
LUKE MILLIGAN
MAX MEADOWS
ICE BEAR PRODUCTIONS PRESENTS
ME & MY SHADOW
"IT'S LIKE THERE'S ANOTHER PERSON IN HERE!"
ICE BEAR PRODUCTIONS PRESENTS ME & MY SHADOW STARRING LUKE MILLIGAN, MAX MEADOWS AND KAT TAYLOR SMITH. CINEMATOGRAPHY BY ROBYN FAIRFAX. PRODUCTION DESIGN BY RIAN KEARNEY. SOUND BY YIANNIS MIHOS. PRODUCED BY LILY ALLMARK AND CHRIS TAILOR.
WRITTEN AND DIRECTED BY CHRIS TAILOR.



ICE BEAR PRODUCTIONS PRESENTS

Me & My Shadow

Production Type	Short film
Runtime	10 mins
Genre	Drama/Comedy
Completion Date	28th September 2024
Production Budget	£7,000
Language	English
Country of Origin	United Kingdom
Country of Filming	United Kingdom
Format	4096x1716, 25fps, 2.39:1, Stereo
Rating	TBD
Links	Watch Film: https://www.youtube.com/watch?v=GjDZSF6aFrI
	Watch Trailer: https://www.youtube.com/watch?v=pz2OKVo8Pbo
	Official website: https://meandmyshadow.film
	Official Instagram: https://www.instagram.com/mams.film
	IMDb: https://www.imdb.com/title/tt32598745
Download Links	Download Trailer: https://geni.us/mamstrailerdownload
	Download BTS / Stills: https://geni.us/mamsbtsphotos

synopsis | 100 words

Struggling university student Sam is sent to his school's counsellor Dr Miller after his fourth missed assignment. There, he reveals how his practical strengths and love for music were neglected by his parents in favour of pushing him into theoretical subjects he doesn't enjoy and cannot excel in. Through this, Miller picks up on the possibility of Sam having Attention Deficit Hyperactivity Disorder (ADHD) and prompts him further. Sam likens his experiences to having an irritating "shadow"; an extroverted, ungovernable personification of his hyperactive mind that dragged him around London to complete trivial errands until the assignment deadline had passed.









synopsis | 250 words

Struggling biochemistry student Sam is sent to his school's counsellor Dr Miller following a string of missed assignments. There, she prompts him to reveal how his practical strengths and love for music were neglected by his parents in favour of pushing him into theoretical subjects he doesn't enjoy and cannot excel in. Through this conversation, Miller picks up on the fact that Sam might have Attention Deficit Hyperactivity Disorder (ADHD) and prompts him to elaborate further. Sam likens his experiences to having an irritating "shadow"; an extroverted, ungovernable personification of his hyperactive mind that he cannot seem to get rid of.

As they circle back to the most recent missed assignment, Sam explains how he spent the day at the hands of the "Shadow" being dragged around London, carrying out trivial and time-wasting errands instead of focusing on his assignment. They bounce between locations as the "Shadow" becomes progressively more hyper, including visiting a bookstore to purchase a gift for Sam's mum (where they end up leaving only with a book for Sam), and a launderette to pick up Sam's dry cleaning (or in the case of the "Shadow", put on a fashion show). Each task brings them further away from home, and takes up more time that could be better spent on finishing Sam's assignment. When they eventually return to Sam's flat, the assignment is pulled to the forefront of his mind again and he opens his laptop in horror to find that the submission window has already closed.

synopsis | 350 words

Sam, a struggling biochemistry student in his early twenties, is sent to the counsellor at his university following a string of four missed assignments. In this meeting, counsellor Dr Miller prompts him to reveal how his practical strengths and love for music were neglected by his parents in favour of pushing him into theoretical subjects he doesn't enjoy and therefore cannot excel in. During the course of this conversation with Sam, Dr Miller picks up on the fact that Sam might have been subject to multiple misdiagnoses over his time at school and the real challenge he is facing might be Attention Deficit Hyperactivity Disorder (ADHD). She encourages him to explore this further, which results in Sam likening his day-to-day internal battle as having an irritating "shadow"; an extroverted, ungovernable personification of his hyperactive mind that he cannot seem to get rid of.

