

AUGUST IN ENGLAND

Self-care
guide and
content
warnings



Bush Theatre

August in England self-care guide and content warnings

We know this show might be challenging to engage with for some audiences, especially if you're affected by the content.

We hope the information and resources in this document will help audiences experiencing the show, and support planning for anyone who may be concerned about their visit.

What is this document?

This document contains information about ways to look after yourself, before you watch, while you're at the theatre or after the play.

It also contains detailed information about the show in order to describe what you should expect when attending. This includes information about the content warnings, the space, lighting and sound, and further access information.

Please note that by discussing the content of the show, the below information will contain key plot points and descriptions of what happens in the performance.

What is self-care?

The concept of self-care comes from the Black Feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced. Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

In writing this document, we were inspired by recent approaches taken by several other companies, especially the Clean Break and Nouveau Riche teams.

About the show

August in England is a one-man show, written and performed by Lenny Henry. Lenny Henry plays August Henderson.

Charming, flawed, and with the gift of the gab, we all know a man like August Henderson. Between his three kids, devoted wife-to-be, and part-ownership of a fruit and veg shop, he is proud of the life he has built since landing in his beloved West Bromwich.

So, when faced with deportation to a country he has no memory of, he isn't prepared to go quietly. Listen up, he is ready to tell his own story.

Content warnings

The below information contains key plot points.

Skip this section if you want to avoid spoilers.

This show contains:

- strong language
- references to violence
- sexual references
- themes of excessive drinking
- discussion of Empire and colonialism
- themes of grief and bereavement
- discussion of racism
- discussion of terminal illness, death and grief
- discussion and depiction of deportation, immigration enforcement and incarceration.

This show also contains:

- flashing lights
- a moment of bright white light
- a moment of complete darkness
- loud music
- haze throughout.

Helplines & Support

Mind

Provides advice and support to empower anyone experiencing a mental health problem

mind.org.uk or 0300 123 3393

Black Minds Matter

Connects Black individuals and families with free mental health services, by professional Black therapists to support their mental health.

blackmindsmatteruk.com

The Black, African and Asian Therapy Network

Specialises in supporting people who identify as Black, African, South Asian and Caribbean.

baatn.org.uk

Samaritans

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

samaritans.org or 08457 90 90 90

Right to Remain

Provides information, resources, training and assistance to help people to establish their right to remain.

righttoremain.org.uk

Self-care suggestions

Watch with someone

Bring a friend or someone you trust to the theatre to watch with you.

Talk to someone

If you find the content Favour distressing try talking to someone you trust or contacting one of the organisations we listed above.

Breathe

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.

Try a Grounding Exercise

Grounding exercises are things you can do to bring yourself into contact with the present moment to relieve distress.

There are many ways you can do this:

1. Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands, have a shower or drink some water.

Find some nature

Look out of the window or go for a walk if you can, experiencing nature can be beneficial to our wellbeing and help us feel grounded. Shepherd's Bush Green is only a short walk from the theatre, and the Bush has a terrace with outdoor seating.

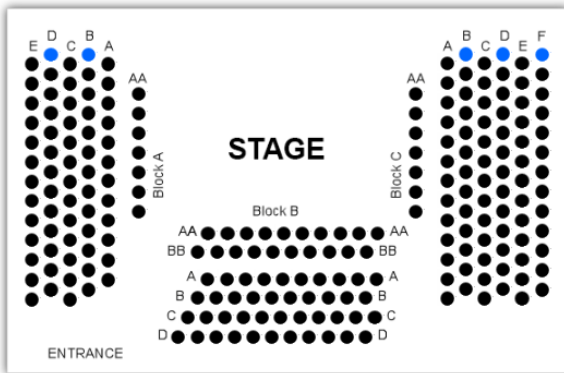
Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much. Walk away, turn it off, do what feels right for you.

The performance space & access information

This show will take place in the Holloway Theatre, which is the larger of our two performance spaces. For this performance, the space will be in a 'thrust' arrangement, meaning the seats are arranged on three sides of the stage.

The maximum capacity is 218. Access to the Holloway Theatre is on the ground floor and the floor is level.



There is step free access to row A in Block A, B and C. Rows AA and BB are stepped down from ground level.

A wheelchair space is available to book for every show.

The toilets are situated on the first floor and are accessible via stairs or the lift. There is also an accessible toilet on the ground floor beneath the stairs which access patrons have priority to use.

The Bush Theatre aims to be as accessible as possible in everything we do. The whole building is accessible for wheelchair users, a hearing loop is available, and Assistance Dogs are welcome at every performance. Complimentary tickets for essential companions are also available.

**If you have any
questions or
would like more
information, don't
hesistate to get
in touch with our
team:**

**email:
boxoffice@bushtheatre.co.uk**

**phone:
020 8743 5050**