

A street scene at dusk. On the right is a large red brick building with a black sign that reads "Bush Theatre" in yellow. A double-decker bus is visible on the left, and several people are walking on the sidewalk. The sky is a pale blue.

Bush Theatre

NOT YOUR SUPERWOMAN

**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.

Contents

What is self-care? ---- 3

About the show ---- 4

Content guidance + Lighting and Sound ---- 5

Helplines and support ---- 6

Self-care suggestions ---- 7

The performance space ---- 9

Access information ---- 10

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.

Mother and daughter - Joyce and Erica - travel to Guyana together to spread their matriarch's ashes near her home.

Throughout their trip, Joyce and Erica navigate a tumultuous relationship, as well as their grief surrounding the death of their mother/grandmother, Elaine.

Reflecting on their memories with Elaine, both fond and challenging, Elaine's death triggers Joyce and Erica to confront the difficulties in their relationship with each other, the repeated patterns and the cycle of inherited trauma.

On the trip Erica finds out she is pregnant, and questions whether to keep the baby or not. We also learn that Joyce had a miscarriage, and sometimes has nightmares of an early childhood memory from Guyana.

Together, Erica and Joyce question what a good mother/daughter relationship looks like, reflecting on their past and looking forward to the future - hoping to break the toxic cycle of hurting each other and pushing things away that hurt.

Golda Rosheuvel plays Joyce. Letitia Wright plays Erica. They take it in turns to embody Elaine.

Content guidance

This show contains:

- Discussion of grief and death
- Discussion of pregnancy, pregnancy loss, miscarriage and abortion
- Discussion of mental illness, depression, and anxiety, including depiction of panic attacks
- References to memory loss, age related illness and dementia
- References to violence
- Themes of generational trauma
- Depiction of drunkenness and smoking of marijuana
- Strong language throughout
- The smoking of a herbal cigarette onstage.

Lighting and Sound

This show also contains:

- Loud noises, including loud music
- Flashing projected images
- Flashing and flickering lights
- Moments of bright lights pointing towards the audience (particularly for seats in Blocks A and C)
- Haze effects throughout
- Two moments of complete darkness (at the beginning, and at the end)

Please note, **dessicated coconut** is used as a prop in the show. If you have any allergy concerns, please get in touch on info@bushtheatre.co.uk.

The show lasts approx 1 hour 25 mins, with no interval.

Helplines & Support

Black Minds Matter UK

Free, one to one, culturally relevant therapy for Black people in the UK. blackmindsmatteruk.com

Aashna

Therapists working to recognise the ways in which culture, faith, colour, background, sexuality, gender and neurodiversity affect people's experiences. aashna.uk

The Good Grief Trust

Run by bereaved people, helping those experiencing grief. Provides information and support on grief and bereavement, including a map of bereavement services. thegoodgrieftrust.org

Samaritans

Provides 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. samaritans.org or 116 123

Hub of Hope

UK-wide mental health service database. Lets you search for local, peer, community, charity, private and NHS mental health support. hubofhope.co.uk

Women's Aid

A grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated. womensaid.org.uk

Sands

Offers support to anyone affected when a pregnancy is lost or a baby dies, including via a free helpline. sands.org.uk or 0808 164 3332

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 Holloway Theatre, which is the larger of our two performance spaces.

Access to the Holloway Theatre is on the ground floor and the floor is level. There is step free access to row A in all banks. 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.

If you are late or leave during the performance, you may need to wait for an appropriate moment to enter the performance space.

For this production, the seating will be on three sides of a central performance space. The stage is a diamond shape, and there are two diagonal rows of seats at levels stepped down from ground level. The back walls of the diamond stage space are gauze, which have images and video projected on during the show.



Access information

The Bush Theatre building has two theatre spaces – the Holloway Theatre and the Studio – as well as our Library Bar.

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

Access information

The door on Uxbridge Road through the porch up some steps is exit only.

The toilets are situated on the first floor and are accessible via stairs or the lift. These are non-gendered.

There is a single-use cubicle on the ground floor which is accessible (right-hand transfer), has baby-changing facilities, includes a sink within the cubicle and has floor-to-ceiling walls.

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**