

**MATCHA**  
MOVIES

# DISREMEMBER

A FEATURE FILM CREATED ENTIRELY BY ONE PERSON  
**MATTHEW SIMPSON**



[www.disremembermovie.com](http://www.disremembermovie.com)

# DISREMEMBER

## A One-Person Film You'll Never Forget

Disremember is a feature film **created entirely** by myself.  
No crew. No cast. No budget. Just ambition, and a hope of inspiring others.

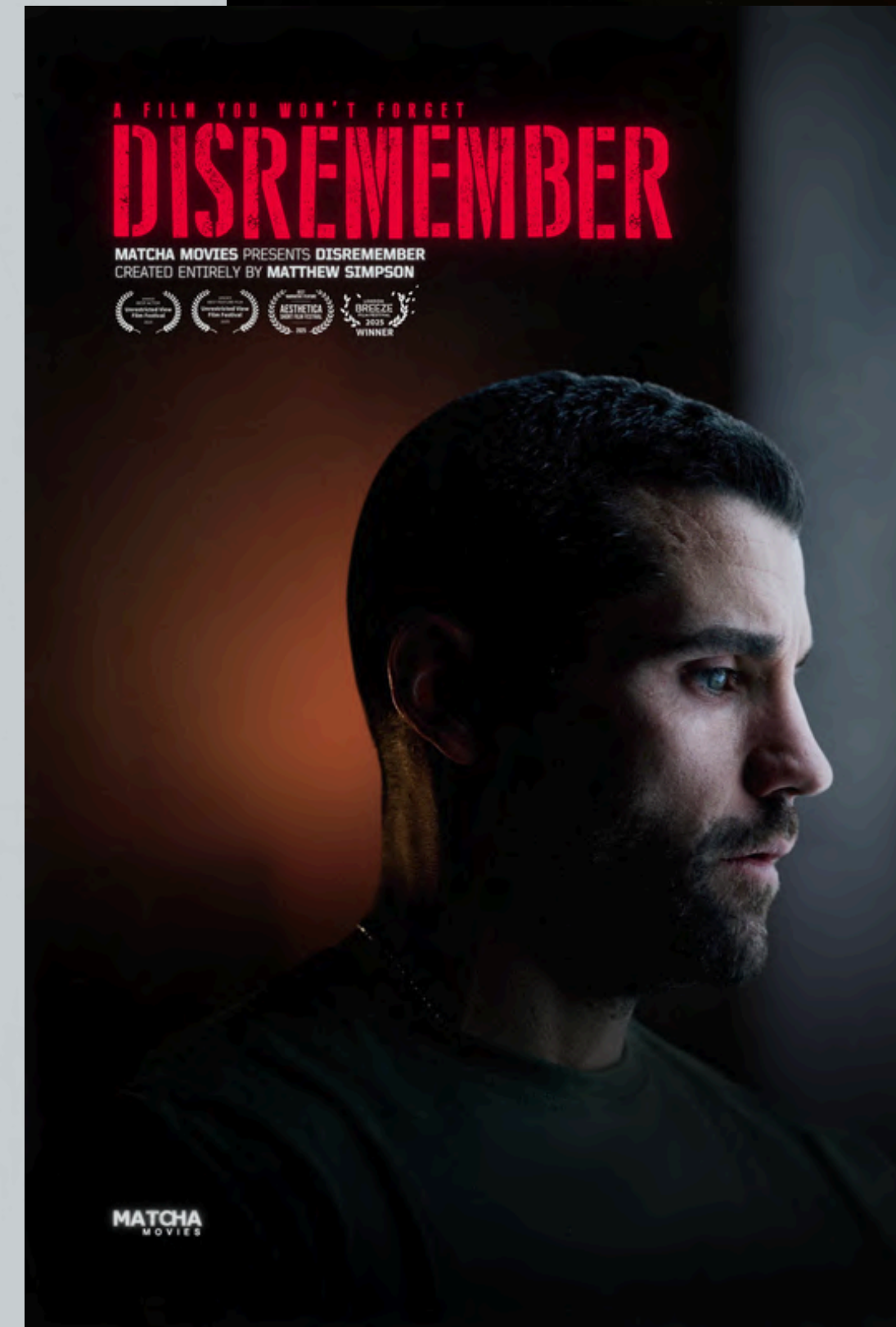
*Matthew Simpson*

## LOGLINE:

An ex-military alcoholic begins experiencing unexplained blackouts, and the closer he gets to uncovering why, the more he blacks out, realising they're being triggered by a trauma his mind is fighting to forget.

