

# Edinburgh Festival Fringe 2019 – The Happiness Project

Forming part of Army@The Fringe 2019 is Creative Electric's The Happiness Project which was originally performed at The Biscuit Factory.

This play explores our need for non-sexual physical contact in a highly digital era.

There are scenes of graphic reality TV binge watching, Whitney Houston and spooning. Whether or not it will make you happy is debatable!

The Happiness Project is performed by a diverse and inclusive cast and highlights the experiences of queer, working class and disabled people. [Creative Electric](#) is led by Heather Marshall who has over 15 years experience of working with professional performers, community groups and non-performers.

The reasons behind the play are described thus : "After researching physical contact we discovered that the majority of people aged 16-30 yrs only experience physical contact when they are having sex.

No platonic hand holding

No hugs

No cuddling up to your pals whilst watching TV.

Only sex.

"During R&D for The Happiness Project we explored the mental and physical effects regular digital connection has on a person.

"We spoke about social media, porn, online dating (with a focus on disabled people's experiences) and Sophocles. We

looked at Juan Mann's Free Hugs campaign and the impact it had on both him and the people he hugged.

"During this research period we began to speak about how the majority of our physical contact was during sex.

"We found this incredibly interesting and so decided it should become the focus of a new play."

The stories of five people are featured in the play and there are moments of awkwardness, need and violence.

**The Happiness Project features as part of Army@TheFringe, Venue 210, Hepburn House at**

**14.20 on 2, 3, 4, 9, 10, 11, 16, 17, 18, 23, 24 & 25 August**



PHOTO Chris Scott