

# TARA ∞ THEATRE

Tara Theatre Young Company presents

# A PRACTICAL GUIDE ON HOW TO SAVE THE WORLD When No One F\*\*\*ing Else Is

Written by Nicole Latchana

Directed by Gavin Joseph



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**There isn't just one South Asian story. Our stories are a rich tapestry, woven from histories, cultures and identities from across the globe.**

Which is why in my first season as Artistic Director, we will champion writers and stories that connect the many journeys of South Asian communities. We will transport you from Wandsworth to Karachi. We will ignite you with a protest in London to making chapatis at home.

These are our stories, your stories and their stories. But most importantly, these are the urgent and current realities of the people you pass in the street or sit next to on the tube.

At the heart of Tara Theatre is a community of artists and audiences. It's a place to see innovative theatre, explore new ideas and connect with the next generation of South Asian talent. What will you discover?

**Natasha Kathi-Chandra**

Artistic Director, Tara Theatre



# DIRECTOR'S NOTE

For this show we started with the weighty provocation of how the climate emergency has disproportionately affected those from the global south. As a company and ensemble with roots from the global south, this was a significant question that led to many many more. Conversations surrounding climate colonialism, eco-terrorism, and western apathy were brilliantly held by the young company over several weeks, whose valuable insights were then woven together by our absolute superstar writer Nicole to form the basis of the show.

Tara Theatre has always been a space to be politically charged and that was something we all wanted this show to be. A play that forces us to think and make change, however small.

The process has been an intense one but also extremely enriching. Seeing a group of artists in a space and get into a flow state is honestly one of the most nourishing feelings and has been a major highlight for me. The Young company have been an absolute joy to be around and have never ceased to amaze in their creativity, compassion and curiosity.

A huge shout out to the creative team for bringing this show to life! It has been an utter privilege seeing the delicate craft and precision in which each department operates. I'm always super grateful to be around people who I admire creatively, and I've been spoilt for the entirety of this process to be honest :)

**Gavin Joseph**  
Director



A **Tara Theatre Young Company** production

## Cast

Ayman	<b>ADIL REHMAN</b>
Gagan	<b>GURJOT DHALIWAL</b>
Bianca	<b>MARTHA WRENCH</b>
Desmond	<b>STEPHAN HUNTE-WILSON</b>
Kemi	<b>TINUOLA IBRAHIM</b>
Mikel	<b>USMAAN KHAN</b>
Noor	<b>ZAIN AHMAD</b>

## Creative Team

Playwright	<b>NICOLE LATCHANA</b>
Director	<b>GAVIN JOSEPH</b>
Set & Costume Designer	<b>ALYS WHITEHEAD</b>
Lighting Designer	<b>JONATHAN CHAN</b>
Sound Designer	<b>CONRAD KIRA</b>
Movement Director	<b>MATEUS DANIEL</b>
Assistant Director	<b>AMAAN KHALID</b>
Assistant Set Designer	<b>ZIDI WU</b>
Assistant Costume Designer	<b>OYINKANSOLA ADESINA</b>
Assistant Sound Designer	<b>CARLA NG</b>
Assistant Movement Director	<b>SAYEN SANCHEZ</b>
Contributor to the Devising Process	<b>ZAINEB AMIR</b>
Stage Manager	<b>JESS SENANAYAKE</b>
Production Manager	<b>PAM NICHOL</b>
Rehearsal & Production Photographer	<b>ADAM RAZVI</b>
Video Editor	<b>HAMZA BOUJELOUAH</b>
PR	<b>BREAD &amp; BUTTER</b>

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**Habitat Aid, Hampstead Theatre, LAMDA, Sylvain Malburet, Victoria Maytom**

Lead artwork photographed by **Mathushaa Sagthidas**

## For Tara Theatre

Artistic Director & Joint CEO	<b>NATASHA KATHI-CHANDRA</b>
Executive Director & Joint CEO	<b>HELEN JEFFREYS</b>
General Manager & Producer	<b>CERI LOTHIAN</b>
Associate Director	<b>GAVIN JOSEPH</b>
Interim Head of Marketing	<b>BECCA PRATT</b>
Marketing Officer   Administrator	<b>FREDERICK ZENNOR</b>
Administrative Support	<b>ANOUSHAY DAR</b>
Senior Technician	<b>PATRICK MCANENY</b>

## About Tara Theatre Young Company

“In 2022, I conceptualised Tara Theatre Young Company from a place of finding meaningful and impactful routes into a professional career in theatre; not just through performance but also the key roles of how a production is made behind the scenes as designers, directors, and stage managers.

I wanted our young company to feel held, safe and proud to be part of a company of their peers and an organisation, but above all – valued for their input and their hard work in making and sharing a show on a high-profile stage with audiences by being paid like professionals would.”