## SYNOPSIS:

After learning his wife wants a divorce, Rob, a struggling alcoholic, wakes up in his ex-military friend's apartment with no memory of how he got there. As he tries to piece together what happened and save his marriage, his blackouts worsen, leaving him in unfamiliar places. Desperate to regain control, he installs CCTV cameras, only to uncover something far more disturbing than he ever imagined. The blackouts are being triggered by a trauma his own mind is fighting to forget.



# DISREMEMBER

**Title:** Disremember

**Genre:** Psychological Thriller, Drama, Experimental

**Themes:** Identity, Trauma, Addiction

**Director / Filmmaker:** Matthew Simpson

**Production Year:** 2023

**Country of Origin:** United Kingdom

**Language:** English

**Run Time:** 85 mins

**Shooting Format:** Digital

**Aspect Ratio:** 16:9

**Film Color:** Color

**Sound Format:** 5.1

**Completion Date:** 2024

**Production Company:** Self-Produced / Independent

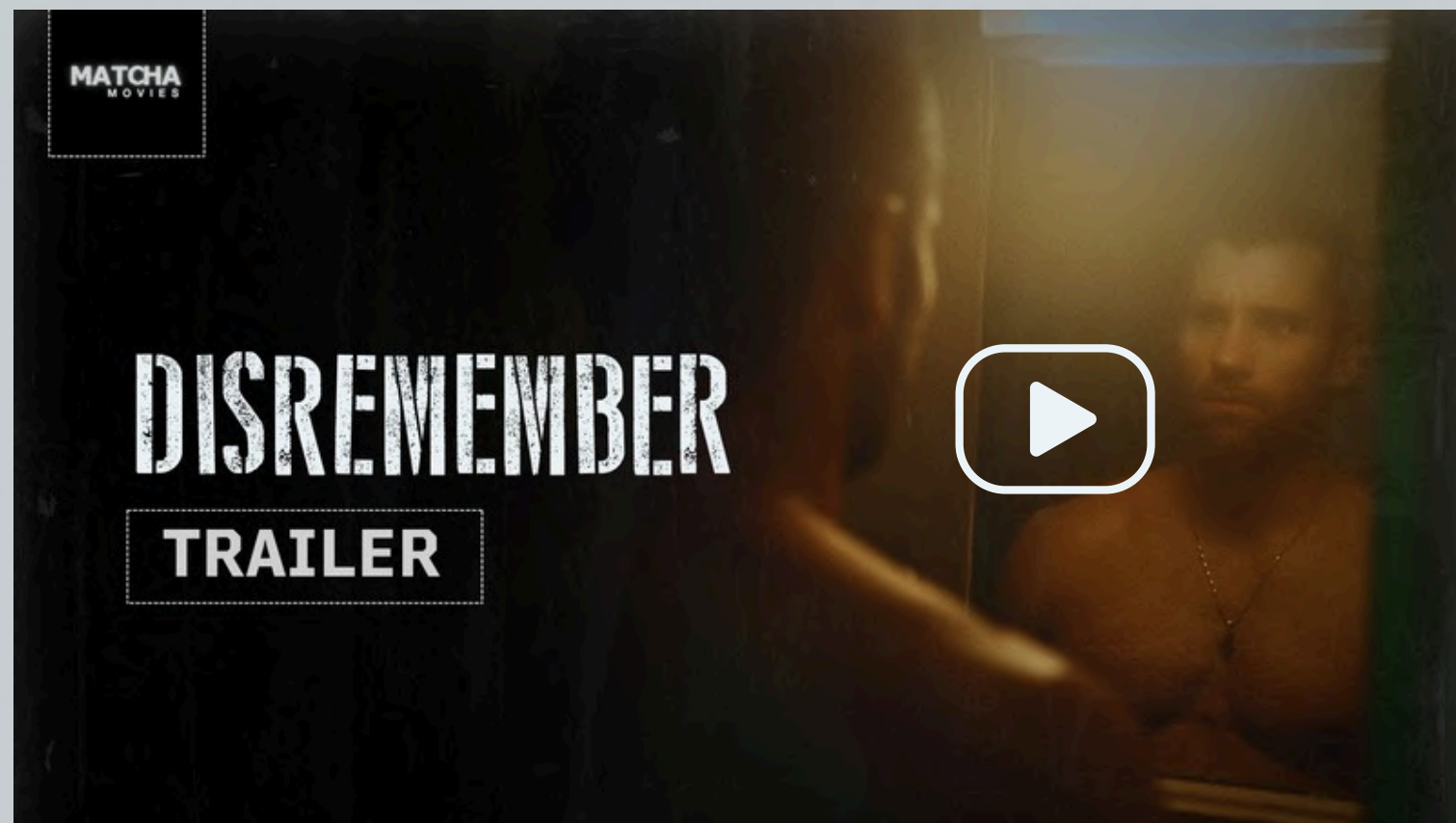
**Budget:** No-Budget / Self-Funded

**Shooting Locations:** Hackney, London



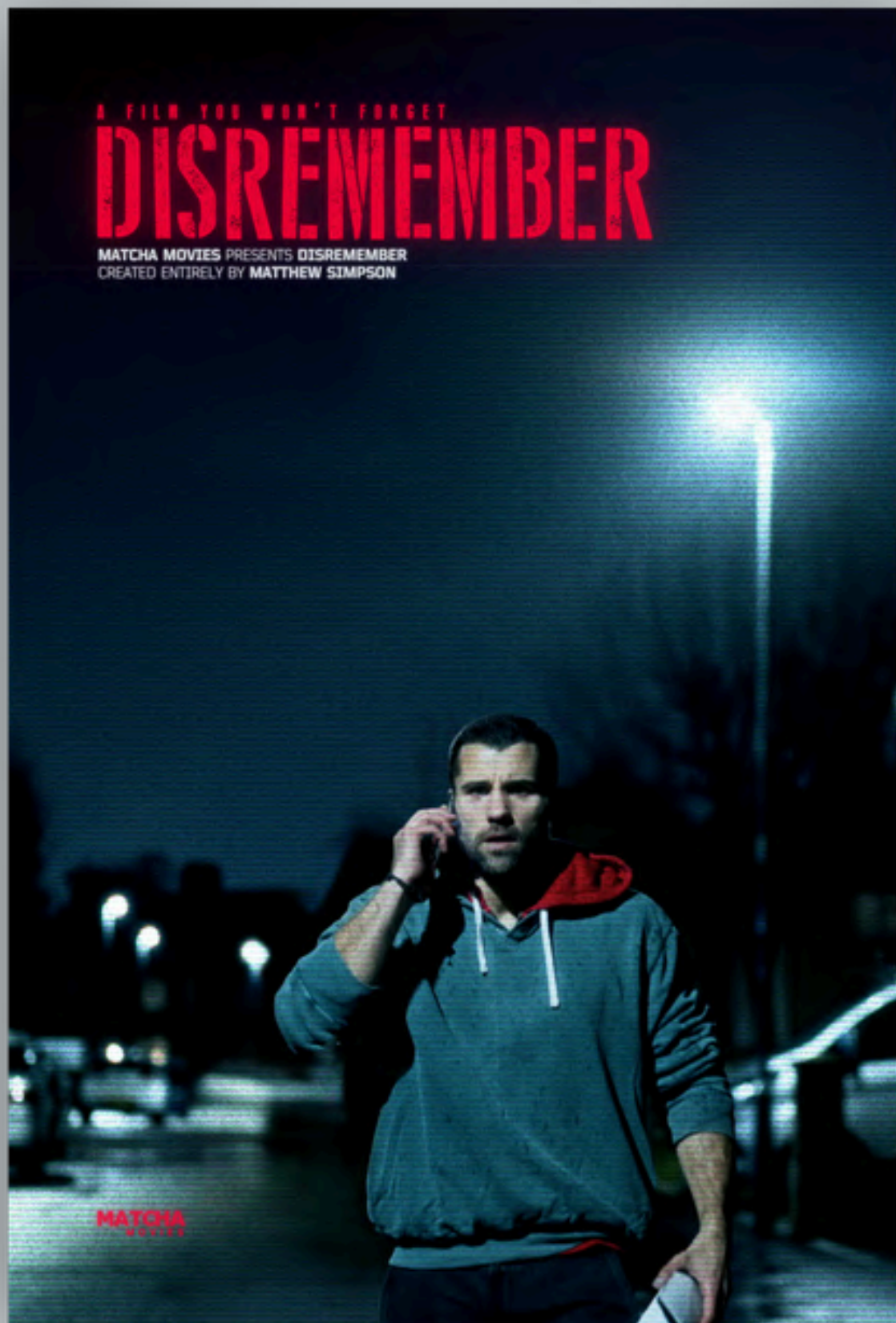
**TRAILER**

**TEASER**



# POSTERS





# AWARDS

## AESTHETICA SHORT FILM FESTIVAL

Disremember wins **Best Narrative Feature** at the prestigious **Aesthetica Film Festival**, a BAFTA and BIFA-qualifying festival.



*This accolade follows recent Best Feature wins at both the London Breeze Film Festival and Unrestricted View Film Festival, where he also won Best Actor. This establishes Disremember as a multi award winning independent feature and a landmark achievement in solo filmmaking.*

# AWARDS



Unrestricted View  
Film Festival

