

HELPING HANDS

Relaxed Performance Guide

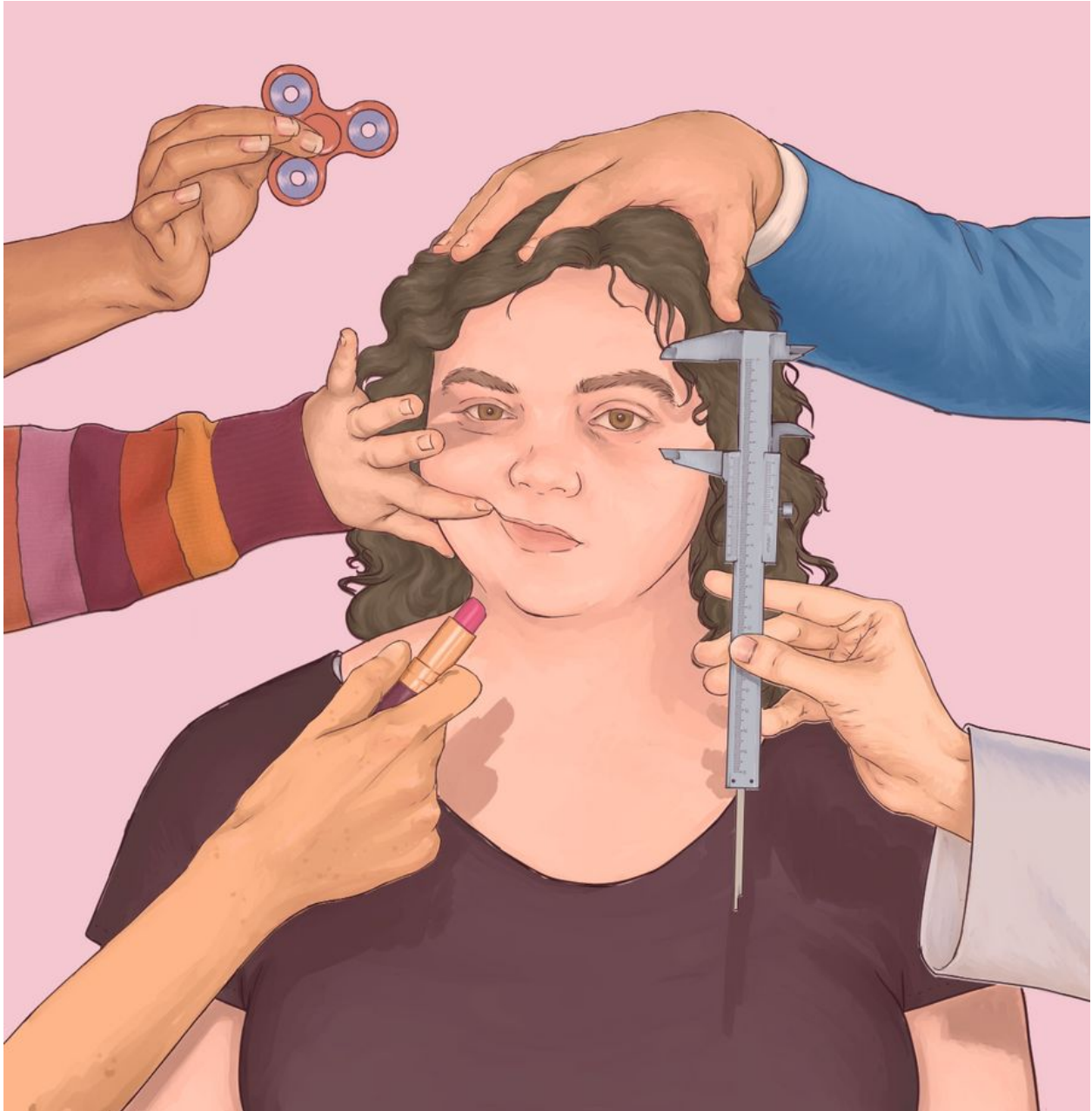


Illustration by Hannah Aroni and John Collopy

Guide Prepared by A_tistic

Essentials

VENUE: La Mama Courthouse, 349 Drummond Street, Carlton VIC 3053

DATE: 7:30PM, Thursday 8th August

RUN TIME: 90 Minutes + 10 Minute Interval, With Post Show QnA

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Relaxed Performance Guide

What is a Relaxed Performance?