**Natasha Kathi-Chandra**

Artistic Director & Joint CEO

Tara Theatre’s Young Company is a paid programme for 18-25 year olds looking to develop as theatre makers. At present it is the only Young Company in the UK to pay its participants.

Over a 4-month programme, the company work with industry professionals and artists to develop their skills and build their professional networks. This culminates in a co-created work of theatre for our stage here at Tara Theatre.

# TARA THEATRE YOUNG COMPANY 2025



## **ADIL REHMAN**

Ayman

Adil Rehman (he/him) is a 24-year-old British Pakistani actor from London.

Adil joined Tara Theatre's Young Company to deepen his passion for storytelling and performance. After studying and gaining a masters degree in Chemical Engineering at university, he discovered his love for the arts.

Since then, Adil has trained in duologue scenes, stage performance, and acting techniques through workshops and performances, including work with the Orange Tree Young Company.

He is passionate about exploring diverse stories and amplifying voices that often go unheard, using theatre as a platform to connect and inspire.



## **AMAAN KHALID**

Assistant Director

Amaan Khalid (he/him) is a British South Asian storyteller who loves to act and write.

He's played lead roles in multiple Bristol Dramsoc productions, playing larger-than-life characters from Christopher Marlowe to Liam Gallagher, and has performed in other Bristol theatres and short films.

With other experience in theatre and podcast writing in Manchester, he's now excited to build community in London and devise a show with like-minded creatives. He is interested in telling stories centred on messy, flawed protagonists, expressing political ideas through character, and exploring themes around South Asian identity, history, and mythology through unique lenses like surrealism.

# TARA THEATRE YOUNG COMPANY 2025



## CARLA NG

Assistant Sound Designer

Carla Ng (she/they) is a Hong Kong-born, now London-based director, composer, multi-instrumentalist, creative working across music, theatre, film and performance.

Carla's work is absurd, honest and sarcastic. It focuses on the essence of the human experience, magnifying tiny concepts into extraordinary spectacles, or combing mega concepts into a feeling.

Recently graduated with a first-class degree in Classical Composition from the Guildhall School of Drama and Music, Carla is now in the process of joining the transgender mafia by learning how to DJ, collecting 0-hour jobs contracts and fundraising for her Harp Concerto / Animated Film *The Curious Adventure of Ms Basin*.



## GURJOT DHALIWAL

Gagan

Gurjot Dhaliwal (she/her) is an actor / writer from Southall who trained at the Royal Central School of Speech and Drama (2021).

Acting credits include *Sweetpea* (Sky Atlantic), *Mr Bigstuff* (Sky), *Extraordinary* (Disney+).

Gurjot was on the Rifco Associates Programme (2022/23). As a writer she focuses on empowering the South Asian female voice through authentic narratives that display them in their mess and unpolished selves via a comedic lens. Writing credits include *Asian Girls In Therapy* (Vaults Festival, Camden Fringe) and short film *Pink or Blue* (Rifco).

# TARA THEATRE YOUNG COMPANY 2025



## **MARTHA WRENCH**

Bianca

Martha Wrench (she/her) is a actor and director of Scottish, Pakistani, and Italian heritage.

She graduated from Rose Bruford College in 2022 where she gained a Distinction in Acting.

Acting credits since graduating include the award-winning play *4 girls the first letter e* at the Edinburgh Fringe and King's Head Theatre, and short film *Apricity*.

Director credits: *Living with Lupus* (Omnibus Theatre) and *Couple Goals* (Barons Court Theatre).



## **OYINKANSOLA ADESINA**

Assistant Costumer Designer

Oyinkansola 'Oyin' Adesina (she/her) is a designer and storyteller with a background is in architecture design. For the last few years she has worked and studied as a Part 1 Architectural Assistant.

Story-telling through visual mediums (illustrations, collages, sketches and digital drawings) is a part of who she is. She is interested in pursuing storytelling in a non-restrictive medium.

She wants to tell stories about silly individuals and the experiences that tie them together – she believes one requires honesty and an awareness of oneself to communicate stories appropriately. Her long-term goal is to tell stories as an actor and illustrator / designer.



# TARA THEATRE YOUNG COMPANY 2025



## **SAYEN SANCHEZ**

Assistant Movement Director

Sayen Sanchez (she/her) is a London-based, British Latin American actor with a growing presence in the theatrical landscape.

Sayen has recently collaborated with world renowned theatre companies such as Gecko and Good Chance Theatre, starring in the acclaimed performance *From Here On*. As an extension to this, Sayen is working with Gecko Theatre to support the delivery of Gecko workshops to schools across London, and performed in a 12-Hour Midwinter Music Marathon with Good Chance Theatre and Compass Collective to celebrate refugee voices and raise money for migrant issues.