Disremember premieres at the BIFA -qualifying Unrestricted View Film Festival where it Won **Best UK Feature Film** and **Best Actor**, and nominated for Best Director.



*“Disremember is a remarkable achievement. Not only for the fantastic, suspenseful storytelling but also for the sheer, bloody-minded determination of the filmmaker. Award-winning and rightly so.”*

James Wren, Festival Director

# AWARDS

## LONDON BREEZE

Disremember wins **Best Feature** at the at the BIFA -qualifying **London Breeze Film Festival**.



*"Disremember is an intense journey into memory and obsession, and the fact that it is a completely solo effort makes it an even more remarkable achievement. For me as Breeze Festival Director, seeing it resonate so well with our audiences, who were both terrified and exhilarated, is incredibly satisfying . Matt has crafted a highly impressive debut feature that he should be immensely proud of, a worthy winner.*

Samuel Cullis, Festival Director

# REVIEWS

*"A gripping psychological thriller about an ex-soldier's trauma. A taut story about when a part of you is keeping a full truth from yourself. Reminded me in places of "Memento"; Very well written, very cinematically shot in very limited space, dramatising masculinity in crisis in a realistic and empathetic way and helmed by a solo filmmaker."*

**Maeve Murphy, Filmmaker and Judge**

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*"Disremember is an intense journey into memory and obsession, and the fact that it is a completely solo effort makes it an even more remarkable achievement. For me as Breeze Festival Director, seeing it resonate so well with our audiences, who were both terrified and exhilarated, is incredibly satisfying. Matt has crafted a highly impressive debut feature that he should be immensely proud of, a worthy winner."*