A relaxed performance is intended to be responsive to and inclusive of audience members who may benefit from a considered, relaxed environment at the theatre, including (but not limited to) those with autistic spectrum conditions, anyone with sensory or communication disorders, learning disabilities, or anyone who wants more freedom as an audience member.

A relaxed performance works to break down the expectations put onto an audience member, regarding their role as an audience member. Loud noises, bright lights, unclear rules and protocols, and not being confident in going to the theatre can all be detractors to those who would like to come along.

A 'relaxed' performance works to meet that audience halfway, giving reasonable permission for people to be comfortable as themselves, and relaxing the rules of theatre to allow for this.

What does this mean for you?

- Practically, the performance on the night will have its tech augmented to make the theatre space more relaxed for those who have sensory requirements and comfort behaviors, including stimming, pacing, rocking, humming, and other noise making.
- The Theatre capacity will be capped at 75%, so there will be spaces to move and be comfortable
- The lighting and sounds will be altered to become softer, while still offering the same dramatic experiences to an audience.
- The audience lights will remain on through the show, so there is never any moment of complete darkness.
- The door to the front of house area will remain open, so that people may come and go at any time.
- Should an audience member want or need to leave the performance and take a moment to relax or to attend to their own or another's needs, there will be a designated area, the "relaxed room", provided. La Mama or A_tistic staff will be on hand to take you there and monitor the room.

Getting There

The show will take place in the Courthouse at La Mama, at 349 Drummond St, Carlton VIC 3053. The main entrance of the venue is wheelchair and pram accessible.

Public Transport

From Flinders Street Station, the best way to travel to the venue is with Trams.

[Tram Route](#): 1 and 6, travel to Lygon Street/Elgin Street (2 minute walk)

La Mama has also created a detailed guide explaining ways to get to their venues. You can check that guide out [here](#).

Driving La Mama has no dedicated parking space. Limited places are available on the nearby streets. There are also parking places available at the Nova Cinema and Greenco Parking. You can find more options available [here](#), and La Mama has noted all nearby Accessible parking spots [here](#).

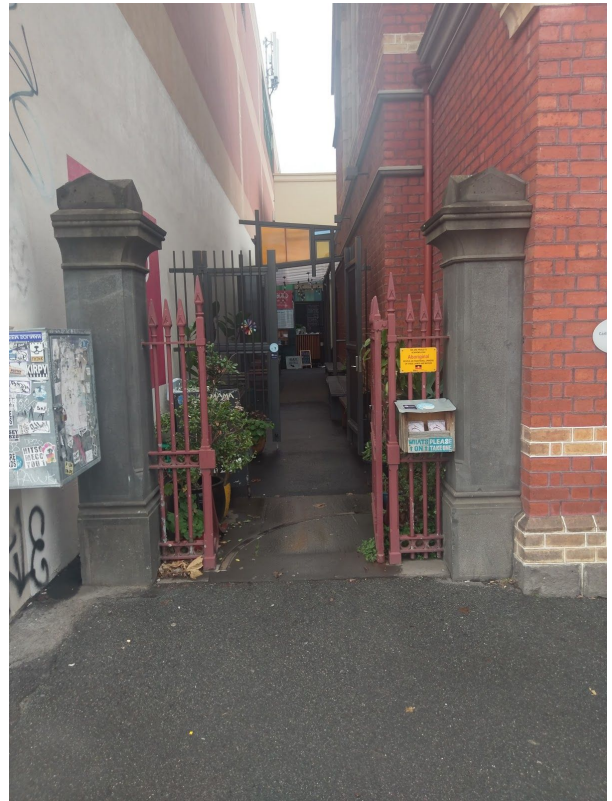
Venue Information

Access Wheelchair, Walkers and Pram Access in the Courthouse is available via the front door of the venue.

