

# JESSICA REGAN'S HIT SOLO SHOW

## 16 POSTCODES TO MAKE LONDON PREMIERE AT

### KING'S HEAD THEATRE

Link to assets: <https://www.transfernow.net/dl/20251021CCweYz0H>

Following its critically acclaimed sell-out run at Edinburgh Festival Fringe 2024, **The Spontaneity Shop** today announces **Jessica Regan's** solo show **16 Postcodes** will make its London premiere at **King's Head Theatre**. The production opens on 26 February, with previews from 25 February, and runs until 8 March 2026.

*16 Postcodes*, which enjoyed a sold-out run at the Pleasance Theatre in 2024, is an autobiographical piece chronicling the challenges of surviving in London's crumbling private rental market. Actor, writer, and hit podcast *The Guilty Feminist* regular, Jessica Regan, tells stories from each of the sixteen postcodes which she has rented in over her 20 years in London. Audiences are invited to participate, electing which stories are told each night, making each performance unique.

Writer and performer **Jessica Regan** says today *"It is only right and proper that 16 Postcodes has its run in the city of its origin. London is the backdrop and the love interest, and I'm so thrilled to share these stories that I know will connect with anyone who's tried to make a life for themselves in a city that bewilders as much as beguiles. With The Renters Rights bill coming into effect next year, I think it couldn't be more relevant to my fellow Londoners, and if the reaction is anything like what we experienced in Edinburgh it will be very special indeed. I am so happy to bring it to the King's Head, a venue which just epitomises the best of London - community, creativity and joyful inclusion."*

**The Spontaneity Shop presents**

## 16 POSTCODES

Written by and starring **Jessica Regan**

Lighting and sound by **Jamie Beamish**; Movement direction by **Ira Mandela Siobhan**; Music Composition by **Claire Regan**; Art by **Ruth Everett**; Photography by **David Emery**; Digital art by **Chris Lincé** of Stage Fright Films

25 February – 8 March 2026

**Press Night: 26 February**

Twenty years, 16 postcodes, one city.

*16 Postcodes* shares lessons lived and learned from a life in no particular order. Each show is drawn from true tales of love and landlords, of mice and men and more, told with help from the audience who will play their part in her odyssey as she moves North, South, East and West. This is a journey thought an impenetrable city with an all-too-open heart. You'll laugh, you'll cry, you'll rent cos you can't afford to buy...

**Jessica Regan** is an award-winning Irish actor, writer and podcaster. Her theatre credits include *STRIKE!*, *The Sweet Science Of Bruising* (Southwark Playhouse), *Henry V* (Regent's Park Open Air Theatre), *Long Day's Journey Into Night* (Bristol Old Vic, Wyndham's Theatre, BAM New York, Wallis Annenberg Los Angeles), *Liola*, *The Kitchen*, *The Cherry Orchard*, *Blood and Gifts* (National

Theatre), *Coalition* (Pleasance Theatre), *Stars in the Morning Sky* (Belgrade Theatre) and *The Flags* (Royal Court Liverpool). Her television credits include *Doctors* (series regular Dr Niamh Donoghue - Royal Television Awards Best Actress, The British Soap Awards Best Newcomer), *Ill Behaviour*, *Call the Midwife* and *Peep Show*. Regan is a regular contributor to *The Guilty Feminist*, she co-wrote a book about the history of Hollywood and the Academy Awards called 'Best Pick', based on her hit podcast of the same name.

## **16 POSTCODES**

## **LISTINGS**

### **King's Head Theatre**

116P Upper St, London, N11QP

**Box Office:** 0207 226 8561

<https://kingsheadtheatre.com/whats-on/16-postcodes-jhby>

25 February – 8 March 2026

**Press Night: 26 February**

### **Performance Schedule:**

Wednesday 25 Feb - 9:00pm

Thursday 26 Feb - 9:00pm

Friday 27 Feb - 9:00pm

Saturday 28 Feb - 8:00pm

Sunday 1 March - 3:00pm and 6:00pm

Tuesday 3 March - 9:00pm

Wednesday 4 March - 9:00pm

Thursday 5 March - 9:00pm

Friday 6 March - 9:00pm

Saturday 7 March - 8:00pm

Sunday 8 March - 8:00pm

For further information, please contact:

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## **NOTES TO EDITORS**

### **ABOUT THE SPONTANEITY SHOP**

The show is produced by **Tom Salinsky** for The Spontaneity Shop, which produces the acclaimed *Guilty Feminist* podcast with Deborah Frances-White and recently brought the new play *The Gang of Three* to The King's Head which was a resounding critical and commercial success.

### **ABOUT KING'S HEAD THEATRE**

King's Head Theatre is a purpose-built, wheelchair accessible theatre with a 200-seat flexible auditorium and 50-seat cabaret space off Upper St, Islington. The theatre showcases a wide range of performance styles from plays to musicals, opera to cabaret, and drag to comedy.

Established in 1970, King's Head Theatre was the oldest pub theatre in the UK until it closed its doors in August 2023. For 53 years, the theatre was housed in the back room of the King's Head Pub on

Upper Street in an old boxing ring and pool hall. In January 2024, the new theatre was opened in Islington square, right behind the pub.

Under Artistic Director & Founder Dan Crawford, whose tenure lasted 35 years until his death in 2005, the theatre became known as a breeding ground for new talent and great work. Renowned actors like Maureen Lipman, Hugh Grant, Jennifer Saunders, Dawn French, Alan Rickman & Richard E Grant all performed at the theatre. A number of productions also transferred to the West End and Broadway, and the venue premiered work from writers such as Steven Berkoff, Tom Stoppard, Bryony Lavery and Victoria Wood.

In 2010, the Olivier Award-winning company Opera UpClose Productions became the theatre's resident company for four years. With Adam Spreadbury-Maher as Artistic Director, the company turned the King's Head into "London's Little Opera House", winning an Olivier Award for *La Boheme* in the Best New Opera category. More recently, the theatre has developed a commitment to emerging, daring and innovative work, such as *Trainspotting*, the Edinburgh Fringe and touring immersive hit which was developed by King's Head Theatre.

The theatre showcases a lot of LGBTQ+ work which explores the full spectrum of experiences symbolised by the rainbow flag. It is a home for a new wave of theatre makers, with a focus on work which is joyful, irreverent, colourful & queer.

In the first two years of the new King's Head, the theatre has showcased work from artists such as Rob Madge, Luke Bayer, Olivier award-winner Shaun McKenna, triple Fringe First winners Xhloe & Natasha, *Heartstopper's* Cormac Hyde-Corrin, Lauren Ward, Josie Benson, Rosie Day, and Jo Foster and Harrison Osterfield, as well as establishing a successful annual family pantomime.