

A Co-Production with New Wolsey Theatre
Co-commissioned by Corn Exchange Newbury and Warwick Arts Centre

48 Thoughts Per Minute

By The Paper Birds
With Jessica Fostekew

*A fast-paced, hilarious & joyfully chaotic show,
about all the things we think but do not say*

Promoter Pack

Touring Spring 2027



The Paper Birds



NEW
WOLSEY
THEATRE



CORN EXCHANGE NEWBURY



About the Show

48 Thoughts Per Minute is the latest devised verbatim production from The Paper Birds: an inventive, laugh-out-loud celebration of the many ways we think and experience the world inside our heads.

Fast-paced, funny, and hugely relatable, **48 Thoughts Per Minute** is developed in collaboration with renowned comedian, **Jessica Fosteskew**. The show blends new writing by The Paper Birds' Co-Directors Jemma McDonnell and Kylie Perry and Jessica Fostekew, with verbatim testimonies from a diverse range of people living across the UK; from exercise clubs, to mother and baby groups, elders' dance groups, and mindfulness groups, to name a few.

It's been claimed that the average human brain generates 48 thoughts per minute, translating to approximately 70,000 thoughts per day.* Through this show we invite our audience to reflect on the private space inside each of their heads, capturing the hilarious, vivid and sometimes intrusive thoughts that shape our inner worlds.

From mirror-based self-reflection, to 3am catastrophising, **48 Thoughts Per Minute** is a high-speed journey through one woman's unstoppable cascade of thoughts. Staging, sound, and visuals shift as rapidly as her mind, leaping through memories, imagination and internal conversations at breakneck speed.

The theatre is transformed into a human brain, using set design and cinematic film to reflect its inner workings. Collaborating with a team of leading designers, academics and neuroscientists, the show explores our human experience: how we navigate the world around us, move between logic and emotion, process memories, and respond to all that life throws at us.

*From The American Journal of Medicine.



Hoovering Image © Matt Stronge

Touring Production

As the show is in development, the below is subject to change. More technical details can be provided on request.

Touring Company:	8 people (5 x cast; 4 x technical)
Min Playing Area:	10m x 10m x 5m height clearance
Equipment:	Own projection kit toured, use of in-house sound & lighting rig required
Playing Days:	Full weeks preferred / split weeks possible
Performances:	Max 8 performances per full week / 4 performances per split week
Preferred Schedule:	Day 1 Get-in Day 2 Perf 1 (evening) Day 3 2 shows per day possible – flexibility re: performance times
Local Staff Call & Facilities:	Get In 3 technicians all day (2 x LX; 1 Sound) Show Call 2 technicians Get Out 3 technicians; estimated duration 2 hours, TBC Access to Wardrobe
Running Time:	90 mins plus 20 min interval
Parking:	1 parking space for SWB van / Luton required
Access:	Captioning and/or BSL possibilities to be discussed with venue, depending on target audiences
Warnings:	TBC
Age Recommendation:	Age Recommendation 13 years + TBC



Image from The School of Hope © Kee Lewis

Image from On the One Hand © Richard Davenport



About The Paper Birds

The Paper Birds is a devising theatre company, with a social and political agenda. Established in 2003, we are an Arts Council NPO and recognised as UK leaders in devised verbatim theatre. We're artists, investigators, entrepreneurs, educators. We pride ourselves on taking complex, multi-faceted subjects and making them accessible. The artistic and participation branches of our activity have equal importance to our social purpose and identity.

We see ourselves as quiet rebels who use thought provoking theatre and engagement as a catalyst to spark conversation and change. We want to creatively empower people to think, talk about and act on the things that are important to them.

The Paper Birds have carved a reputation over the last 20 years as one of the UK's leading devising theatre specialists, working with young people from hundreds of schools across the UK and internationally every year.

In 2020, The Paper Birds was added to AQA's list of 60 prescribed practitioners for A Level Drama, a reflection of our growing influence within contemporary theatre and education. Our work is also regularly recommended by WJEC and Pearson Exam Boards, ensuring strong recognition and demand from students, teachers, and drama schools across the UK - driving younger audiences into venues and opening up valuable engagement opportunities.

Watch a short film [About Us](#) here

"Emotionally powerful show"

The Guardian ****

"The Paper Birds include (brilliantly) 'listening' among their methods of devising a show. Deep research and intelligent sympathy have enhanced all the work of theirs I've seen"

The Observer

Check out a trailer for our last show, [Feel Me](#) here

"Big-hearted show ... it deftly balances humour with treating subjects from sex to suicide with sensitivity and care, and there are moments of real power"

The Stage ****

"It's an engaging, frequently very funny and poignant show"

The Independent

And a trailer for [Ask Me Anything](#) here

Marketing

The Paper Birds provides comprehensive marketing and digital assets and will work closely with venues on agreeing campaign activity and spend. Marketing costs to be agreed by both parties in advance.

You can access our Audience Development Strategy for [48 Thoughts Per Minute here](#) (please note this is a working document).

