

**BASED ON A TRUE STORY**

# **YOU WON'T HELP ME**

**3<sup>RD</sup> - 18<sup>TH</sup> APRIL 2026**

**PRODUCED BY DISTORTED REBELS PRODUCTIONS**

**WRITTEN AND PRODUCED BY PHOENIX BENHAM**

**[WWW.DISTORTEDREBELS.COM](http://WWW.DISTORTEDREBELS.COM)**

# REVIEW THE SHOW

Your feedback is vital in the growth and evolution of "You Won't Help Me", we would be so grateful if you could scan the QR code below and leave us a review!

Thank you.

## LEAVE A REVIEW HERE



Or click here - <https://www.show-score.com/uk/london/theatre-shows/you-won-t-help-me>



# WHAT IS 'YOU WON'T HELP ME' THE PLAY?



YOU WON'T HELP ME IS A POWERFUL AND UNFLINCHING EXPLORATION OF WHAT HAPPENS BEHIND CLOSED DOORS—AND THE SILENCE THAT SO OFTEN SURROUNDS IT.

AT ITS CORE, THE PLAY EXAMINES DOMESTIC ABUSE NOT AS A SINGLE ACT OF VIOLENCE, BUT AS A PATTERN OF BEHAVIOUR: SUBTLE, COMPLEX, AND OFTEN HIDDEN IN PLAIN SIGHT. IT REVEALS HOW CONTROL CAN BE MISTAKEN FOR CARE, HOW MANIPULATION CAN BE DISGUISED AS LOVE, AND HOW FEAR CAN QUIETLY BECOME PART OF EVERYDAY LIFE. WHAT MAY APPEAR ORDINARY FROM THE OUTSIDE CAN, IN REALITY, BE SOMETHING FAR MORE DANGEROUS.

THROUGH THE RELATIONSHIP BETWEEN SARAH AND DAVID, AND THE PERSPECTIVE OF THE FRIENDS AROUND THEM, THE PLAY SHINES A LIGHT ON THE DIFFICULT, OFTEN UNCOMFORTABLE QUESTIONS MANY PEOPLE AVOID:

WHY DON'T WE ALWAYS RECOGNISE ABUSE WHEN WE SEE IT?

WHY IS IT SO HARD TO STEP IN?

AND WHY IS LEAVING NOT ALWAYS AS SIMPLE AS WALKING AWAY?

THE TITLE, YOU WON'T HELP ME, CARRIES LAYERED MEANING. IT IS NOT ONLY A CRY FOR SUPPORT, BUT ALSO AN EXPRESSION OF FRUSTRATION, DENIAL, AND MISUNDERSTANDING. IT REFLECTS THE GAPS BETWEEN WHAT IS VISIBLE, WHAT IS BELIEVED, AND WHAT PEOPLE CHOOSE—OR FEEL ABLE—TO DO. IT SPEAKS TO THE EXPERIENCE OF NOT BEING HEARD, NOT BEING UNDERSTOOD, AND, AT TIMES, NOT BEING SAVED.

THIS PLAY IS DEEPLY PERSONAL. WRITTEN BY PHOENIX BENHAM AND INSPIRED BY REAL EXPERIENCES OF DOMESTIC VIOLENCE, YOU WON'T HELP ME IS ROOTED IN TRUTH. IT DOES NOT SEEK TO SENSATIONALISE, BUT TO REPRESENT—TO GIVE VOICE TO EXPERIENCES THAT ARE TOO OFTEN MINIMISED, HIDDEN, OR DISMISSED.

IN BRINGING THIS STORY TO THE STAGE, THE INTENTION IS NOT ONLY TO TELL A COMPELLING AND EMOTIONALLY RESONANT NARRATIVE, BUT ALSO TO RAISE AWARENESS OF THE REALITIES OF DOMESTIC ABUSE IN ALL ITS FORMS. IT AIMS TO ENCOURAGE CONVERSATION, CHALLENGE PERCEPTIONS, AND REMIND AUDIENCES THAT ABUSE DOES NOT ALWAYS LOOK THE WAY WE EXPECT IT TO.

