



BRAIN RINSE

The Interactive Comedy Show for People Who Don't Want to Join In

Written and Performed by Mike Raffone

Directed by John Whelan

What is the show about?

Brain Rinse is an affectionate send up of the spiritual path and the journey towards self realisation. It's an interactive comedy show with a strong theatrical feel. It asks the questions: what is real when it comes to performance? What are the boundaries between stage and audience? And what does it feel like to join in, or indeed not to join in? Award nominated comedy performer Mike Raffone performs routines and sketches as various eccentric comedy figures. What is unique is that all the routines have an interactive element, with the audience either joining in as a group, or with Mike onstage. Although interaction with the audience is the main feature of the show, not joining in is also celebrated and applauded. Indeed, the show works on the premise that not everyone will want to join in. Although for some, it may be slightly challenging, Brain Rinse is an uplifting comedy entertainment at heart.



A brief synopsis of the show

The main character in the show is The Scunthorpe Ninja. Throughout the show he coaxes the audience to go on a comic spiritual journey with him to 'Discover their inner ninja'. They will discover this using the ancient art of joining in. Along the way The Ninja enlists the help of various characters who have helped him in the past in his training as a ninja. We meet a Sergeant Major who helped with the ninja's military training and the leader of a bizarre, tantric sex cult who helped him overcome worldly desire. The mystical figure of an ancient polar explorer is also invoked, who shows the audience that endurance is important on the path to discovering one's inner ninja. During the show one person who really doesn't want to join in is identified, and given amnesty. At the end Mike then turns the whole convention of audience and performer completely on it's head as the entire audience and himself perform The Can Can dance to this one person. Whether they joined in or didn't, the audience have discovered their inner ninja, and Mike implores them to, "go out and share it with the world."

[Click here to read and download a full version of the script with tech cues \(pdf format\)](#)



About the creators

Mike Raffone, Producer/Writer/Performer

Mike is new to writing and producing his own work and Brain Rinse is his début full length one man show. It is also the first show to be produced by his fledgeling

production company Rinse Productions. As a comedy performer however, Mike has over three decades of experience in theatre, cabaret and street theatre. He has performed street theatre all over the world in festivals and events and at London's Covent Garden. As an actor he has worked for many prestigious theatres including The Stephen Joseph Theatre with Alan Ayckbourn, Theatr Clwyd, Croydon Warehouse Theatre, Everyman Theatre Cheltenham, Octagon Theatre Yeovil, Doncaster Civic Theatre and many more. Mike has also run new variety nights in South London including the much loved Royal National Theatre of Fools and he's a regular performer and compere for the Circus Big Top at Glastonbury Festival of the Performing Arts where he gained a people's choice award as the best thing to see in the festival outside of music. His latest cabaret night is Cabaret Rinse - A Cabaret of Misfits.

John Whelan, Director

John has a career in community theatre spanning over 20 years. First in Manchester and Liverpool creating large scale community theatre events and happenings in iconic Manchester nightclubs The Hacienda and Manumission. In the last few years John has lived and worked in The London Borough of Southwark creating hugely successful community theatre events including lantern parades, living histories, promenade productions and large scale family events. As well as working with his own community company the People's Company, John has also collaborated with schools and other notable locals groups including Southwark Council, The Southwark Playhouse, The Coronet, Theatre Delicatessen at The Old Library Arts Centre, The Walworth Society, The Friends of Pasley Park and The Walworth Community Garden Trust.



Tech requirements

Length of show: 55-60 mins

Minimum Stage size: 3.5m by 4.5m

Lighting: Warm wash, Cold Wash, special on backdrop, ability to operate and dim house lights.

Sound: Ability to play audio tracks essential

Sound and lighting operator: One required, 30 sound cues, 10 lighting cues (tech script and cue sheet can be provided)

Get in time: 10 mins not including time for audience to enter.

Get out time: 5 mins

Storage: For multiple dates storage is needed for a double coat hanger with backdrop and a large suitcase approx 4 litres in capacity (photo on request).



Press reviews so far

"He (Mike Raffone) is the consummate pro and I guarantee you will be in safe hands if you turn up to the hilarious Brain Rinse... A fantastic presence on stage."

Stephanie Billen - Buxton Fringe Review 2017

The full review can be read here

<https://www.buxtonfringe.org.uk/reviews2017com.html>

"Thoughtful, thought provoking, polished and above all very entertaining... For the majority, the participation is through laughter."

Viv Marriott - Buxton Fringe Review 2018

The full review can be read here

<https://www.buxtonfringe.org.uk/reviews2018com.html>

"A well-structured show; the ability to ad-lib on the hoof; top notch audience psychology. All hail!"

John Fleming

The full review can be read here

<https://thejohnfleming.wordpress.com/2017/08/26/edinburgh-fringe-day-25-comedy-reviews-surrealism-nudity-and-politics>

Achievements so far

On only its second performance ever, Brain Rinse was short listed for The Award for Excellence for a Comedy Show at The Buxton Fringe 2017.



Links to examples of Brain Rinse publicity materials for past shows

Flyer front, Edinburgh Fringe 2017

http://docs.wixstatic.com/ugd/ce055a_0945d4f5cd004b61b94ab9ada2b97c3b.pdf

Flyer back, Edinburgh Fringe 2017

http://docs.wixstatic.com/ugd/ce055a_cbbd1a166fda4377bbe4313ba0d4ff76.pdf

A3 Poster, Edinburgh Fringe 2017

http://docs.wixstatic.com/ugd/ce055a_3fba110790d84a9b8d3a939b957665a1.pdf



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