

### **Moving on...really really slowly**

In this new show by multi-award winning comedian Stephen Catling ponders on a new question? How does one move from heart break and loss when one is a demonically depressed slug.

In this new show we meet many new interesting characters and sketches including flashlight Gordon (it is exactly what you are imagining), Mr Owls for hands man (again pretty straightforward) and a slug standup telling the way only a slug would be able to tell (slowly).

While at face value this show may just appear as a bonkers and chaotic show, true to his last show on autism this one explores different aspects of mental health from the point of view of alternative and autistic comedian Stephen catling.

Themes that will be explored will including inferiority complexes, depression and the phenome of ghosting (and heart break).

This show was heavily inspired by the breakup of Catling's fiancé in 2022 and the difficulties of battling depression as well as recovering from the abuse that relationship entailed (not necessarily realized till a more recent breakup highlighting the toxicity of that relationship). In addition in regard to ghosting this show will confront this topic in an atypical way but nevertheless explore it in a way that reflects on the painfulness experience.

The show is a comedy but could not be described as straight stand-up, the use of music, audio cues, costumes, props, clowning and the interaction in the show brings a heavy emotional and immersive experience which has been designed and developed to be appreciated by those who have suffered with depression and anxiety whether neurodiverse or otherwise. Further the show is focusing not just talking about these issues and experiences but showing.

Stephen's old show Beehavioural problems something something autism show was a smash hit at the Edinburgh Fringe 2023 among critics and audiences alike and nominated for both the prestigious Malcom Hardee award for comic originality and the actually autistic excellence award along with being recommended by the British comedy guide as one of the festivals must see shows. The show was also one of the fifty recipients of the Keep it fringe award which was founded in 2023 by honorary president of the Fringe Phoebe Waller-Bridge.

Since then Stephen went to win the best unique act award for spitfire comedy along with reaching the finals for Leicester square new comedian a feat very alternative comedians reach. This new show will try to deliver on the expectations of such a hardworking, unique and impressive act.

**FB: [www.facebook.com/stephen.catling1](https://www.facebook.com/stephen.catling1)**

**Insta: [@stephencatling](https://www.instagram.com/stephencatling)**



**Twitter: @mooseface42**

*Spitfire comedy best unique act 2024*

*Keep It Fringe award winner 2023*

*Get up standup finalist 2025*

*Dirty dozen grand slam finalist 2025*

*Leicester Square new comedian finalist 2023*

*So you have never heard of me runner ? Runner up & dirtmouth comedy dirtiest mouth award 2025*

*Shortlisted for BBC new comedy award 2023*

*Shortlisted for spirit of comedy award 2025*

*Shortlisted for The Malcom hardee award for originality 2023*

*Shortlisted for The Neurodiverse review awards 2023*

*Stand-up for cider finalist 2023*

*Shortlisted for Luke Rollason memorial bursary 2023*

*Monty's Stand-up Nights Competition Finalist 2019*

*Chortle student comedian of the year semi-finalist 2022*

*Southcoast comedian of the year semifinalist 2022*

**Venue: The Attic at Laughing Horse @ The Counting House 38 W Nicolson St, EH8 9DD**

**Dates & Time: 31<sup>st</sup> July to 24<sup>th</sup> August @ 19:30**

**Ticket prices unticketed/pay what you can**

**18+ (Restriction)**