

Edinburgh Fringe 2024: Comedy

Chelsea Birkby: This Is Life, Cheeky Cheeky

Smart, silly comedy about lust for life and, also, ass.



Just The Tonic – Just Out of the Box

August 1- 25 (not 12) @ 9.20pm

**‘A hugely promising and already accomplished stand-up,
surely destined for greater things.’**

★★★★ The Scotsman

Following her highly acclaimed debut (10 x 4 and 4.5 star reviews, Winner Amused Moose Best Debut, Nominee Best Show Comedian’s Choice) and sell-out Soho Theatre transfer, **Chelsea Birkby** is back with her second hour - **This is Life, Cheeky Cheeky** - a smart, silly, surprising show about lust for life, and also ass.

Chelsea has bipolar disorder. Allegedly. She doesn’t think she has it anymore, but her doctor tells her that’s a “classic sign”. She’s done a lot of things to overcome despair and shame: try to get famous (good for mental health), appreciate art (National Gallery Top Tumps), read important texts (The Bible but also the Maroon 5 guy’s sexts), watch YouTube workouts (literally just watch them) and try really hard to meditate (which only makes it worse). But what if it’s not about doing, it’s about being?

This is a show about choosing to be: in the moment, a mind and a body.

With some help from the greatest minds Camus, Kant and her Nan, Chelsea unpacks the big questions, like: how do we embrace our physical selves? Is suffering just part of the glorious indignity of being alive? And, why does ass mean so much in today's society?

Expect a collision of high and low brow, silliness and sorrow, tightly-written jokes and conversational spontaneity.

'There's a sharp mind behind the sweet exterior... Birkby wins the audience's affection so thoroughly. As her writing credits on Mock the Week suggest, she knows how to craft a well-made one-liner.'

★★★★ The Telegraph

Chelsea regularly performs her smart, silly and open-hearted stand-up at the UK's top comedy clubs (including Angel Comedy, Backyard and Komedia) and headlining beloved nights Jericho Comedy and XS Malarkey, and she's regularly invited to perform in unconventional spaces (The National Gallery, Oxford Debating Hall, Cheltenham Literary Festival) as well at venues in the US, France and Germany. Chelsea also co-runs a sell-out monthly female-led stand-up night in Bristol. With Eva Bindeman.

She was a finalist and runner-up in several prestigious comedy competitions, including **So You Think You're Funny**, **Leicester Square Theatre New Comedian of the Year** and the **BBC New Comedy Award**. She was tour support for **Helen Bauer** and **Fern Brady**.

Chelsea has been seen on BBC, heard on **Radio 4's Sideways** and **Today**, **5Live's Nihal Arthanayake**, Times Radio and various podcasts including **Trusty Hogs** with Helen Bauer and Catherine Bohart.

She's written for several series of BBC's **Mock The Week** and for BBC Radio 4. Her commentary has been featured in **The Independent** and in **Metro**.

Chelsea's highly-acclaimed debut **No More Mr Nice Chelsea** (10 x 4.5 and 4-star reviews) won **Best Debut (Amused Moose Awards)**, was nominated for **Best Show (Comedian's Choice Awards)** and was mentioned on BBC Radio 4's **The Today Programme**, listed in the funniest jokes of the fringe in **The Times** (twice!) and **The Telegraph**, and it transferred for a sell-out run at London's **Soho Theatre**. **This Is Life**, **Cheeky Cheeky** is Chelsea's second Edinburgh Fringe show and was created with direction from Daniel Emery and Molly Stacey.

'Packed with gags at a great hit rate...a real star in the making with top-notch references, a great stage presence and a brilliantly executed show, Birkby will no doubt soon be playing to bigger crowds and bigger rooms and it'll be well deserved.' ★★★★★.5 The Sunday Post

'You cannot help but really like her.' ★★★★★.5 The Phoenix Remix

'A seriously promising show – deceptively smart, tightly structured, and delivered with chatty charm.' ★★★★★ Fest

'Chelsea's a natural and delivered a show that you'd expect for someone who has been playing Edinburgh for years.' ★★★★★ RGM

Both naughty and nice...has the feel of a conversation with friends.'
★★★★★ Ed Fringe Review

'Chelsea Birkby has the material and demeanour of a comedian who could make it all the way to the top...her new comedic style has been established as a sort of polite rock star. It's certainly unusual, but it's hilarious.' ★★★★★ Entertainment Now

'Peppered with good gags and a wide spectrum of pop-culture references, Birkby is a winsome and funny stage presence.' ★★★★★ ThreeWeeks

'Chelsea is funny, so funny, without dumbing down her intelligence. I always look forward to what she's doing. She's brilliant.' **Laura Lexx**

Social media links:

@chelseabirkby on Instagram, X and TikTok

Website link:

<https://www.chelseabirkby.com/>

Footage links:

<https://www.youtube.com/watch?v=Bb8k9s3eLHQ&feature=youtu.be>

Full Listing:

Title: Chelsea Birkby: This Is Life, Cheeky Cheeky

Venue: Just The Tonic – Just Out of the Box

Ticket link: <https://tickets.edfringe.com/whats-on/chelsea-birkby-this-is-life-cheeky-cheeky>

Fringe Venue Number: 88

Dates & time: August 1- 25 (not 12) @ 9.20pm

Press from: August 2nd

Age: 16+

Duration: 1 hour

Entry: From £7

High resolution press images available [HERE](#)
Credit Esme Buxton

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