




Press Release: Eating Satsumas in the Sun and Forgetting About Heartbreak

Written & Performed by Emily Layton

Emily Layton returns to the Fringe with her raw, funny, and fiercely human debut poetry hour.

 *Eating Satsumas in the Sun and Forgetting About Heartbreak* by Emily Layton

 Brass Monkey, The Games Room

 4th – 12th August 2025 |  11:30am – 12:30pm



After a **sell-out run at Lambeth Fringe 2024**, writer, director, and poet **Emily Layton** brings her debut solo hour to the Edinburgh Fringe – and it's personal. *Eating Satsumas in the Sun and Forgetting About Heartbreak* is a bold, honest, and heartwarming raw spoken word journey through love, loss, motherhood, and the absurd beauty of wading through life's chaos.

From writing poetry to impress a boy (don't we all start somewhere?) to reclaiming her voice with unapologetic emotional clarity, Emily invites audiences to sit in the sun with her – and sometimes in the mess – as she unravels everything from the heartbreaks we whisper about to the small joys that save us.

Expect **wit, tears, belly laughs, and solidarity** in this “gutwrenching and heartwarming” hour (audience review) from an artist “fearlessly dissecting her own heart on stage.” It's

storytelling at its most honest, wrapped in poetry that's both lived-in and luminous.

Emily debuted at the Fringe in 2015 as a writer/director and now returns to perform for the first time with a show that's already moved London audiences to tears — and into fangirl mode:

“Not content with just leaving her heart on stage, Emily insists on dissecting it... She delivers a thesis on grief, heartbreak, and motherhood... A show equal parts observed emotion and the human condition's catharsis. I'd recommend seeing her the same way a drowning human would recommend air.”

About the Artist

London-born and Yorkshire-raised, **Emily Layton** is a writer, director, and poet whose past work has been called *“bold, honest and visually stunning”*. Her previous productions with Flat4 Theatre, Great Egg, Matchstick Theatre, and others have earned ★★★★★ **reviews** and high praise from The Scotsman, Broadway Baby, The List, and more.

She's been featured in the *Positive Wellbeing Zine for Mums*, and works with arts organisations, Tender and DreamArts, using theatre to empower young people and explore mental health and healthy relationships.

Emily's poetry has been shared on stages, in zines, and at Hackney's Sweet Sundays arts night — but this is her most personal work yet.

Social media: @emilylaytonpoetry (Instagram)

Press & Industry Booking

For interview requests, reviewer tickets, or further information, contact:

Emily Layton

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Come for the heartbreak. Stay for the satsumas.

A show for anyone who's ever loved, lost — and eaten fruit in the sun anyway.