**Samuel Cullis, Festival Director London Breeze**

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*"Disremember is a remarkable achievement. Not only for the fantastic, suspenseful storytelling but also for the sheer, bloody-minded determination of the filmmaker. Award-winning and rightly so."*

**James Wren, Festival Director UVFF**



# MATTHEW SIMPSON

INDEPENDENT FILMMAKER

Matthew Simpson is an English actor and commercial director, known for **Masters of the Air, Bansu, Annihilation, and EastEnders**. With over 30 commercials to his name, he has a deep passion for indie cinema and storytelling that pushes boundaries.

Originally from the coastal town of Lowestoft, England, Matthew moved to London for drama school, where his love for acting and filmmaking grew. After graduating in 2010, he appeared in indie films before transitioning into directing, working on commercials for top brands.

His experience on both sides of the camera led him to create *Disremember*, his debut feature film and an ambitious project that redefines what's possible in independent filmmaking. With more boundary-breaking projects in the pipeline, he's ambition is to push the limits of storytelling and creative expression.



# FILMMAKERS STATEMENT

Disremember isn't just another indie film; it's a **groundbreaking achievement in independent filmmaking**. Cinema is often seen as a collaborative art form that requires a large crew, funding, and industry backing that's out of reach for many. I wanted to challenge that idea.

