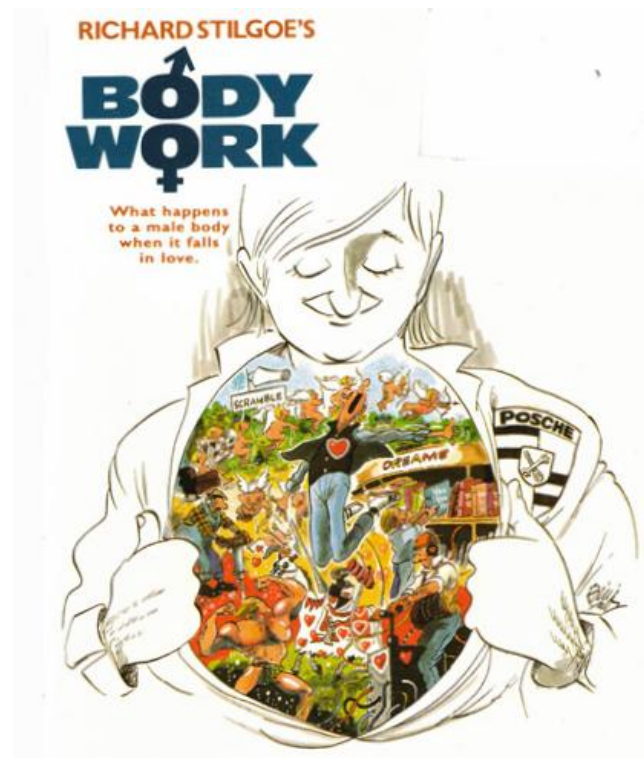




**Thames Music Theatre's second 2026 production will be:**



***RICHARD WRITES:***

Your Tummy rumbles. You hiccup, blush, have pins and needles or goose-pimples. The left hand knoweth not what the right hand doeth, and your foot has gone to sleep. You put on a brave face, and carry on, ignoring yet again the fierce internal struggles waging within your body.

The body is managed by the brain, the soul and the heart. The Brain believes in efficiency and self-help. Dominic, the soul, has woozier, more gentle views. The Heart believes in honest toil and full employment. Together with the pituitary gland they govern an unruly collection of nerves, white cells, red cells, muscles, senses and hormones.

***Bodywork*** tells the story of a day in the life of the various bits of a male body. The Soul dreams, the Brain wakes, the Heart pumps on. The body goes to work, gets injured, falls in love, has a shower, goes out to dinner, smokes, gets drunk and falls in the river. Germs sneak in and spread discontent. The Soul threatens to leave. Has the body damaged itself irreparably, or can it pick up the pieces and keep civilisation going?

It's taken you about a hundred and ten heartbeats to read this. Your eyes have sent the shapes of the words to your brain, and your brain has recognised the words and made sense of them. Meanwhile, the stomach has been digging goodness out of your last meal, the nerves have checked that you're not too hot or too cold, and a germ has sneaked up on one of your white cells and mugged it.

Touch and go, really, isn't it?



The NYMT cast of 1987 at the premiere of the show.

**Jeremy James Taylor writes:** Written in 1987 especially for the National Youth Music Theatre, which was a company always looking for shows that offered wonderful roles for all ages between 10 and 19, Richard Stilgoe came up with the ingenious and intriguing idea of setting a musical which takes place inside the human body featuring a day in the life of 21-year-old man. There are a multitude of characters ranging from the Heart and the Brain through to the Muscles and the Blood Cells, the Hair and the Skin, the Hormones, the Stomach, the Nerves and the Genes and countless more - not forgetting, of course, the poor old Appendix - useless and lonely!

Just imagine what havoc occurs when our man has a meal or injures himself with a screwdriver. Organised chaos!! Famous for its brilliant lyrics and wonderful tunes BODYWORK ticks all the boxes. Loads of roles for young and old. Lots of big chorus numbers. Lots of dancing - and quite a lot of rude noises!!

It's a hoot from beginning to end - and as well as having enormous fun, you'll learn loads about what is going on inside you! See you at the auditions!

