THE BRIDGE

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.

By discussing the content of the show, this will contain key plot points and descriptions of what happens in the performance.

All of the information here was accurate when we put this guide together. Details may change and we will update as soon as possible.

We believe that content warnings should be precise, objective and accessible. Content warnings are tool that enable audience members to make informed choices so they can engage with our productions on a more equitable footing.

Self-care - a concept which comes from the Black Feminist movement - 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. [more info.]

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Content guidance

This show contains:

- Use of strong language throughout
- Discussion of gun violence, mass killing and military occupation, specifically within Palestine
- Discussion of displacement
- Discussion of death and grief
- References to physical injury
- References to smoking
- References to torture
- Themes of racism

Lighting and Sound

This production may contain:

- Flashing lights
- Loud noises
- Sudden lighting changes
- Moments of darkness
- Projections
- Haze effects

Helplines & Support

Family Lives
Provides targeted early intervention and crisis support to families.
familylives.org.uk or 0808 800 2222

Nafsiyat
Provides short-term intercultural therapy in over 20 different languages, to individuals, groups, and couples.
nafsiyat.org.uk or 020 7263 6947

Inspirited Minds
A faith-based charity providing non-judgemental, confidential support to those experiencing mental health problems.
inspiritedminds. org. uk

Muslim Community Helpline
Provides a confidential, non-judgemental listening and emotional support service in English, Arabic, Urdu, Punjabi and Gujrati.
muslimcommunotyhelpline.org.uk
02089086715 or 02089048193

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**

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.

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