At the hands of the "Shadow", Sam is unable to concentrate on the things he doesn't find interesting — such as the assignment — and instead can only follow the brightly-dressed distraction as he drives him further and further from his priorities. Circling back to the most recent missed assignment, Sam explains his activities on the day of the missed deadline in which the "Shadow" dragged him around London to carry out trivial and time-wasting errands instead of focusing on his assignment.

They start at a local bookstore to find a present for his mum, but end up only purchasing a music book for Sam himself before Shadow runs off and Sam is forced to follow him. "Shadow" is as attention-seeking as ever on the underground on the way to the launderette, where he ends up trying on someone else's clothes while Sam waits to collect his dry cleaning. At every turn, Sam is reminding him of the assignment, and Shadow is finding more and more excuses to stay out for longer. They visit two more unrelated stores before "Shadow" finally calms down enough to take the train home. Realising the time, Sam frantically rushes to open his laptop, but the deadline to submit his assignment has already passed.

director's statement



My motivations behind writing this film were my experiences before getting my ADHD diagnosis, despite always knowing I had it. I only managed to get my diagnosis in my second year of university, so until then, I always felt like there was something wrong with me. The brain fog, the inability to concentrate, the impossibility of ever sitting still or thinking of half a million things all at once. All this can be, and was, blamed on a variety of things as I was growing up. People had their theories; I was called lazy and unproductive, I was told I was disrespectful to the teachers and that I didn't care, the list goes on.

> "There's something in the back of your mind that's constantly arguing with every logical thought you have!"

Anyone who's gone through anything like this will tell you the same thing: the worst thing about being undiagnosed is the constant feeling that you are capable of doing the work you need to do. You do want to do it, you just can't ever find the motivation to. The feeling that you're not lazy, but never figuring out why you're feeling so unmotivated.

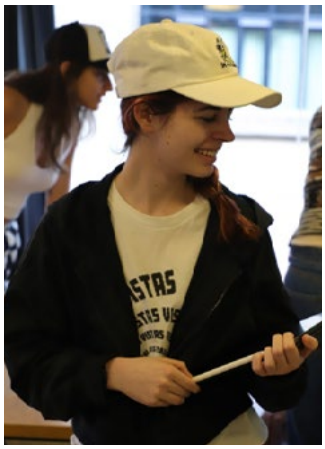
People always used to tell me that it was like my thoughts would run away with me - that I always seemed not to be able to focus and be thinking of something else (usually, this was some sort of short story, so I rarely got chastised by my creative writing teachers), so it always felt like there was something in the back of my mind that would constantly be trying to pull me away from the most important tasks I had to do during the day - which was, of course, where the idea of the shadow came from.

Besides wanting to spread awareness and help people understand that sometimes a young person's inability to concentrate is out of their control, my goal with this film is to also take something that a lot of people find irritating and, in essence, find the humour in it: something that has always allowed me to stay positive and improve my techniques when it comes to not only dealing with my ADHD, but a lot of other things in life.

By taking something that has always irritated me and humanising it, it not only helped me understand more about myself and why I did the things I did, but also took a lot of the negative experiences I was having with my battle with ADHD and turned them into something I could smile at.

Chris Tailor
London, September 21, 2024

producer's statement



I was diagnosed with ADHD in the middle of studying for my A-Levels, which was about three years ago now. No matter how much of a relief it was, it wasn't a complete solution. Getting an ADHD diagnosis didn't give me all the answers, but it finally gave me the right questions. Due to a lack of visibility around the presentation of ADHD symptoms in people assigned female at birth (AFAB), it often means that an individual can go years without ADHD even being suggested to them as an explanation for their experiences. If I hadn't been doing research into the condition to help a friend with their diagnosis, I might never have realised I had it myself.

> "Getting an ADHD diagnosis didn't give me all the answers, but it finally gave me the right questions."

ADHD is such a misunderstood condition that the widespread understanding of it is often characterised by stereotypes and incorrect assumptions. Even the name itself is fairly misleading: Attention Deficit Hyperactivity Disorder. People with ADHD don't have an attention deficit, they have an attention regulation issue. Their brains often lack the necessary dopamine to initiate tasks that aren't engaging — also known as an interest-based nervous system — which often leads to others interpreting their actions as laziness even though the real reason lies in executive dysfunction. This means a lot of the time that their challenges are invalidated and they are denied help.