**Richard Stilgoe** (Libretto, Lyrics and Music)

**Sir Richard Stilgoe** [OBE DL](#) (born 28 March 1943)<sup>[1]</sup> is a British songwriter, lyricist and musician, and broadcaster who is best known for his humorous songs and frequent television appearances. His output includes collaborations with Andrew Lloyd Webber and Peter Skellern.

In the 1980s, he founded the Alchemy Foundation which is funded from his royalties from the American productions of *Starlight Express* and *The Phantom of the Opera*. In the late 1990s he founded the Orpheus Centre which offers performing arts experiences to young people with disabilities. In 2012, Stilgoe was knighted for his extensive charity work.

Click [here](#) to see Richard Stilgoe talking about the show.

*You might like to listen to some of the songs from the show.*

The INTESTINE and THE COMPANY singing "Black Forest Gateau" [https://youtu.be/\\_2oETVXI1\\_U](https://youtu.be/_2oETVXI1_U)

The GENES singing "Everybody says I'm just like Dad" <https://youtu.be/EM0XwtuS3cE>

DOMINIC and THE COMPANY singing "Don't go" <https://youtu.be/GLfEPHnp3lE>

The HORMONES singing "Testosterone" <https://youtu.be/ps3nWnE0NBs>

## CHARACTER LIST.

Character	Description
1. DOMINIC (M)	The soul. Must have mystery, mischief, presence and a great voice
2. BRAIN (F)	Superwoman. Strong personality, soprano.
3. HEART (M)	Down-to-earth. Strong singer.
4. PITUITARY (M or F)	Bossy.
5. SIGHT (F)	The senses. All need to be good, strong, musical singers. They have tricky stuff.
6. SOUND (F)	
7. SMELL (F)	
8. MUSCLE ONE (M)	Big, hunky, rugby forward types. Acting thick, but willing.
9. MUSCLE TWO (M)	
10. RIGHT LUNG (F)	Down-to-earth. Good actors.
11. LEFT LUNG (F)	
12. HAIR ONE (M)	Tall, thin, willowy. Strong singers.
13. HAIR TWO (M)	
14. HAIR THREE (M)	
15. SKIN ONE (F)	Doubling TASTE & BUD. Pleased with themselves.
16. SKIN TWO (F)	
17. STOMACH (F)	Good actor.
18. DR. SALLY JOHNSON (F)	Adorable. Excellent voice.
19. GERM (M)	Small & threatening. Good singer.
20. VIRUS (F)	Small & eager.
21. APPENDIX (F)	Strange, compelling. Good singer.
22. RED CELL ONE (F)	Ensemble. Lots of singing and some acting.
23. RED CELL TWO (F)	
24. WHITE CELL ONE (M)	
25. WHITE CELL TWO (M)	
26. NERVE ONE (F)	Three young, (10,11) dancing gymnasts. Flicflacs, backflips if possible.
27. NERVE TWO (F)	
28. NERVE THREE (F)	
29. GENE 1 (F)	Six trebles (10-12) with choirboy voices.
30. GENE 2 (M)	
31. GENE 3 (M)	
32. GENE 4 (M)	
33. GENE 5 (M)	
34. GENE 6 (M)	
35. GASTRIN (M)	Nine good male actors, capable of singing in a close-harmony group
36. ADRENALIN (M)	
37. THYROXIN (M)	
38. ENDOCRIN (M)	
39. INSULIN (M)	
40. SONATOTROPIN (M)	
41. TESTOSTERONE (M)	

## KEY DATES

The timing of this production is essentially during the first half of the autumn term 2026 and as such **it should be possible for actors in their GCSE or A level year to participate.**

First round auditions will be held on the following dates at our rehearsal venue in Tolworth: The Parish Hall (at the rear of) Our Lady Immaculate Church, 401/403 Ewell Road, Tolworth, KT6 7DG. Apply via our website: [www.thamesmt.org](http://www.thamesmt.org). If it is easier, you may submit an online video of you acting and singing the material we will put on our website. You pick one of the following.

- Sundays at 5.45 pm: 8<sup>th</sup>, 15<sup>th</sup> February; 1<sup>st</sup>, 8<sup>th</sup> March

Recall auditions for those invited back will take place on the following dates – only one of these sessions would be used per person.

