

Show information.

1. What will the show space look like?

There will be a grey dance floor. Lights on either side of the stage. 4 chairs. A big, industrial sewing machine. Some clothes hung at the back of the stage. There are four microphones and 4 performers.



2. Are there other forms of accessible performances arranged? Are there any sensory adapted performances arranged?

Hoping to have captioned (through the Difference Engine).

3. What's the show about?

The show is about friendship, trauma and healing. It is an autobiographical piece about my friend Lydia who, in 2012, was stripped at gunpoint. It is about how, in 2016, she set herself one year to make all of her clothes. It is about how that helped her to reclaim her body. It is about women, supporting other women through trauma. It is about someone coming out the other side.

4. Are there any moments or themes within the show which could be traumatic?

Partial nakedness (topless) and themes of sexual assault and violence.

5. What happens in the show?

There is an uplifting dance. Then the audience are asked to close their eyes. Lydia recounts what happened to her the night she was stripped. We howl. The audience opens their eyes. There is movement, we lift each other up. We move a sewing machine centre stage. Lydia sits behind it. We sing and leave the stage. She tells us a story of almost losing her passport. We come on stage and sit around her. We close our eyes. Lydia moves (still with her eyes closed) to find us. We open our eyes. There is white noise, we talk to one another but the audience can't hear us. One by one, we come and tell the audience what Lydia said to us when she told us what had happened. Meanwhile, Lydia lays out costumes of us. The lights go down, there is a drum roll. One at a time, a light comes up as Lydia helps us into our new costumes. The lights come up, music starts and there is a big cheesy dance. The show begins. Then, there are solo moments... There is a song. There is a clown routine. There is a grotesque movement sequence. A stand up routine, a moment where someone tries to speak but can't (becomes movement), another song (more showy, more belt). Lydia's friends get stuck in a loop. She gives us Harvey Weinstein Masks. We do a tap dance with them on. One by one, the friends take their masks and costumes off. Josie stays. She asks Lydia a series of questions. She asked her to help her take her costume off. She doesn't. Josie leaves the stage. Lydia sits at the sewing machine. She asks a series of questions. She hides under the ice of costumes. Nobahar gets up. She recounts seeing Lydia, her anxiety, PTSD. She sings to her. They sing together. Josie and Olivia join them. They tell the audience about Lydia making her clothes. Lydia asks the audience to close their eyes again. She recounts her story from publishing a blog about what happened. She imagines into the future. Everyone opens their eyes. The friends clear the stage. Lydia sits at her sewing machine. She dances. She brings her friends

back on stage. They dance and sing together. The lights go down.

a. What will the lighting be like?

There is a moment of total darkness. Some flashing lights.

b. Is there loud music or sudden loud sounds at any point?

There is loud music at points. There are overlapping music tracks.

c. Are there any moments which might be surprising or unpredictable?

No

Appendix: description of different types of performance at BAC.

RELAXED PERFORMANCES

Relaxed Performances at BAC offer a more relaxed performance environment. There is a relaxed attitude to noise and movement in the auditorium and we also provide a designated 'chill-out space' for guests who may need time away from the performance space. Ear defenders are available for those with sensory sensitivities.

SENSORY ADAPTED PERFORMANCES

We may make some small changes to the light and sound effects to accommodate the needs of our audience - performances where these changes have been made are described as Sensory Adapted Performances. Sensory Adapted Performances are always Relaxed.

[ACCESSIBLE PERFORMANCES](#)

These performances include BSL interpreted, captioned and audio described performances. A comprehensive description is included on our website Access page – just follow the link above.