Disremember is the **world's first narrative feature film created entirely by one person** to be officially selected and win at multiple BIFA and BAFTA-qualifying festivals. It stands as proof that storytelling isn't limited by resources, industry norms, or gatekeepers. It's about pushing past perceived limitations and industry boundaries, showing that with enough drive and creativity, you're still able to bring a story life and even go onto to win at prestigious festivals.

Over eight years, whilst still working, I poured everything into this project. It wasn't easy. Writing a one person film was a huge storytelling challenge, filming was relentless and spanned twenty gruelling days, and post-production felt like going back to school. Every step was a battle, but one I was determined to see through.

Disremember is a psychological thriller that pulls audiences deep into the mind of a man losing control. Every creative decision, from the use of POV and surveillance-style footage to the fast paced editing, was designed to create a visceral, inescapable experience.

Ultimately, this film isn't just about breaking boundaries; it's about **proving that you don't need permission to create**. If Disremember inspires even one person to pick up a camera and tell their story, then in my eyes, that's a success.

*Matthew Simpson*





# KEY ART

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3:4

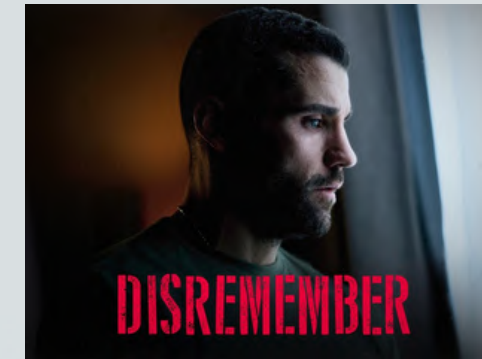
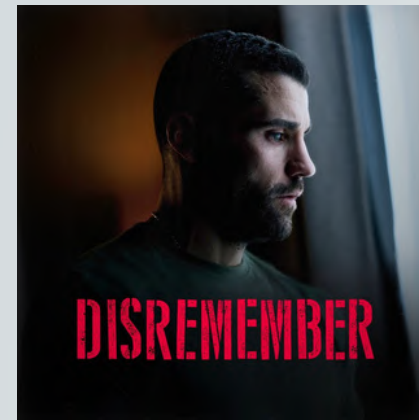
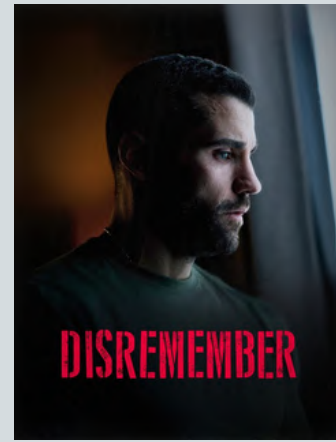
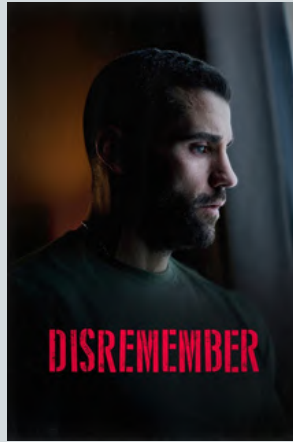
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4:3

