

# A life (inside)

## **A first-time mums world becomes frighteningly small**

Thrilled to become a mum Carrie's confidence is shattered when the pandemic hits. Her excitement and resilience crumble on the maternity unit floor, split apart from her partner, and forced to labour alone with Covid. Her trauma becomes entwined with lockdown and ten months on we see the lasting effects on her and her young family.

Written using a tapestry of first hand accounts, A Life Inside explores a side to the pandemic that has affected thousands of women, whilst tackling the taboos of shame and guilt surrounding motherhood.

### **Credits**

Carrie - Laura Lamb

Mark - Tom Ashley

Midwife - Lizzie Muncey

Layla - Marnie Lamb

Writer - Laura Lamb

Director - Nicole Rixon

Producer - Lily Gee

Executive Producer - Laura Lamb

Cinematographer - Tom Bradley

Camera Assistant - Maeve Malen

- Adam Richards

Sound Recordist - Ben Ring

Art Director - Killian Fallon

Hair & Makeup Artist - Chloe Dixon

Production Assistant - Caroline Hajny

Sound Design - Mark Hodgkin

Colourist - Juliette Wileman

Supporting Artwork - Nick Arthur Daniel

Photography



## **SPLIT APART AT SUCH A CRUCIAL MOMENT TOOK SOME TIME TO COME BACK FROM**

### **Overview**

**Title:** A Life Inside

**Genre:** Drama

**Run Time:** 6.45 minutes

**Date Completed:** October 2021

**Format:** Digital

**Aspect Ratio:** 16:9

**Sound Mix:** Stereo

**Country:** UK

**Language:** English

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