You can also access example Marketing Packs for [Feel Me](#) and [Ask Me Anything](#)

Reviews

Reviews from previous productions by The Paper Birds:

“The Paper Birds are making a valuable contribution to the debate on where theatre should be going. In dealing with serious issues in an accessible way the show has the potential to make a real difference to young people’s lives and deserves to be widely seen”

Reviews Hub ****

“A visual symphony of image and movement... a beautiful and fascinating performance”

The Big Issue

“Enjoyable and fresh to watch, this is thoroughly entertaining”

British Theatre Guide

“The Paper Birds are expert theatre-makers. They have their own trademarks, unearthing women’s stories on hard-hitting themes through verbatim material and subtle movement.”

Total Theatre

“Never have I ever experienced something that has hit me to the core of my very being. I was completely captivated!”

Paper Birds Audience Member

“...an intriguing, insightful and instinctively well shaped show that will send you away both entertained and provoked.”

The Stage



Image from Goldfish Bowl © Camilla Greenwell

Media Links

[About The Paper Birds](#)

[48 Thoughts Per Minute](#)

[A Conversation Starter Film](#)

[The Paper Birds Workshops](#)

Target Audiences

Building on the success of 2023/25 touring production [Feel Me](#), seen by 7,550 people across 31 venues, [48 Thoughts Per Minute](#) will appeal to a wide range of audiences. We will bring our younger followers with us, while engaging adults through a subject that's universal, yet private, and deeply human.

Through our marketing we'll engage audiences from diverse gender & ethnic backgrounds across city and suburban areas, looking at the following demographics and interests:

- Psychologists, neuroscientists, mental health advocates, academics & healthcare professionals
- Creative professionals 16–35-year-olds, building on our audiences from 'Feel Me' (72% of audiences were under 30; seen by 180 school groups)
- Students studying from GCSE-Postgrad level (Drama, Psychology, Neuroscience & Performing Arts)
- Drama teachers, lecturers, educators & workshop facilitators
- Parents, caregivers & community groups curious about inner experiences & emotional wellbeing
- Theatre enthusiasts & newcomers drawn to fresh, relatable, and laugh-out-loud storytelling
- Fans of devised theatre, comedy & interactive live experiences
- Emerging artists
- Social workers, counsellors, & mindfulness or personal development communities
- Fans of Jessica Fostekew's comedy and TV shows plus her podcasts, [The Guilty Feminist](#), (which has 60 million+ downloads) and host and creator of chart topping, foodie hit [Hoovering](#), which she hosted and created.

Image from Mobile © The Other Richard



Jessica Fostekeew

We're delighted to announce that we will be writing **48 Thoughts Per Minute** with comedian, **Jessica Fostekeew**.

Jessica joins us fresh from her comedy solo run at Soho Theatre with brand new show, **Iconic Breath**. She is also well known for her Edinburgh Comedy Award nominated show **Hench**, which was also available on Amazon Prime.

She is co-host of **The Guilty Feminist** podcast and the host and creator of the foodie hit pod, **Hoovering**.

Jessica has also made many appearances on **Live at The Apollo**, **QI**, **Richard Osman's House Of Games**, or acting alongside Romesh Ranganathan in **Avoidance**, or in **The Trouble With Maggie Cole**, **Cuckoo**, **Motherland**, **Out of Her Mind**, **Trigonometry** or in the BAFTA multiple-award winning BBC drama, **Three Girls**, to name but a few.

Reviews

Reviews from Jessica's recent solo show, **Iconic Breath**:

"Fostekeew mines the routinely domestic for comedy gold... cumulatively, she challenges gender stereotypes lightly and cleverly"

Festmag

"You're allowed to relax as she carries you through her delightfully funny takes on the facets of life from her perspective"

The Reviews Hub

"engaging anecdotes and everyday frustrations, skilfully shared"

Chortle

"...furious, frustrated yet cheerfully funny"

The Guardian

"This is a delightfully written hour, Jess has charisma and stage -presence to burn, finding laughs everywhere, yet with serious messages too"

One4Review ** 1/2**

"Iconic Breath is another Fostekeew show that attains soaring altitude with impressive technique and efficiency"

The Guardian

Wraparound & Learning Resources

Conversation Starters

Alongside the creation and touring of the show, The Paper Birds offers informal, in-person sessions for adults, exploring the relationship we have with ourselves and the inner voice many of us experience.

These sessions include:

- A short, original 'Conversation Starter' film to prompt reflection and discussion.
 - Light-touch creative tasks designed to be accessible and engaging.
 - Space for gentle, open conversation around memory, self-perception, and internal dialogue.
- Flexible, low-tech, and designed to be welcoming and inclusive, these sessions are a meaningful way to engage your audiences in the creative process or to deepen engagement in the final show.

Schools Workshops

Alongside the touring production we offer a 2hr workshop about the creation process for [48 Thoughts Per Minute](#).

The workshop, exploring the devising methodology of the company in the context of this show, is tailored to your group, whether they be school or community participants.

Free Education Resource

For schools, we also provide a [Free Digital Education Resource](#) pack and a high quality show film to all groups attending the show, all supporting learning back in the classroom.



Image from Feel Me International Residency Workshop © PSBK, Indonesia

Image from Broke © Paul Blakemore

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