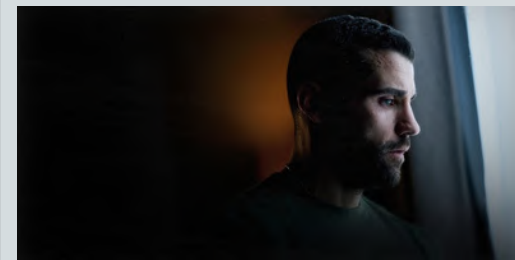
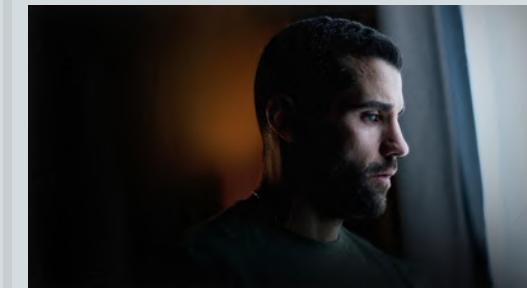
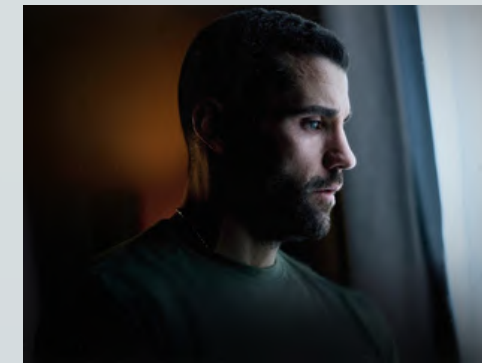
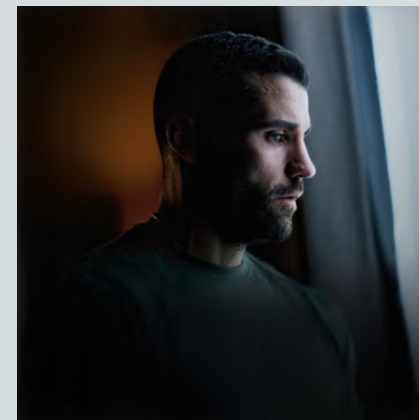
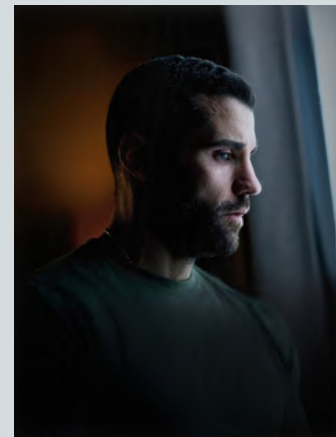
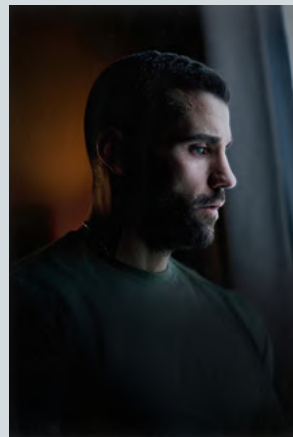
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2:1

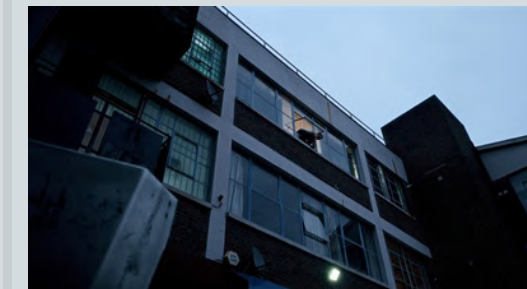
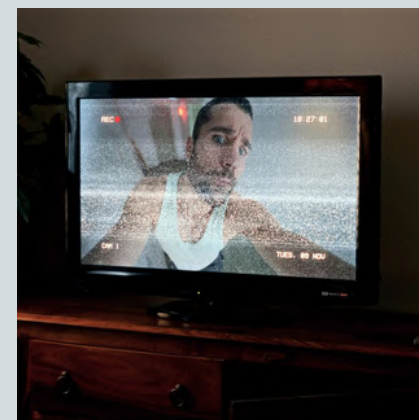
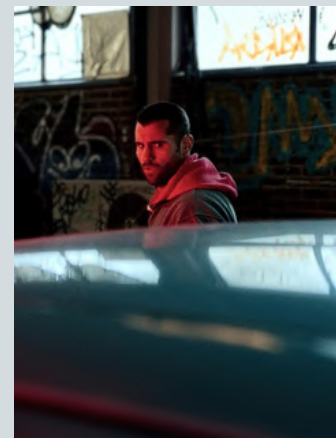
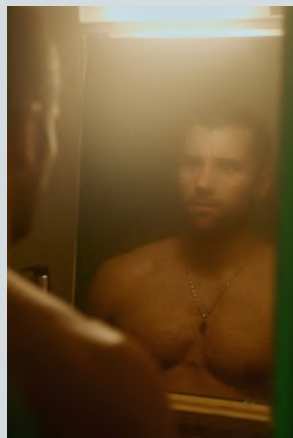
**Key Art**  
With Program  
Logo