This film is important to me because it represents some of my own experiences, as well as other people with ADHD. There are so many things that I do — that I have done for years — that I never realised were ADHD traits. Often it felt as if everyone else was walking on the pavement, and I had to fight through a sea of custard just to keep up. Now that I'm on medication it's a lot easier, but on some days it still feels like I'm wading through water a little bit. If this film can help other people recognise some of these aspects in themselves and get the help they need, then I know that we've done something right.

Lily Allmark
London, September 18, 2024

key cast



Luke Milligan

as Sam Callaghan

When I was first told about the project, the character of Sam stood out to me, as I hadn't heard of any project that had covered ADHD before. Then, when I read the script, I was mesmerised; I could not stop reading and found myself wanting to keep turning the pages. I thought it was very relatable, not only to me but also to many people I know: I could see Sam in myself and others around me.

I wanted to play Sam because I believe that ADHD is something that ideally should have more publicity and I wanted to give an authentic performance for the people I know who have ADHD, myself most likely included!



Max Meadows

as The "Shadow"

When Chris first approached me about playing a part in Me & My Shadow, he initially wanted me to audition for the role of Sam. I read the script and loved the concept, but I felt I could portray Shadow more accurately. After dropping a few hints, Chris caught on and invited me to audition for Shadow instead.

The moment I read through the script and visualised the story, I knew I wanted to play Shadow, even though I hadn't done a comedy before and had a lot to learn. I filmed a self-tape with some improvisation and sent it to Chris. From the moment I was cast, I felt a genuine excitement whenever I worked on my lines or talked about the film! I knew that this was the kind of character I wanted to portray, and I could even relate to Shadow in some ways. I wanted a challenge: something new, a bit weird, and comedic. It was difficult at some points, but it taught me a lot, widened my range, and has overall made me a better actor!



Kat Taylor Smith

as Dr Miller

I'm an actor and mum of 3. I love collaborating on films and scripts that have a really important, personal story to tell and am excited to be part of the 'Me & My Shadow' team, in the role of University Counsellor Dr. Miller.

crew bios



Lily Allmark

Producer

I was diagnosed with ADHD in the middle of studying for my A-Levels, which was about three years ago now. No matter how much of a relief it was, it wasn't a complete solution. Getting an ADHD diagnosis didn't give me all the answers, but it finally gave me the right questions. Due to a lack of visibility around the presentation of ADHD symptoms in people assigned female at birth (AFAB), it often means that an individual can go years without ADHD even being suggested to them as an explanation for their experiences. If I hadn't been doing research into the condition to help a friend with their diagnosis, I might never have realised I had it myself. .

This film is important to me because it represents some of my own experiences, as well as other people with ADHD. There are so many things that I have done my whole life that I never realised were ADHD traits. If this film can help other people recognise any of these aspects in themselves and get the help they need, then I know that we've done something right.



Chris Tailor

Director & Writer

Anyone who's gone through school life with undiagnosed ADHD will tell you the same thing: the worst thing about being undiagnosed is the constant feeling that you are capable of doing the work you need to do. You do want to do it, you just can't ever find the motivation to. The feeling that you're not lazy, but never figuring out why you're feeling so unmotivated.

Besides wanting to spread awareness and help people understand that sometimes a young person's inability to concentrate is out of their control, my goal with this film is to also take something that a lot of people find irritating and, in essence, find the humour in it: something that has always allowed me to stay positive and improve my techniques when it comes to not only dealing with my ADHD, but a lot of other things in life.



Robyn Fairfax

Cinematographer

I was first interested in this project as it is about ADHD — a subject which is well known but not particularly well understood — and I was interested myself in getting a better perspective of what it is like to live day to day with ADHD.

I felt that the script gave a portrayal of a shadow that has both an upside and a downside and I wanted to demonstrate on screen the changing moods and paces that a person with this condition goes through on a daily basis. As ADHD takes place inside someone's head, it is important to me to experiment with ways to visually explain how it can affect a person's life.

crew bios



Lily Allmark

Producer

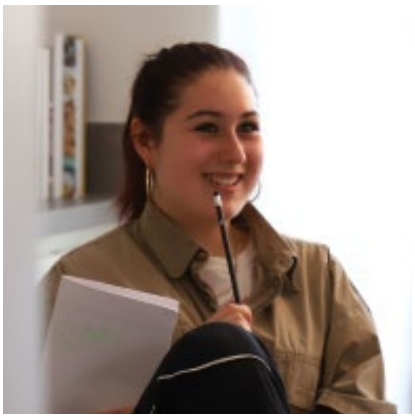
Currently studying at MetFilm School, Lily is the overseer of the entire project. She is hugely passionate about the film and the meaning behind it, especially due to her own ADHD diagnosis.