YOU WON'T HELP ME IS ALSO PROUD TO SUPPORT THE VITAL WORK OF WOMEN'S AID AND MANKIND INITIATIVE. THROUGH THIS PRODUCTION, AWARENESS IS RAISED AND FUNDS ARE CONTRIBUTED TO ORGANISATIONS THAT PROVIDE ESSENTIAL SUPPORT, PROTECTION, AND ADVOCACY FOR THOSE AFFECTED BY DOMESTIC ABUSE.

THIS PLAY DOES NOT OFFER EASY ANSWERS. INSTEAD, IT ASKS ITS AUDIENCE TO SIT WITH DISCOMFORT, TO REFLECT HONESTLY, AND TO CONSIDER THE ROLE WE ALL PLAY—WHETHER THROUGH ACTION, INACTION, OR UNCERTAINTY.

BECAUSE SOMETIMES, THE MOST IMPORTANT TRUTHS ARE THE HARDEST TO FACE.

AND SOMETIMES, THE MOST POWERFUL WORDS ARE THE ONES WE DON'T KNOW HOW TO RESPOND TO:

"YOU WON'T HELP ME."

# PREVIOUS AUDIENCE FEEDBACK

"Hard-hitting, raw, funny, moving and just amazing writing and performances."

"Hard hitting, realistic insight into these kinds of difficult relationships"

"A really powerful drama, so moving. One of the most emotional plays I've seen"

"A powerful account of how domestic violence seeps into otherwise apparently strong relationships and an insight into what and why the victim might at times cover for their abuser"

"A fantastic play that covers some very important issues surrounding domestic violence. I was made to feel very safe by the staff and we were all checked on during the interval and afterwards. What an incredible venue! I'll definitely be coming back again."

"I have seen this play several times & I highly recommend it. It covers the difficult topic of cohesive control in a gritty but thought provoking manner. If you haven't seen it yet, please do while you still have the opportunity"

"It has got to be by far one of the best productions I've ever seen. I enjoy the theatre and have been going for years and only 3 productions have moved me to tears, Progy and Bess, He's Miserable and this You Won't Help Me. It was Epic"

# WHO ARE DISTORTED REBELS PRODUCTIONS?



Here at Distorted Rebels Productions, we stand for acceptance. We celebrate the different, the unique, the tattooed, the pierced, the ones with bright hair, the Lgbtq+, the ethnic minorities, all of the genders, and all of the individual uniqueness that the alternative have.

Here at Distorted Rebls, we don't believe that who you are, or what you look like should affect your chances at achieving your dream career.

We also don't believe that what you look like, is a direct representation of your talent. On top of all that, we offer roles to talented people with OR WITHOUT a Spotlight account.

We started our company, because us alternative, unique people are always overlooked, and not seen as 'professional' because of who we are or how we look.. There is so little work for alternative people in the acting industry for people who aren't 'conventional', that we decided to make a company, where we can offer that.

Here at Distorted Rebels, we put on originals plays all over the UK, and also create original films which go straight into film festivals.

We focus on telling hard hitting, raw, gripping, original stories that need to be told. We put on performances that most other companies would be scared to even approach.

We believe that there are so many thousands of immensely talented actors, on our beautiful planet, that are never given a chance because of how they look, or who they are, or because they don't have Spotlight, we want to be the people to change all that, and show the world who they are.

We celebrate talent in individuality.

# MEET THE BIG BOSSES



## THE DIRECTOR/WRITER/PRODUCER PHOENIX BENHAM

Phoenix is one half of the power couple that runs Distorted Rebels Productions.

Mum of 5, singer, dancer, actor, theatre and musicals addict, cheese obsessive, and overall workaholic, she is always thinking 4 steps ahead and planning the next projects.

Phoenix started her journey in theatre when she was just 5 years old, and has never lost the love for it. She always knew that she would end up making a career on the stage, and is now living her dream, through running Distorted Rebels Productions and making theatre accessible to everyone.



