

**Bush Theatre**  
**WEST END** —————



# RED PITCH

**Self-care guide  
& content warnings**

# What is this document?

This document was originally designed to support audiences attending performances of Tyrell William's *Red Pitch* at the Bush Theatre in September 2023, and has been re-purposed for the West End production from 15 March —4 May 2024 @sohplace.

We know this show might be challenging to engage with for some audiences, especially if you're affected by the content. 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 information about the show in order to describe what you should expect when attending.



## Contents:

- **About the show ---- 3**
- **Content guidance ---- 4**
- **Lighting and Sound ---- 4**
- **Helplines and support ---- 5**
- **Self-care suggestions ---- 6**
- **The performance space ---- 7**
- **Access information ---- 8**
- **Thanks and about self-care ---- 9**

# About the show

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

Bilal, Omar and Joey are three 16-year-old friends from South London. The play takes place inside of a football pitch - Red Pitch. The three friends meet most days to play football on this pitch, which is on the Reedbury Estate where they live in South London.

The story follows them practising for and going through trials for professional football scouts, with the ambition of being scouted for a professional team, while navigating relationships with girls, their families and their hopes for the future. Beyond the pitch, their estate is undergoing huge regeneration, with many families having to move away and local businesses closing.

Omz cares for his disabled grandfather and little brother, while Joey's family are the first to move away from the estate. When Joey is the only one to get scouted, the friendship group fractures and fights break out. There is physical violence between them. They try to find a way to exist without each other, with Bilal starting a YouTube channel to show off his football skills, but it's clear that something is missing for all of them.

Joey comes back for his farewell game, and it becomes clear that Omar will be the next to leave. The friends make up, playing a final match on Red Pitch. They leave, one deflated ball all that remains.

The play explores what it means to belong to a place, especially when that place is under threat from gentrification and encroaching development. It also explores the dynamics of this friendship group as the boys come of age.

# Content guidance

This show contains:

- Strong language throughout
- Scenes of physical violence & descriptions of violence and blood
- References to sex & excessive alcohol consumption
- Discussion of physical illness, medical diagnosis, medication and disability
- Discussion and depiction of being a young carer
- Discussion of ageing and death
- References to and discussion of protest
- Discussion of gentrification
- Depiction of intense physical exercise

## Lighting and Sound

This also contains:

- Loud sounds, including high frequency sounds and consistent ambient noise
- Loud music, including low frequency bass sounds
- Flashing lights, including sustained moments of strobe lighting.
- Intermittent moments of darkness
- Haze effects throughout

This production is still in development. More information will be available closer to the time of the performances.

**Performances of *Red Pitch* last around 90 minutes with no interval.**

# 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

## **BLACK MINDS MATTER**

Provides free, 1:1, culturally relevant therapy for Black people in the UK. [blackmindsmatteruk.com](https://blackmindsmatteruk.com)

## **The Black, African and Asian Therapy Network**

Support services for people who identify as Black, African, South Asian and Caribbean. [baatn.org.uk](https://baatn.org.uk)

## **Family Lives**

Provides targeted early intervention and crisis support to families. [familylives.org.uk](https://familylives.org.uk) or 0808 800 2222

## **Carers Network**

Provides support to unpaid carers across Westminster, Hammersmith & Fulham and Kensington & Chelsea.

[carers-network.org.uk](https://carers-network.org.uk)

## **Shelter**

Offers one-to-one, personalised help with housing issues and homelessness, including via a free emergency helpline.

[shelter.org.uk](https://shelter.org.uk) or 0808 800 4444

## **The Empowerment Group**

Supporting the Black adult community with culturally appropriate therapy to improve their mental health.

[theempowermentgroup.co.uk](https://theempowermentgroup.co.uk)

# Self-care suggestions

## **Before the show**

Read the story summary on page 4 to give you a clearer and more detailed idea of what will happen to help you prepare.

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

## **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.

## **After the show**

If you find the content distressing try talking to someone you trust, or try one of the organisations suggested above. Also, try finding some nature - look out of the window or go for a walk if you can; experiencing nature can help us feel grounded. Soho Square is only a minute's walk away.

## **Know if you need to step away**

There is nothing wrong with deciding this isn't for you or it's too much. You can leave the auditorium, walk away, take a break. Do what feels right for you. Staff can help you find a moment to re-enter, when you're ready.

## **Try a grounding exercise**

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

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.

# The performance space

**This show will be performed @sohplace.**

@sohplace is London's newest West End theatre. It has a flexible 602 seat auditorium, laid out in the round. This means there are seats on all four sides of the stage.

Seats are across three levels. The stalls is the lower level, and has between four and six rows of seats. There are two balconies, with between one and two rows of seats. Some seats are higher off the ground with arm and foot rests.



@sohplace have a large cloakroom that can be used by all patrons free of charge, and request that bags bigger than an A4 piece of paper are checked into the cloakroom.



## **Access information**

There is lift access to each level of the theatre, bars and a unisex adaptable toilet on each level of the theatre.

The foyer of the theatre is step free from street level.

To access the stalls there are 28 stairs up from street level.

To access the First Balcony there 46 steps from street level.

To access the Second Balcony there 64 steps from street level.

Guide dogs and hearing dogs are welcome. For comfort we recommend purchasing a seat on the end of a row.

### **For more information:**

visit [sohoplacE.org/accessibility](https://sohoplacE.org/accessibility), call 0330 333 5962 or email [access@sohoplacE.org](mailto:access@sohoplacE.org).



# Thanks and about self-care

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.

Thank you to Clean Break for bringing their care practices, including Self-Care Guides, to the Bush Theatre during our co-production of *Favour* (2022). As that document explains;

***“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.”***

In writing this document, the Bush Theatre is grateful to the recent approaches taken by several other companies, especially Clean Break and Nouveau Riche.

**Clean Break** is a theatre company working with women with lived experience of the criminal justice system or at risk of entering it. [cleanbreak.org.uk](https://cleanbreak.org.uk)

**Nouvea Riche** is a multi award-winning creative movement, who create and nurture new writing that is thought provoking, challenging and culturally inclusive. [nvrch.com](https://nvrch.com)

# Bush Theatre

We make theatre  
for London. Now.

Opened in 1972, the Bush is a world-famous home for new plays and an internationally renowned champion of playwrights. We discover, nurture and produce the best new writers from the widest range of backgrounds from our home in a distinctive corner of west London.

The Bush has won over 100 awards and developed an enviable reputation for its acclaimed productions nationally and internationally. We are excited by exceptional new voices, stories and perspectives – particularly those with contemporary bite which reflect the vibrancy of British culture now.

Located in the renovated old library on Uxbridge Road in the heart of Shepherd's Bush, the Bush continues to create a space where all communities can be part of its future and call the theatre home.



Supported by  
**ARTS COUNCIL**  
ENGLAND



**[bushtheatre.co.uk](http://bushtheatre.co.uk)**