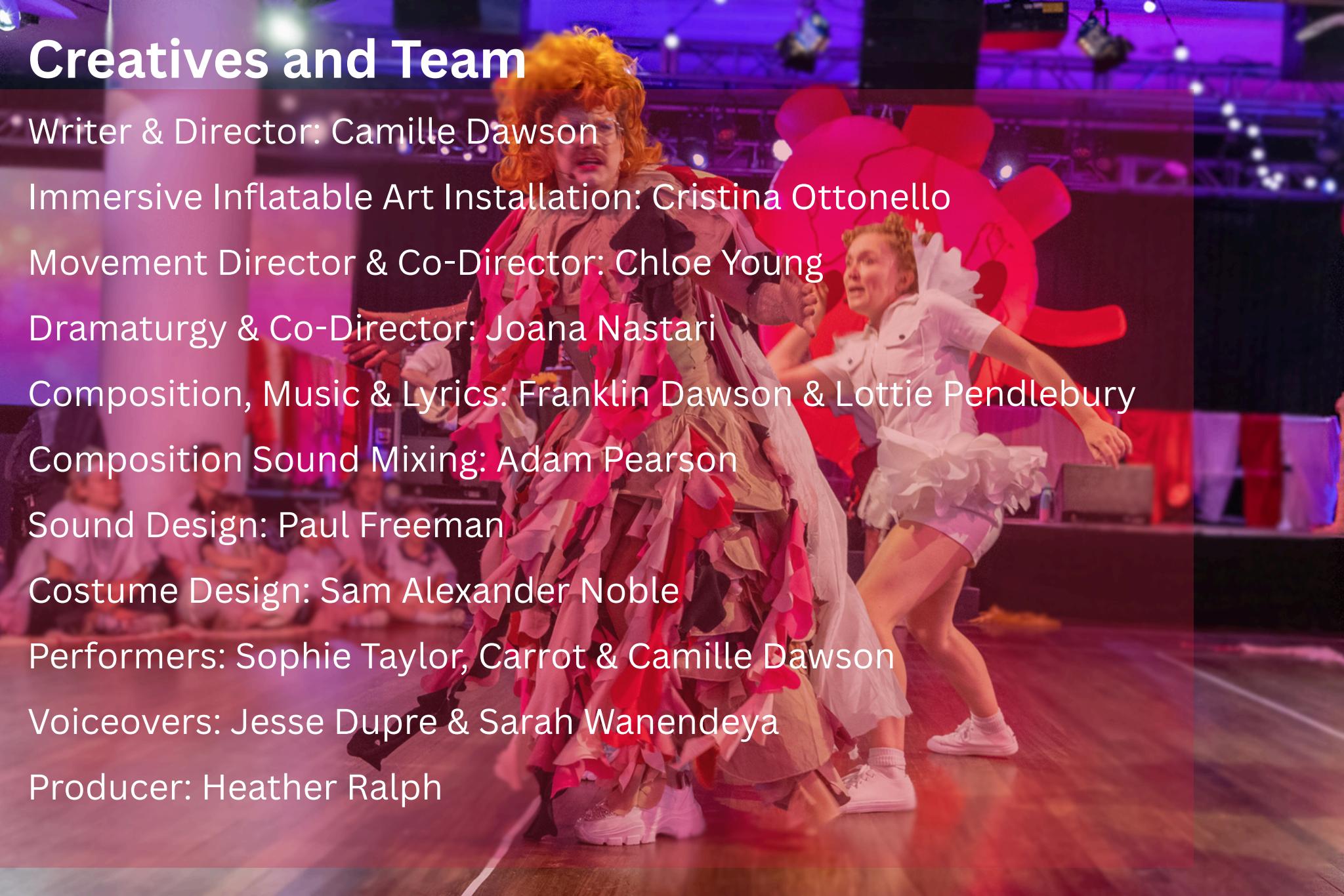
Sound Design: Paul Freeman

Costume Design: Sam Alexander Noble

Performers: Sophie Taylor, Carrot & Camille Dawson

Voiceovers: Jesse Dupre & Sarah Wanendeya

Producer: Heather Ralph



Picture of The War Inside performed at The Albany.

Picture by Ellie Kurttz

ABOUT CAMILLE

Camille Dawson is a critically acclaimed writer, performer and director. She has written and performed in original theatre pieces (*PUSSY*, *Girl World*, *Night on Boob Mountain*, *The War Inside*) carving out a multi-art, playful and political style.

Her work has been described as "genius" (Broadway Baby), "a roaring success" (The Lancet) "universally relatable" (A Younger Theatre) and "the seed to become the one of the biggest experimental artists in the UK" (Total Theatre Awards).

Camille has performed her work nationally and internationally at venues including: The Pleasance Theatre London, Bristol Old Vic, The Barbican, Artsdepot & New Diorama, receiving 5-star reviews and sell out houses.

She was longlisted by Sister Global for competition SCREENSHOT to develop her original play into a TV series.

Camille has written, directed and performed in many shows for young audiences. She has been commissioned by Royal Greenwich Festivals, Trinity Laban, Travelling Light, Emergency Exit Arts, WOMAD Festival and Sophakama (South Africa), creating innovative, interactive and immersive performances that have toured the country and engaged thousands.

Following receiving the 'Develop Your Creative Practice' grant from Arts Council England, Camille spent '22 developing socio-political scripts spanning screen, stage and audio. This research has propelled her directly to creating *Body Odyssey*.

Contact information

If you are interested in programming Body Odyssey or have any questions about the inflatables, staging, install or any other element of the production please contact:

Body Odyssey Producer; Heather Ralph on
heatheralexralph@gmail.com



The Royal Victoria
Hall Foundation



HARLOW PLAYHOUSE
CREATE • ENJOY • FOR ALL

The London
Community
Foundation

iDaudio

the Albany

EEA

EMERGENCY
EXIT ARTS

FRISKY

ARTS COUNCIL
ENGLAND

COCKAYNE

SOUTHBANK
CENTRE

RICH MIX

Supported using public funding by
**ARTS COUNCIL
ENGLAND**