Chris Tailor

Writer, Director & Editor

Chris is a British-Cypriot filmmaker who aims to use this film to help anyone facing similar challenges due to ADHD feel seen and understood, as he spent years struggling before receiving his own diagnosis.



Robyn Fairfax

Cinematography

Robyn is the fantastic Director of Photography. The most important thing for her was to use this film to visually explain how ADHD can affect a person's life, as the condition takes place inside a person's head and therefore cannot be seen.



Max Meadows

Casting Director

As an aspiring Actor/Director himself, he took upon the role already knowing how to scout out the best actors for specific characters. His extensive dedication helped bring the film to life.



Rian Kearney

Art Director

Academia never fit with the way Rian's mind worked, and receiving an ADHD diagnosis was what prompted him to understand that it shouldn't have to. He's been passionate about filmmaking ever since.



Ines Costa Matos

1st Assistant Director

Ines, or Seni as we like to call her, is our fabulous 1st Assistant Director. She's in charge of timing on set, as well as making sure things run as smoothly as possible!











credits

CAST

Sam Callaghan ..... Luke Milligan

The "Shadow" ..... Max Meadows

Dr Miller ..... Kat Taylor Smith

Shopkeeper ..... Yug Deo

Dry Cleaner ..... Chris Tailor

CREW

Director ..... Chris Tailor

Writer ..... Chris Tailor

Executive Producers ..... Lily Allmark, Chris Tailor

Assistant Producer ..... Anna Shakour

Editor ..... Chris Tailor

Director Of Photography ..... Robyn Fairfax

Art Director ..... Rian Kearney

Casting Director ..... Max Meadows

Sound ..... Giannis Mihos

First Assistant Director ..... Ines Costa Matos

Script Supervisor ..... Vivian Dougherty

Camera Operator ..... Mariazenith Ibarra

First Assistant Camera ..... Harri Kay

Second Assistant Camera ..... Gareth Llewellyn

Costumes ..... Millie Shelton

Gaffer ..... Harri Kay

Stills Photographer ..... Laura Pinteala

credits

CAST

SAM CALLAGHAN
Luke Milligan

THE "SHADOW"
Max Meadows

DR MILLER
Kat Taylor Smith

SHOPKEEPER
Yug Deo

DRY CLEANER
Chris Tailor

TUBE PASSENGERS
Alfie Grimshaw
Amelia Blee
Gareth Llewellyn
Giannis Mihos
Harri Kay
Ines Costa Matos
Iolanthe Georghiou
Isobella Laws
Kami Elstob
Rian Kearney

CREW

PRODUCERS
Lily Allmark - Executive Producer
Chris Tailor - Executive Producer
Anna Shakour - Assistant Producer

WRITER
Chris Tailor

DIRECTOR
Chris Tailor

CINEMATOGRAPHY
Robyn Fairfax

FILM EDITING
Chris Tailor

CASTING
Max Meadows

ART DIRECTION
Rian Kearney

SET DECORATION
Rian Kearney

MAKEUP DEPARTMENT
Julia Stetco - hair stylist

ASSISTANT DIRECTOR
Ines Costa Matos

SOUND RECORDIST
Giannis Mihos

CAMERA AND ELECTRICAL DEPT.
Laura Pinteala - stills photographer
Mariazenith Ibarra - camera operator
Harri Kay - first assistant camera
Gareth Llewellyn - second assistant camera
Harri Kay - gaffer

CASTING DEPARTMENT
Iolanthe Georghiou - extras casting coordinator

COSTUME & WARDROBE DEPARTMENT
Millie Shelton - wardrobe

OTHER CREW
Nefeli Simpson - concept artist
Julia Stetco - runner
Vivian Dougherty - script supervisor

SPECIAL THANKS
Michael Fenton
Alex Schlich
Ian Allmark
Lindsey Allmark
Atlantis Bookshop
Barbican Launderette
Deluxe Coffeeworks 219
Walthamstow Pumphouse Museum

ASSOCIATE PRODUCERS
Margrit Pattichis
Robin Allmark
Paul Allmark
Nakis Papadopoulos

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