**Key Art**  
Without Program  
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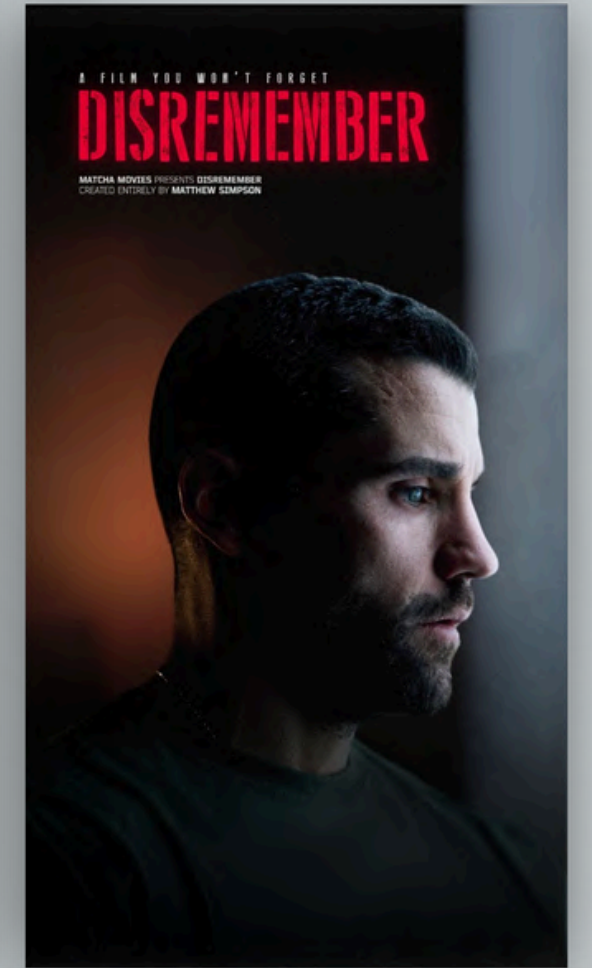