## THE ASSISTANT DIRECTOR/STAGE MANAGER

### ERMELINDA (ERMY) DECARVALHO

Ermy is a very critical member of the Distorted Rebels family. She worked with us on our previous Halloween show - The Summoned, and decided to stick around to create even more magic with us.

Ermy is a hard working theatre enthusiast, with a keen drive to create powerful stories and visually engaging productions.

Ermy has an insanely creative eye for theatrical detail and her input and assistance in direction has created some of the most stunning, powerful and awe inspiring scenes we have ever had in any of our productions.

# OUR TECH TEAM



## TOM BARKER

Thomas is a developing technician with experience in various festivals, stand up comedy and fringe theatre performances. He is always keen to work on new material; seeing shows as they develop from script to the stage.



## KIM WELKIN

Kim's a British-Belgian stage manager and technician who got her start by working behind-the-scenes in London's stand-up comedy circuit before getting involved with fringe theatre and theatre festivals. She's an experienced events professional who's worked for community centres, museums, cinemas and film festivals. She's also mildly obsessed with squirrels.

# MEET THE CAST



**CALLUM MCGREGOR AS 'DAVID'**

Callum McGregor is a London and Brighton-based actor known for bringing a powerful physical presence and emotional depth to every performance. His stage work includes the original production 'Duty' and most recently a first in theatre showing of VIY, adapted from the Russian short novel. On screen, he has taken on lead roles in short films such as '1 in 6' as well as a pilot episode for a London-based series 'Casual Killers'.



**PHOENIX BENHAM AS 'SARAH'**

Phoenix has been an actress since she was five years old. Starting off in theatre, Phoenix has been in many productions over the years, such as Les Miserables, Little Shop of Horrors, Pride & Prejudice, Midsummer Nights Dream, The Pillowman, The Crucible and many others, including her own plays such as You won't help me, Dysmorphia and The Summoned. In the last 15 years she has expanded into films, and has since been in Ready Player One, as well as other feature films and shorts.



**FYN PHOENIX AS 'MICHAEL'**

Fyn is an English actor and poet rising fast, carving out his place in the industry through short films, theatre, and a fearless independent journey into bigger and more ambitious projects. He brings a rare combination of emotional depth, creative edge, humour and self-built momentum. Fyn stands as a distinctive emerging talent with a voice that reaches beyond acting into profound, resonant poetry.



**EM-J SMITH AS 'MICHELLE'**

Em-J has travelled the world as a dancer, stilt walker, choreographer and director. Working on all forms of entertainment, from live events, to film, to theatre. She currently grafts as a screen action actress.

# MEET THE CAST



**SEBASTIAN SCOTT AS 'CALLUM'**

Sebastian was born and raised in North London and trained in Acting and Performance for 3 years at LSBU. As a performer, he is adaptable and very devoted to learning the emotionality and backgrounds of the characters he takes on. His skills in physical theatre and movement are utilised in lively and dynamic pieces. He has experience working in Film and Theatre. He's appeared in several short films and one independent feature film, he's taken on lead and supporting roles. In his preparation he learns the personal complexities and relationships of a character to ensure that he portrays a genuine take on any role. As he aims to showcase a believable and engaging performance for the audience.



**ESME PEMBURY SMITH AS 'KELLY'**

Esme is an extremely passionate actor with a background Short form and Independent features as well as a career behind the scenes in Script and Continuity. She believes theatre creates a safe space to explore all aspects of the human psyche and endeavours to use performance and honest emotion to connect with other people so, we can use the art form to all feel less alone in the world.



**JONNY MONK AS 'D.I. PETERS'**

Jonny was born in Leicester and studied philosophy and psychology at the University of Bristol. He retired from a career as a track athlete and started acting with the People's Company based at Southwark Playhouse in 2021. Since then he has appeared in walking tours of Southwark and as Mr Darcy in Waste Not Theatre's adult panto, Pride and Prejudice.



