



“Sundowning is populated solely by complex, complicated working class women with flaws and heart”



Sundowning **KALI**

We talk to Nessah Muthy, about her new play *Sundowning*, which explores family bonds, working class struggles and the true cost of social care. It conveys and scrutinizes human feeling in the most understated and lyrical way. Nessah Muthy is a Writer’s Guild Award nominated writer, winner of the Adrian Pagan Award 2018, and the inaugural recipient of the Verity Bargate Character 7 Award. She is a mixed race British Mauritian from London who has worked with a number of companies including the Royal Court Theatre, HighTide, Cardboard Citizens, Punchdrunk and Theatre Centre.

Q. What inspired you to write *Sundowning*?

This play has been with me for a long time. It is inspired, in a small way, by my relationship with my own grandparents, particularly my Nan who played a huge part in my upbringing, but the experiences of my characters affect so many, crossing class, wealth and ethnicity. My own experience of dementia has reared unimaginable pain, fear and anger, but also colossal, everlasting love. Ultimately love is what is left and in that there is hope... I am thrilled to see it come to the stage.

Q. The play is layered and deals with so many themes, including the bonds of strong female relationships and the cost of

care. What message did you want to convey through the play?

That’s tricky! It’s more a raising of questions! How do we care for our own families as they grow older and become ill? Are we the best people for the job? How do we let go of someone with this illness who is still there, but not there at the same time? Do we need a radical rethinking of everything we know or think we know about care?

Q. What do you feel is unique about this play?

All female cast and multigenerational women. It’s populated solely by complex, complicated working class women with flaws and heart - hopefully!

Q. Who is your favourite character and why?

They all are! That’s like choosing between your children!

Q. What do you associate with the play?

Love. Home. Music and dancing and unyielding, never ending love. I guess holidays too, the fun, the laughter, no matter where you are. Also, time, how it melds and spits and swirls, there’s no past, present or future, it is all happening at once, at the same time.

Q. What do you think is the true cost of care? How relevant do you think the play is to the UK?

It has different levels and is very individual. I think for the family in the play it sort of means a loss of identity, a loss of self, for the carers (Alyssa and Teresa) too. I think it’s a very relevant play and a very relevant question, people don’t like to ask it though, because the answers are tricky and blurred and painful, but maybe if we ask the questions it’s a start?

Sundowning is directed by Kali Theatre’s Artistic Director **Helena Bell**.

It is on tour to Plymouth, London @ Slough from 10 October – 10 November #Sundowning