

A street scene at dusk. On the right, a red brick building has a black sign with yellow text that reads "Bush Theatre". Below the sign, a large white word "TENDER" is superimposed over the image. At the bottom, white text reads "Self-care guide & content warnings". In the background, a red double-decker bus is visible on the left, and a woman in a beige coat is standing on the right. The sky is a pale blue-grey.

Bush Theatre

TENDER

Self-care guide
& content warnings

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 hope the information and resources in this document will help audiences experiencing the show, and support planning if you are concerned about your visit.

All of the information here was accurate when we put this guide together. As the production is in development, the details may change and we will update as soon as possible.

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What is 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) 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**

“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.” - Clean Break

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

About the show

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

Two women. A chance meeting. Giddy kisses they never should have shared. *Tender* is the story of two people who find each other without even knowing they were looking.

Ivy has it all sorted. She's got a lovely flat, a doting boyfriend, she knows exactly where it's all headed. Except there's the thing she never thinks about, the thing she cut out of herself and hid deep in her teenage bedroom.

Ash is in a bit of a mess. She's got no idea what's next, just broke it off with her fiancée, and can't help shake the feeling her new flat has a heart beating somewhere inside the walls...

Tender is a surreal, touching, surprising almost-love-story. Ivy and Ash meet unexpectedly and start a romance. But secrets hang between them, and as their lives unravel it becomes clear they are more closely connected than they had thought.

Content guidance

This show contains:

- Use of strong language
- Intermittent discussion and description of physical violence, injury and blood
- Depiction and discussion of mental illness
- Depiction of stalking behaviours and references to harassment and intimate partner violence
- References to and description of sex and pornography
- References to pregnancy loss
- References to biphobia and bi-erasure
- Depiction of alcohol consumption

Lighting and Sound

This show may contain:

- Loud noises
- Flashing lights
- Haze effects

This production is still in development. More information will be available nearer the time of performance.

Helplines & Support

Mind

Advice and support to empower anyone experiencing mental health problems. [mind.org.uk](https://www.mind.org.uk) or **0300 123 3393**

Agenda

Support and protection for women and girls at risk of abuse, poverty, poor mental health, addiction, homelessness and contact with the criminal justice system. [weareagenda.org](https://www.weareagenda.org) or **0203 883 7792**

With You

Provides free, confidential support with alcohol, drugs or mental health from both their local services and online. [wearewithyou.org.uk](https://www.wearewithyou.org.uk)

Rethink Mental Illness

Offers support through a diverse range of mental health services and support groups. [rethink.org](https://www.rethink.org)

Galop

Provides helplines and support for LGBTQ+ people who have experienced hate crime, sexual violence or domestic abuse. [galop.org.uk](https://www.galop.org.uk) or **0800 999 5428**

Switchboard

Listening services, information and support for LGBTQ+ people. [switchboard.lgbt](https://www.switchboard.lgbt) or **0800 999 5428**

Samaritans

Provides 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. [samaritans.org](https://www.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.

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.

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.



The performance space

This show will take place in the Bush Theatre Studio, which is the smaller of our two performance spaces.

Access to the Studio is on the ground floor and the floor is level. There is step free access to the front row. A wheelchair space is available to book for every show. Seating is otherwise unreserved.



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.

More information about the layout and design of the performance space will be available nearer the time of the performance.



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 Studio is immediately to the right, down a corridor with floor-to-ceiling windows. 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 and Studio 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**