

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 window displays a red and white advertisement for "THE BOOK OF MORMON". On the left, a red double-decker bus is visible. The street is paved with light-colored stones, and several people are walking. A black dog is in the foreground. The sky is a pale blue.

Bush Theatre

SWEETMEATS

**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.

Hema and Liaquat meet at a type 2 Diabetes management course which they are both attending to help them get their health under control. After being referred three times, Liaquat finally commits to the course and partners up with Hema for workshop tasks. Liaquat is not as dedicated as Hema is in taking his health seriously, much to Hema's frustration initially.

As the pair attend the sessions, they get to know and understand each other better, becoming friends. Outside of the sessions, Liaquat, unapologetic and afraid to break the rules, influences Hema to take more risks and enjoy all the world has to offer. From eating sweet treats for the first time in years, to shoplifting a mango, Liaquat awakens something in Hema she long thought she had outgrown - a sense of joy, connection and feeling alive.

In return, Hema helps Liaquat learn to take care of himself, teaching him to cook and how to monitor and manage his diabetes. As they grow closer, they both share that they have lost their partners in the past, and together support each other through managing their grief.

Facing both the complications and joys of a new romantic connection, and with Liaquat facing the pull of moving back home to Pakistan, the pair question whether there is room in their lives to love again and question whether it could, and should, last.

The show will last approximately 2 hours and 30 minutes, including a 15 minute interval.

Content guidance

This show contains:

- Discussion of grief and death
- Depiction and discussion of diabetes and older-age health concerns
- Depiction of a house-fire
- Discussion of loneliness and isolation
- Depiction of a hypoglycaemic attack
- Depiction of a heart attack

Lighting and Sound

This show may contain:

- Loud noises
- Haze effects
- Pyrotechnic effects
- Moments of darkness

Please note, food will be consumed on stage throughout the show, including mango, chocolate, tofu, and gulab jamun (nut and sugar free).

If you have any allergy concerns, please get in touch on info@bushtheatre.co.uk.

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**

Diabetes UK

Diabetes UK tackle diabetes, day in and day out, until it can do no harm. They change policies and attitudes through hard-hitting campaigns and change lives with their ground-breaking research. [diabetes.org.uk](https://www.diabetes.org.uk) or **0345 123 2399**

Aashna

Therapists working to recognise the ways in which culture, faith, colour, background, sexuality, gender and neurodiversity affect people's experiences. [aashna.uk](https://www.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](https://www.thegoodgrieftrust.org)

Age UK

Age UK is the leading charity for older people. Visit Age UK today for help, information and advice or to see how you can donate or give support. [ageuk.org.uk](https://www.ageuk.org.uk)

The Silver Line

A free, confidential telephone service for older people, run by Age UK. Provides friendship, conversation and support 24/7. [thesilverline.org.uk](https://www.thesilverline.org.uk) or **0800 470 80 90**

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.

For this production, the seating will be on 3 sides of a central performance space. The design includes sunken platforms below stage level. Please be careful when heading to your seat.



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

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. 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**