## **STEPHAN HUNTE-WILSON**

Desmond

Stephan Hunte-Wilson (he/him) is a highly motivated and hardworking individual and a member of the up-and-coming collective known as The Kingsmen.

Stephan has graduated with a BA in Theatre, with the aim of becoming a professional actor and writer of plays, films, scripts, and poetry books.

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## **TINUOLA IBRAHIM**

Kemi

Tinuola Ibrahim (she/her) is a multi-disciplinary actor based in South East London.

She has performed as an actor at Almeida Theatre and Talawa Theatre and has collaborated with Eastside and The Young Poets Network to create, perform and connect with others through spoken word poetry.

Tinuola can be seen in short film *Cyber Choices* and is currently co-writing a play exploring themes of ambition and womanhood.

Through her acting and writing, she tends to connect with stories that explore intersectional feminism and the emotional complexities of every day experiences.



## **USMAAN KHAN**

Mikel

Usmaan Khan (he/him) is a British Indian, multi-disciplinary creative from North West London. He graduated from East 15 Acting School in 2024 with first-class honours in BA Acting.

Usmaan believes in the impact and importance of the arts, especially when it comes to highlighting poignant and unexplored stories from marginalised communities. He feels that politics and the arts are intertwined – that we must provoke, question, critique, and celebrate through our work.

Having a *practical guide...* as his stage debut and working with such a brilliant, and enriching team is an opportunity for which he is incredibly grateful.

# TARA THEATRE YOUNG COMPANY 2025



## ZAIN AHMAD

Noor

Zain Ahmad (he/him) is a London-based actor with a background in musical and physical theatre.

Notable credits include *Catastrophe Bay* (NYMT), Seymour in *Little Shop of Horrors* (King's Musical Theatre), and Utterson in *Jekyll and Hyde* (GKT Musical Theatre).

With a focus on emotional depth and versatility, Zain aims to provide representation for South Asians in the arts. He is excited to be joining the company and looks forward to increasing his experience across diverse theatrical genres.



## ZIDI WU

Assistant Set Designer

Zidi Wu (she/her) has a knack for artistic expression, always bringing unique perspectives to every stage she works on. She has participated in numerous theatre productions as a designer or assistant designer, while also working as a stage manager, technical director, and graphic designer.

She graduated with First Class Honors in Stage Design from the Shanghai Theatre Academy and currently is pursuing an MA in Performance Design at Central Saint Martins.

Designer Credits: *Picasso 2033*, *Himom*, *The Burnt Butterfly*, *Phaedra*, *Waiting for Godot*, *The homing bird flew across the desert*, *Light the darkness*, *Farewell Viann*

# TARA THEATRE YOUNG COMPANY 2025



## **ZAINEB AMIR**

Contributor to the Devising  
Process

Zaineb Aamir (she/her) is an Assistant Stage Manager, Tech Swing, and Actor. Currently working on *Hamilton* and *Phantom of The Opera* as a Dep for Assistant Stage Manager, and has worked on various productions for the Old Vic, Kiln Theatre and Donmar Warehouse.

Theatre includes: *Hamilton* (Dep for Assistant Stage Manager), *The Phantom of the Opera* (Dep for Assistant Stage Manager), *The Cherry Orchard* (ASM and Actor), *Sylvia* (Stage Management Placement, The Old Vic), *Retrograde* (Tech Swing, Kiln Theatre)

Productions include: *The Tomorrow Gala* (The Old Vic)





## WRITING A PRACTICAL GUIDE...

Devising requires trust, collaboration, and presence – qualities our culture, formed by capitalism, often leaves little room for. Funnily enough, that mirrors how I believe we need to approach climate change: with collective thinking, space for all voices, and a willingness to be uncomfortable together.



Over five weeks, we brought a simple story setup into the room. Each actor formed characters through devising exercises, and conversation prompts. Between sessions, I wrote scenes in response to what emerged. The process was adaptive and responsive.



Writing this play in four weeks was intense with no time to second guess myself. I wrote on instinct, all possible thanks to the honesty, safety, and care in the room held by Gavin. I've spent years writing about climate change and working with young artists, this project brought all this together and reinforced my belief in the power of collective creativity.



Theatre is not just about performance; it's about building trust, deepening relationships, and being a bit silly together.

Capitalism taints our ability to relate – it's often touted that love is earned through productivity, that people are disposable, that independence is strength. But collective liberation, one of the tools I believe we can harness to battle climate change, demands something different: the ability to be in relationships, to build trust, to repair conflict. I think we have achieved this in the making of *a practical guide...* the process reminded me relational skills are liberation skills. Change begins with how we show up for one another.

**Nicole Latchana**  
Playwright

COMING SOON TO  
**TARA X THEATRE**  
**PERMISSION**



By Hunia Chawla  
Directed by Neetu Singh

**30 May — 7 June 2025**



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