**SAMANTHA O'CONNOR AS 'D.I. HARDING'**

Samantha O'Connor is thrilled to be a part of this amazing company! She most recently worked with Hurricane Productions playing Widow Twanky in Aladdin and with M&M Theatrical Productions playing Maleficent in Sleeping Beauty. Her feature film credits include small roles in "The Black Prince" and "Chasing Robert Barker" amongst others. She has also appeared in various short films and music videos throughout her career. Sam would like to thank her family, friends and Adam for their infinite love and support.

# THE REHEARSAL PROCESS



# 'YOU WON'T HELP ME'

## DOMESTIC VIOLENCE STATISTICS & RESOURCES

THE CRIME SURVEY FOR ENGLAND AND WALES ESTIMATES THAT 2.1 MILLION PEOPLE AGED 16 YEARS AND OVER (1.4 MILLION WOMEN AND 751,000 MEN) EXPERIENCE DOMESTIC ABUSE EVERY YEAR, IN THE UK.

IF YOU, OR ANYONE YOU KNOW, IS EXPERIENCING DOMESTIC VIOLENCE, OR YOU ARE WORRIED ABOUT ANYTHING RELATED TO THIS. PLEASE CONTACT THE ORGANISATIONS BELOW. THEY CAN HELP.  
YOU ARE NOT ALONE.

If you identify as male, and you are concerned about, or experiencing domestic violence or abuse, please contact

**MANKIND INITIATIVE**  
[mankind.org.uk](http://mankind.org.uk)  
01823 334 244



If you identify as female/non binary, and you are concerned about, or experiencing domestic violence or abuse, please contact  
**WOMEN'S AID**  
[womensaid.org.uk](http://womensaid.org.uk)  
[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

## OTHER RESOURCES

If you want to access support over the phone, you can call:

National Domestic Abuse Helpline - 0808 2000 247 (run by Refuge)  
The Men's Advice Line, for male domestic abuse survivors - 0808 801 0327 (run by Respect)

The Mix, free information and support for under 25s in the UK - 0808 808 4994

National LGBT+ Domestic Abuse Helpline - 0800 999 5428 (run by Galop)

Samaritans (24/7 service) - 116 123

# MEET THE CHARITIES



Women's Aid is the national charity working to end domestic abuse against women and children. As a federation they provide life-saving services across England while building a future where domestic abuse is not tolerated.

Services in Scotland, Wales and Northern Ireland are operated by their sister federations.

<https://www.womensaid.org.uk/>



ManKind Initiative provide an information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband. This can range from physical violence or object throwing to abuse such as constant bullying or insults.

They have also produced a directory of local services (called the Oak Book) which support male victims.

<https://mankind.org.uk/>



# THANK YOU'S

Distorted Rebels Productions would like to extend a special thank you to the following - without you, 'You Won't Help Me' would not have been possible.

Nathan Benham  
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Callum McGregor  
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Em-J Smith  
Sebastian Scott  
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Jonny Monk  
Samantha O'Connor  
Emy DeCarvalho  
The Audition House Studios  
Roy and Magda McGregor-Schuerman  
Etcetera Theatre Camden  
Hen & Chickens Theatre

And to everyone that promoted our show, reviewed our show, or in any way helped us put YOU WON'T HELP ME back on the stage. We are so grateful for you, thank you so much.

# CONTACTS

Distorted Rebels Productions - [www.distortedrebels.com](http://www.distortedrebels.com)

Instagram - @Distortedrebelsproductions

Phoenix Benham - Instagram - @phoenixbenhamactor

Callum McGregor- Instagram - @theflyingscotsmann

Fyn Phoenix - Instagram - @fynphoenixx

Em-J Smith- Instagram- @em\_jsmith

Sebastian Scott- Instagram - @sebastianuscott

Esme Pembury Smith- Instagram - @esmepemburysmith

Jonny Monk- Instagram -@jonnymonk800m

Samantha O'Connor - Instagram - @samantha\_oactor

Ermy DeCarvalho - Instagram - @ermydecarvalho

Sue at Opaque Artists - Instagram - @opaque\_artists



