# Virginia Gay Discusses Struggles and Successes in Recent Interview at Adelaide’s Henley Beach



Virginia Gay, known for her roles in Channel 7’s "All Saints" and the ABC’s "Savage River," recently discussed her experiences and upcoming projects during an interview at Adelaide’s Henley Beach. Gay, who has recently been diagnosed with attention deficit/hyperactivity disorder (ADHD), has been navigating this revelation while managing her varied career.

Born in Australia, Gay recently returned from London, where she worked on her play "Cyrano," which will debut at the Edinburgh Festival in August. She is now in South Australia, where she serves as the artistic director of the Adelaide Cabaret Festival, a position that showcases her enthusiasm for the performing arts.

During the interview, Gay shared how her ADHD diagnosis has changed her perspective on her work and personal life. She has learned to work with her brain's natural rhythms, which has reduced her anxiety and improved her productivity.

The Adelaide Cabaret Festival, which runs from June 7 to 22, is where Gay aims to push the boundaries of cabaret, promising a vibrant mix of performances. She named several acts she’s excited about, including Darby James’s "Little Squirt" and Mel & Sam’s "The Best Of," highlighting the diversity and energy of the festival.

Gay expressed her excitement for the festival, noting the unique community atmosphere it fosters. Her passion for storytelling and performance remains evident as she embraces her role as a festival director while preparing for her next creative endeavors.