**Stills**



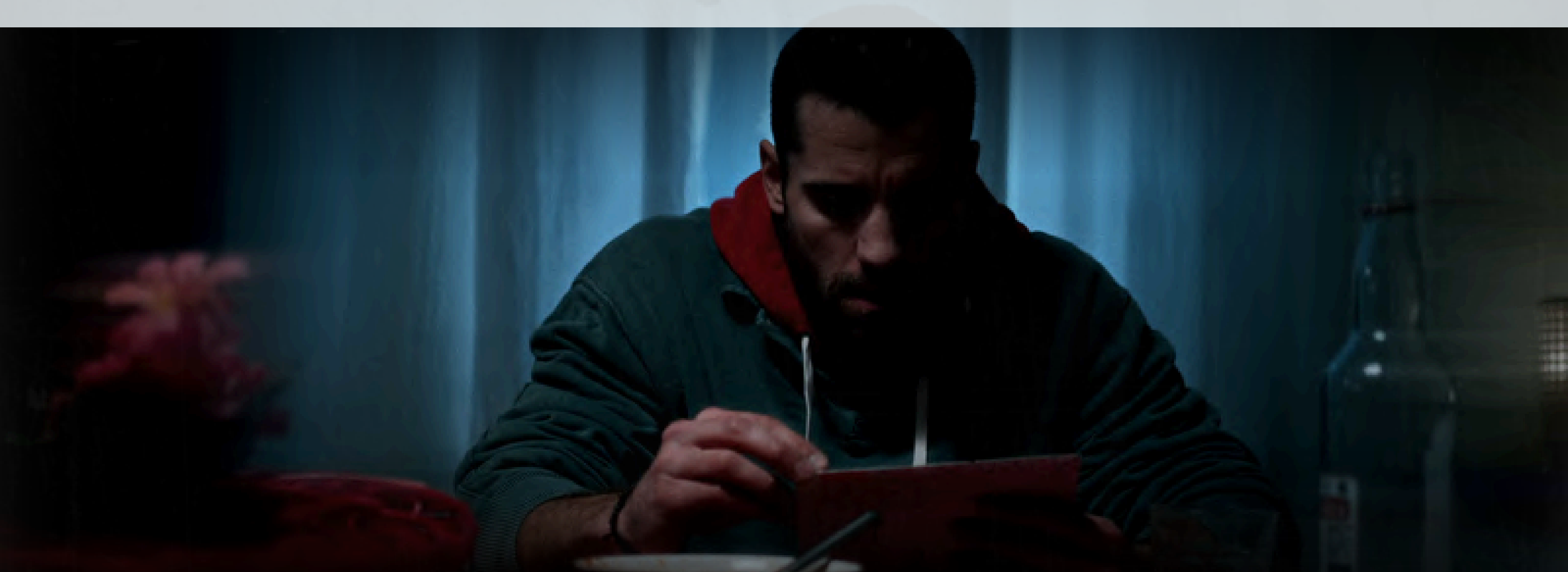
# ARTWORK

## EXAMPLES



***“It’s an incredible level of filmmaking achievement.”***

Cleveland International Film Festival



***“Being a crew of one is a very extreme limitation in making a film,  
so i’m extremely impressed by the result.”***

Cleveland International Film Festival

# FAQ

## **Why did you decide to make a film completely on your own?**

I love films, I love a challenge, and I wanted to prove that filmmaking doesn't have to be out of reach. While filmmaking is usually collaborative, not everyone gets that chance—99% of actors and filmmakers aren't working. So, I wanted to show that it's possible to do it alone, even with limited resources and money. My hope is that it sparks curiosity and inspires others to push their creative boundaries. I've also been part of several unfinished projects. This was my way of seeing one through—no matter what.

## **How long did the film take to make?**

It was a three-year journey spread over eight years. Writing took the longest due to the challenge of crafting an engaging one-person film. The next major hurdle was finding the right location—since I was working alone, I didn't want to cheat too much with setups. I needed a single space that worked. Luckily, I found it. Filming was 20 intense days, and post-production took just over a year. Every stage was a huge learning experience.

## **How did you approach filming as a one-person crew?**

I knew it would be intense, so I storyboarded the entire film in 3D beforehand—so when I was fatigued and on the edge, I always had something to fall back on. To keep the cinematography dynamic, I used POV and snorricam shots to enhance the subjective storytelling. I also placed the camera inside and on objects to make the audience feel like part of the character's world. Wherever possible, I added camera movement to avoid a static feel—including a face-tracking gimbal for automatic pan and tilt. When it worked, it was amazing. When it didn't, I was darting around the room trying to get it to lock onto my face.

## **Was it difficult to direct yourself as the lead actor?**

Acting is where I'm most comfortable, but when filming, it was often the last thing on my mind—which wasn't always ideal. Let's just say, if I look stressed or angry in a scene, it's probably genuine. More than likely, it was the tenth take after realising I forgot to switch my mic on!

## **What were the biggest challenges of making *Disremember* alone?**

Every stage had its struggles. Writing took time to refine. Filming was physically and mentally exhausting. Post-production—especially sound design—felt like going back to school. But pushing through these challenges made it all the more rewarding.

## **How did you fund the film?**

This was a completely self-funded, no-budget film—if that's even a thing. I bought some kit, rented a few pieces, and covered costs for props and the location. But keeping expenses as low as possible was one of my main goals. I wanted to prove that a feature film could be made with almost no money.

## **Who is *Disremember* for?**

Anyone who loves psychological thrillers, indie cinema, and experimental storytelling. It's also for filmmakers and creatives looking to push boundaries and see what's possible outside traditional industry structures.

## **Do you think *Disremember* could inspire other solo filmmakers?**

I hope so. *Disremember* proves that one person can make a feature film with enough dedication. If this film inspires even one person to pick up a camera and tell their story, that's a win.

# FURTHER INFO

Disremember is currently submitted to multiple other festivals, with upcoming screenings to be announced.

For the latest updates on festival selections and premiere details, visit:

**WEBSITE** 

[www.disremembermovie.com](http://www.disremembermovie.com)

**IMDb** 

[www.imdb.com/title/tt3045851/reference/](http://www.imdb.com/title/tt3045851/reference/)

**INSTAGRAM** 

[https://www.instagram.com/disremember\\_movie/](https://www.instagram.com/disremember_movie/)

***"Make visible what, without you, might perhaps never have been seen."***

Robert Bresson

[www.disremembermovie.com](http://www.disremembermovie.com)

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