

TORONTO  
**FRINGE**  
**FESTIVAL**

## Tamar Broadbent: Plus One Access Guide



**July 4-12, 2025**  
**Alumnae Theatre**

This guide uses plain language to provide audiences, particularly neurodiverse audiences, with specific sensory details of programming in advance to help guide your experience.

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## **About Tamar Broadbent: Plus One**

Plus One is a musical comedy and storytelling show, with ten original songs layed live on piano and vocals, and one backing track.

Join this award-winning British comedy songwriter (BBC Radio 4, Boom Chicago) as she sings you through a tale of fertility tests, failed birth plans and the impressive feat of giving up wine for nine months.

Featuring songs like ‘Embarrassing Mother!’ and ‘I Tried Hard to Breastfeed But It Sucked,’ Plus One is the perfect show for parents, parents-to-be and those who never want to be parents and can delight in all they’re missing (like sciatica).

Babes-in-arms welcome! ★★★★★ ‘A fantastic, hilarious gem’ - Musical Theatre Review. ‘Talented, bright and funny’ - Michael Palin (Monty Python).

## **Run Time**

60 minutes with no intermission

## **Content Warnings and Advisories**

Please be advised that Plus One includes some instances of mature language, mild sexual content and mild medical detail related to pregnancy and birth. It also includes one instance of audience participation:

Audience are asked for a suggestion for an improvised song.  
Audience may also be asked if one audience member is willing to have their name and job used as inspiration for this same improvised song.

## Cast and Characters



TAMAR BROADBENT is playing herself. She is the writer and performer of the show.

## Set

The set comprises a keyboard on a stand and a bendy microphone, and a guitar on a stand. Tamar sings and plays on both instruments. Sometimes Tamar will walk out from behind the keyboard, to talk to the audience using the microphone and then switch to the guitar.

## Costumes

Tamar wears a pair of jeans and bright top.

## Get in Touch

If you have any questions or concerns about this access guide or planning your visit to Tamar Broadbent: Plus One at the 2025 Toronto Fringe Festival, please reach out to the Access Team:

Access Team:

[access@fringetoronto.com](mailto:access@fringetoronto.com)

If you want to tell the Fringe about your experience or have feedback that you would like to share, you can call, write, or send an email to the Fringe.

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Thank you for coming to the 2025 Toronto Fringe Festival.