



**Art with
Heart**

What to expect when coming to watch Declaration

THE THEATRE BUILDING

As we are touring Declaration to lots of venues we kindly ask that you ask the venue directly for specific building related information.

THE THEATRE SPACE

The set up for Declaration is quite unusual because there are seats all around the stage, rather than in straight rows. This is called theatre in the round.

The theatre space will look like this:



The Set

Behind the audience are washing line poles from which objects, such as items of clothing and flags are hung. These items are safe and secure and will be hung high above audience members.

On the washing lines there are two big white sheets. We will project video onto these sheets.

On stage there will be a wooden box on wheels which contains props and is used by the performer.

THE PERFORMER AND THE PLAY

Declaration is performed by one performer, Sarah Emmott, who looks like this:



Declaration is about Sarah's personal experience of being diagnosed for ADHD.

START OF THE PLAY

The start time for the play will be written on your ticket. You will know that the play is starting because staff at the theatre will make an announcement that the space is open and will help direct you where to go.

The theatre will be open 15 minutes before the play starts, during this time you can enter the space and take your seat. Sarah, the performer will be in the theatre and there will be music playing. She will be talking to audience members as they take their seats.

This time is for you to help adjust to the theatre, the set and Sarah. If you do not wish to talk to Sarah that is okay, just tell her.

DURING THE PLAY

Audience Interaction

During the play Sarah interacts with members of the audience. She will sometimes talk to audience members and ask them questions.

If Sarah speaks to you and you do not wish to talk to her, that is fine. Just let her know and she will talk to somebody else instead.

Laughing

During the play Sarah might make a joke. Some of the audience may laugh. You can laugh too if you want to.

Clapping

During the play some people might clap to show that they enjoyed themselves. You can clap if you want to. If the clapping is too loud you can cover your ears.

Singing

There is a moment in the play where Sarah asks the audience to sing with her. You can sing if you like. If the singing is too loud you can cover your ears.

SOUND AND LIGHTS

Throughout most of the play the lights are on so that you can see the audience and the stage and you will be able to see everyone in the theatre, like this:



There will be times when the lights go a pink or blue colour, and times when the lights go darker and you will just be able to see Sarah on the stage like this:



Video

There will be times when the lights will go dark so that we can watch a video, it will look like this:



Sound

There are times when loud music and sound effects will be played.

There is one section in which lots of different people's voices are played over the top of each other, which builds to make a loud sound. If the sound is too loud you can cover your ears.

THE END OF THE PLAY

You will know that it is the end of the play because Sarah will leave the theatre and the stage will be empty. Then the audience will clap and Rachel, who directed the play will stand up and talk to the audience to thank them for coming.

Rachel looks like this:



QUIET SPACE

There will be lots of people in the theatre building before the play starts and after it finishes, so it might be quite busy.

There will be a quiet space available before, during and after the play if you need to use it. The quiet space will look like this:



The quiet space is hosted by Steph, who is a qualified mental health practitioner. Steph looks like this:



It will have chairs and tables and activities available.

You can also get a cup of tea to drink and a biscuit or piece of fruit to eat in the quiet room.

HOUSE RULES

We want you to feel as welcome and comfortable as possible. Please note:

- If you need to leave the theatre at any time, you can. You can re-enter the theatre at anytime too
- If you need to wriggle in your seat, you can
- If you make involuntary sounds, don't worry
- If you'd feel more comfortable sat on the end of a row, let a member of the front of house team know

If you have any further questions, you can contact Rachel Moorhouse via email rachel@artwithheart.org.uk. She can arrange a time to call you if you prefer to talk over the phone.