- Monday 30<sup>th</sup> or Tuesday 31<sup>st</sup> March, a morning or afternoon session

Rehearsals will take place at our base in Tolworth. Not everyone will be needed for every rehearsal. Details will be provided as to who is needed in advance.

Wednesday 26 <sup>th</sup> Aug	1000 – 1300; 1400 – 1700 Compulsory
Thursday 27 <sup>th</sup> Aug	1000 – 1300; 1400 – 1700 Compulsory
Friday 28 <sup>th</sup> Aug	1000 – 1300; 1400 – 1700 Compulsory
Saturday 29 <sup>th</sup> Aug	1000 – 1300; 1400 – 1700 Compulsory
Sunday 30 <sup>th</sup> Aug	1330 – 1700 Compulsory
Monday 31 <sup>st</sup> Aug	1000 – 1300; 1400 – 1700 Compulsory
Sunday 6 <sup>th</sup> Sept	1330 – 1730
Sunday 13 <sup>th</sup> Sept	1330 – 1730
Sunday 20 <sup>th</sup> Sept	1330 – 1730
Sunday 27 <sup>th</sup> Sept	1330 – 1730
Sunday 4 <sup>th</sup> Oct	1330 – 1730
Sunday 11 <sup>th</sup> Oct	1330 – 1730
Sunday 18 <sup>th</sup> Oct	1330 – 1730
Sunday 25 <sup>th</sup> Oct	1330 – 1730
Tuesday 27 <sup>th</sup> Oct	1000 – 1300; 1400 – 1700 Compulsory
Wednesday 28 <sup>th</sup> Oct	1000 – 1300; 1400 – 1700 Compulsory
Thursday 29 <sup>th</sup> Oct	1000 – 1300; 1400 – 1700 Compulsory
Friday 30 <sup>th</sup> Oct	1000 – 1300; 1400 – 1700 Compulsory
Saturday 31 <sup>st</sup> Oct	1000 – 1300; 1400 – 1700 Compulsory
Sunday 1 <sup>st</sup> Nov	1330 – 1730 Compulsory

These dates are at the end of the summer holidays. Please do not audition if you know you wouldn't be able to do them.

These dates are during October half term. Please do not audition if you know you wouldn't be able to do them.

Then, in the **Epsom Playhouse**

Wednesday 4 <sup>th</sup> Nov	1700 - 2130 Compulsory Tech in theatre
Thursday 5 <sup>th</sup> Nov	1700 - 2130 Compulsory. Dress Rehearsal
Friday 6 <sup>th</sup> Nov	1700 - 2145 Compulsory. Performance 1
Saturday 7 <sup>th</sup> Nov	1300 – 1700 Compulsory. Performance 2
Saturday 7 <sup>th</sup> Nov	1800 – 2200 Compulsory. Performance 3



## **The Directors of Bodywork**

### **Jeremy James Taylor (DIRECTOR)**

Jeremy started his professional career at The Young Vic Theatre as Associate Director. While there he founded the National Youth Music Theatre in 1976 which enjoyed considerable success in its early years including annual visits to the Edinburgh Fringe Festival as well as an invitation in 1981 for the company to perform at the newly built National Theatre.

His association with the company still continues and he is directing *THE RAGGED CHILD* for its 50<sup>th</sup> anniversary in 2026 where it can be seen at The Rose Theatre in Kingston next July. His work with both professional companies as well as Youth organisations continued throughout the UK and extensively abroad including productions in Australia, New Zealand, the USA – and even Outer Mongolia where he directed *JOSEPH AND HIS AMAZING TECHNICOLOUR DREAMCOAT* in 2014!

Jeremy was awarded an OBE for his services to music theatre and young people in 2010.

### **John Pearson (MUSICAL DIRECTOR)**

John is one of the founding directors of Thames Music Theatre. Having completed a 40-year teaching career ending up as Deputy Head (Academic) at Tonbridge School in Kent, he is now busy administering TMT.

