

A PLAYLIST FOR THE REVOLUTION

A young man and woman are sitting at a table in a cafe, drinking smoothies and talking. The woman is on the left, wearing a red dress, and the man is on the right, wearing a blue shirt. They are both looking at each other and smiling. The background is a blurred cafe interior with warm lighting.

**Self-care guide
& content warnings**

Bush Theatre

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.



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 if you are concerned about your visit.



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

The below information contains key plot points.
Skip this section if you want to avoid spoilers.

Jonathan meets Chloe at a wedding in Hong Kong and they have an incredible night, starting to fall for each other.

She returns to England where she is studying law. Jonathan goes back to classes at Hong Kong University where he studies economics.

The play follows them as they navigate their new, long-distance relationship. Their relationship starts because of a shared love of music, while their tastes are sometimes polar opposites. They share a Spotify playlist and chat online about their lives, their studies and their politics.

Jonathan starts learning an instrument, inspired by Chloe. One day in the music room he finds Mr Chu making a protest sign. He discovers Mr Chu is a janitor at the university, and through him learns about the protests that are occurring across the city (inspired by the real 2019 protests in Hong Kong).

As his relationship with Chloe is put under pressure, Jonathan develops an unlikely friendship with Mr Chu.

Jonathan is forced to make a choice about what he is willing to fight for, ultimately getting drawn in to the protests themselves as clashes between police and protestors become more violent.

Content guidance

This show contains:

- Use of strong language
- Depiction of smoking
- Infrequent references to sex and alcohol
- References to and discussion of suicide
- Frequent discussion of violence, death and grief
- References to and discussion of protest, police brutality towards protestors and human rights violations
- References to physical injury
- Depiction of weapons including prop Molotov cocktails
- One moment of fatphobic language

Lighting and Sound

This show also contains:

- A moment of intense strobe lighting, lasting approximately 20 seconds and culminating in a bright flash of light.
- Flashing and moving lights
- Frequent loud music
- Loud sounds, including low frequency drones and static noises
- Haze effects throughout
- Flashing projected images
- Moments of darkness

You are welcome to stay in the space for up to 15 minutes after the show if you need a moment.

Helplines & Support

Mind

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

[mind.org.uk](https://www.mind.org.uk) or 0300 123 3393

Hongkongers In Britain

An expat/diaspora and community-building group for Hongkongers, providing services including employment, legal and mental health support.

hongkongers.org.uk

Hearth Talk

Free consultation and talking therapies targeted at Hongkongers in the UK requiring psychological support.

hearthtalk.org

Nafsiyat

Provides short-term intercultural therapy in over 20 different languages, to individuals, groups, and couples.

nafsiyat.org.uk or 020 7263 6947

Chinese Information and Advice Centre

Free information, advice and support to disadvantaged Chinese people living in the United Kingdom.

ciac.co.uk or 0300 201 1868

Samaritans

Provides 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

samaritans.org or 116 123

Self-care suggestions

Watch with someone

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

Talk to someone

If you find the content distressing try talking to someone you trust, or try one of the organisations suggested 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.



Self-care suggestions

Try a grounding exercise

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

There are many ways you can do this. Here are some ideas:

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 or drink some water.

Find some nature

Look out of the window or go for a walk if you can; experiencing nature can help us feel grounded.

Shepherd's Bush Green is only a minute's walk away, 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.

Leave the auditorium, walk away, take a break. Do what feels right for you.

The performance space

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 184. 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.

A wheelchair space is available to book for every show.

Please note that due to the intimate nature of the performance space latecomers may not be admitted, and we cannot guarantee readmission once the performance has begun.

The set is a raised central wooden platform. It is surrounded by a sunken level, filled with blocks in the shape of high rise buildings, creating the impression of being high above a city skyline.



Access information

The Bush Theatre building has two theatre spaces – the Holloway Theatre and the Studio – as well as our Library Bar. There are two entrances to the building:

The first entrance is via the Bush terrace to the right hand side of the building, accessible via a ramp suitable for wheelchair users and buggies or via three steps. There is a red automatic double glass door.

From here the Box Office is to the left and the Library Bar and Gianni and Michael Alen-Buckley Script Library are beyond the Box Office around the corner. The Holloway Theatre entrance is just beyond the bar and to the right of the Script Library.

Access information

If you enter through **the front entrance** on Uxbridge Road through the porch up some steps, the theatre's Library Bar is straight ahead on the right, the Script Library is to the left, and the Box Office to the right. The entrance to the Holloway Theatre is straight ahead on the left.

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.

Discounted tickets for disabled bookers and free tickets for essential companions are 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**