

DANCING ON ICE STAR LOU SANDERS HITS THE ROAD WITH A NEW STAND-UP SHOW FOR 2025

Enormously enjoyable hour of stand-up from one of comedy's most unique voices.... Irresistibly good

Alice Jones, The I ★★★★★

Full time cutie pie **Lou Sanders** announces her biggest UK tour to date for 2025 with a brand-new stand-up show *'No Kissing In The Bingo Hall'*.

The critically-acclaimed stand-up and co-host of award winning *Unforgivable*, will perform 38 dates from Thursday 20th February 2025.

Tickets go on sale on general sale on Friday 19th January, with [an exclusive mailing list pre-sale](#) on Thursday 18th January, and can be found at [Lousanders.com](https://lousanders.com)

An internationally-acclaimed stand-up comedian, Lou presents her most personal show yet (but fully clothed). Lou said of the show: *"Just like Tom Cruise does all his own stunts, I'm going to do all my own jokes!"*.

Lou has toured her live shows to packed houses across the world and regularly receives rave reviews. One of Britain's most original comedians, Lou is consistently a critic's and audience favourite who has been named a top comedian to see by publications including The Guardian, The Scotsman, The List, The Mirror and the Evening Standard.

Away from the stage, Lou published her debut book, the delightfully gritty memoir *'What's That Lady Doing? False Starts and Happy Endings'* which she said *"seems to have connected with women over thirty five, alcoholics and other vulnerable cross sections of humanity"*. Delving into a rich variety of topics including her sexual harassment, overcoming shame, trauma, and discovering spirituality with her trademark humour, honesty and vulnerability. The book was described by The Guardian as *"a moving, hilarious and generally astonishing memoir"*, and made the top ten biographies on Audible. She also writes regular columns for The Guardian and Metro.

Lou currently stars in ITV's *Dancing On Ice* which is filming now and airing until March, and she can also be seen in the fourth series of *Unforgivable* which Lou co-hosts with Mel Giedroyc and saw them crowned Best Entertainment Programme at the Broadcast Digital Awards. Lou recently hosted an episode of *Live At The Apollo* which aired on BBC One recently. Lou is also a previous *Taskmaster* champion, and she has featured on *The Late Late Show with James Corden* (CBS), *8 Out Of 10 Cats Does Countdown* (Channel 4), *QI* (BBC Two), *Travel Man* (Channel 4), *Hypothetical* (Dave), *8 Out of 10 Cats* (Channel 4) to name a few of her TV appearances. Lou can regularly be heard on *The Unbelievable Truth* (BBC Radio 4), while she has been a guest co-host on live radio shows on Virgin Radio, BBC Radio 5 Live and Radio X with names including *John Robins*, *Elis James* and *Ed Gamble*.

WHAT THE PRESS HAVE SAID ABOUT LOU SANDERS:

A Fringe comedian who leaves you wanting more? I'll take that deal

Dominic Maxwell, The Times ★★★★★

Lou Sanders deserves a Comedy Award nod for this show...her best show yet

Bruce Dessau, Evening Standard ★★★★★

Sanders is a fearless pioneer

Si Hawkins, Fest Mag ★★★★★

She's terrific

Brian Logan, the Guardian ★★★★★

Thank the comedy Gods

Steve Bennett, Chortle ★★★★★

the breakout star is clearly Lou Sanders, an unexploded bomb of a woman who manages to introduce an element of violent jeopardy into everything she does

Stuart Heritage, The Guardian

Say Hello To Your New Step-Mummy, should cement her as a comic who is unique and to be treasured... another impressive show from Sanders: courageous, funny and unique

Paul Fleckney, Chortle ★★★★★

Brilliantly funny, at times throwing away improvised jokes that are better than you'll see in another act's show...stand-up gold

John Stansfield, The Skinny ★★★★★

It's bold and empowering and it's absolutely, resolutely Lou Sanders at her best

Chiara Margiotta, Edinburgh Festivals Magazine ★★★★★

Punchy and wild anecdotes prove honesty is the best policy

Craig Angus, The List ★★★★★

It's impossible not to like Sanders. She wears her heart on her sleeve and is effortlessly funny

Jane Darcy, The Reviews Hub

For more information please contact: **Florrie Sheehan** at fsheehan@avalonuk.com or 0207 598 7222