He was an associate musical director with the National Youth Music Theatre for 30 years having conducted his first show with them at the Edinburgh Fringe Festival in 1987. John has conducted performances in several West End Theatres, plus gala concerts, charity, corporate and royal events, including the 80<sup>th</sup> birthday celebration for HM Queen Elizabeth II at Windsor Castle, and has arranged and re-arranged many scores for theatre and TV presentations. He was the MD for the NYMT's West End production of *BUGSY MALONE*, starring amongst others Sheridan Smith.

### **Katie Beard (CHOREOGRAPHER)**

Katie is a Director and Choreographer.

Credits include: *The Baddies* (Royal Lyceum, Edinburgh and UK Tour), *Orchestra* (National Theatre Connections), *A Christmas Carol* (Dukes Theatre Company) *Zog* and *the Flying Doctors* (UK Tour), *Orpheus the Mythical* (The Other Palace), *A Celebration of Gene Kelly* (LSO St Luke's; The London Jazz Festival), *Stop* (Roundhouse, Camden), *I Sing* (Landor Theatre), *Whistle Down the Wind* (Electric Theatre, Guildford), *Bye Bye Birdie* (Guildford School of Acting.)

As Choreographer, credits include: *Zog Live* (UK Tour), *Robin Hood* (Capitol Theatre, Horsham), *As You Like It* (Dukes Theatre Company), *Sleeping Beauty*, *Dick Whittington and Cinderella* - Winner of Best Choreography, *The Great British Pantomime Awards 2019-* (Yvonne Arnud Theatre), *Britten 100* (The Rose Theatre, Kingston), *Bully Boy* (St James Theatre), *Bully Boy*, *The Wind in the Willows*, *Treasure Island*, *Rome: The Empire Strikes Back* (Southampton Nuffield Theatre), *Stig of the Dump* (Tabard Theatre), *Funpheus* (Linbury Studio, Royal Opera House), *The Dreaming* (NYMT), *Anyone Can Whistle*, *I Sing*, *Baby*, *Blondel* (GSA).

In 2006 Katie staged HM Queen Elizabeth II's 80th Birthday Celebrations at Windsor Castle. She was invited back to Buckingham Palace in 2008 by HRH the Duke of Edinburgh to choreograph a Royal charity gala.

## Joining Thames Music Theatre

Thames Music Theatre is a relatively new youth music theatre company formed in 2023. Bodywork will be its fourth major production. All the directors give their services for free and, as a result, our show participation fee is one of the lowest for similar companies in the area.

The directors are experienced in their fields and try to make the rehearsals fun but keeping production standards as high as possible.

Membership of the company is by audition for each show. Anyone who has been in a prior production with TMT is excused the first-round audition and proceeds directly to recalls. The first-round audition, usually in groups of 16 or so, includes warm-up games designed to put applicants at their ease. There will be singing, usually *Consider Yourself* from *OLIVER!* (a well-known tune), initially collectively and then individually, followed by some choreography and acting, often in pairs with pre-prepared material. Many first-round auditionees will then be invited back to a recall audition where the pre-prepared material will comprise songs and dialogue from the show, plus more rigorous choreography.

Successful applicants will be asked to pay a £125 participation fee in order to accept a place in the company. This is to help defray production costs including, amongst other aspects, theatre hire, performance royalties, set and costumes. We do not want this fee to put off anyone we would want to cast, however. If it helps, we are able to spread this cost over a number of months and we also have a bursary fund for families in significant financial hardship. Please apply in confidence via email to [admin@thamesmt.org](mailto:admin@thamesmt.org).



**What do our members say about TMT:** check out these YouTube videos.

The TMT Audition process: [https://youtu.be/5pCWjxlph\\_U](https://youtu.be/5pCWjxlph_U)

Developing acting, singing and dancing skills with TMT: <https://youtu.be/Q3qmYgm34QE>

Gaining confidence as a performer: <https://youtu.be/LHYI39TN18w>

L & J talking about boys applying to TMT: <https://youtu.be/7jjT8tyA-Rg>

Making new friends at TMT: [https://youtu.be/6uiLAFW\\_Kzw](https://youtu.be/6uiLAFW_Kzw)

The rehearsal process: <https://youtu.be/koaRLszRaew>

Why do you return year after year?: <https://youtu.be/JpgNpckO3ZY>