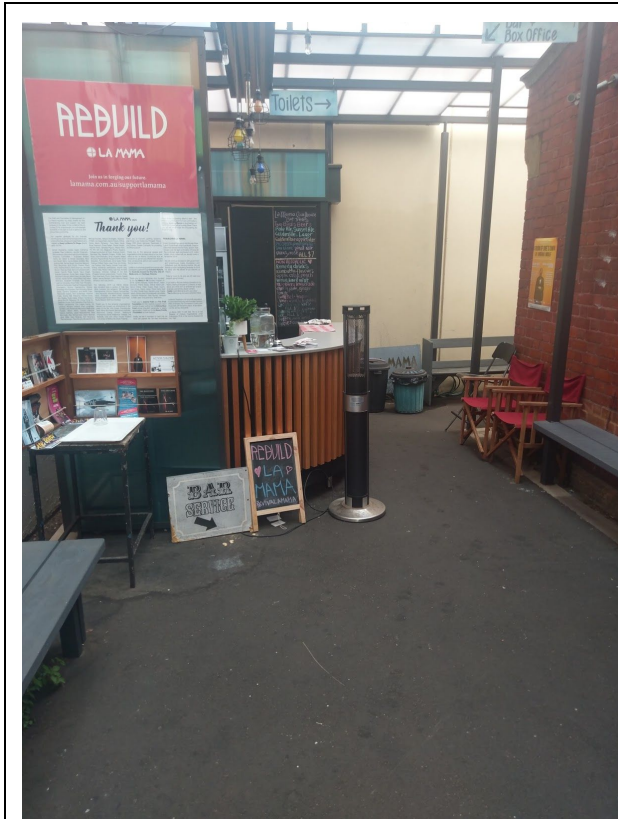
Venue Images



This is the courthouse from the front. If you travel to its left side...



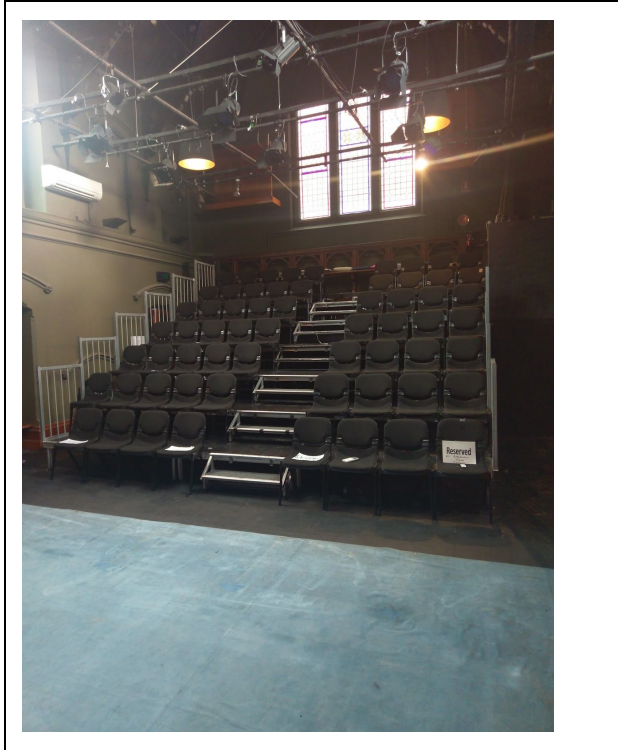
You will find this pathway. Walking down this way will take you to...



The Foyer! Here, you get yourself checked off at the Box Office, buy a drink, and wait to be Ushered into...

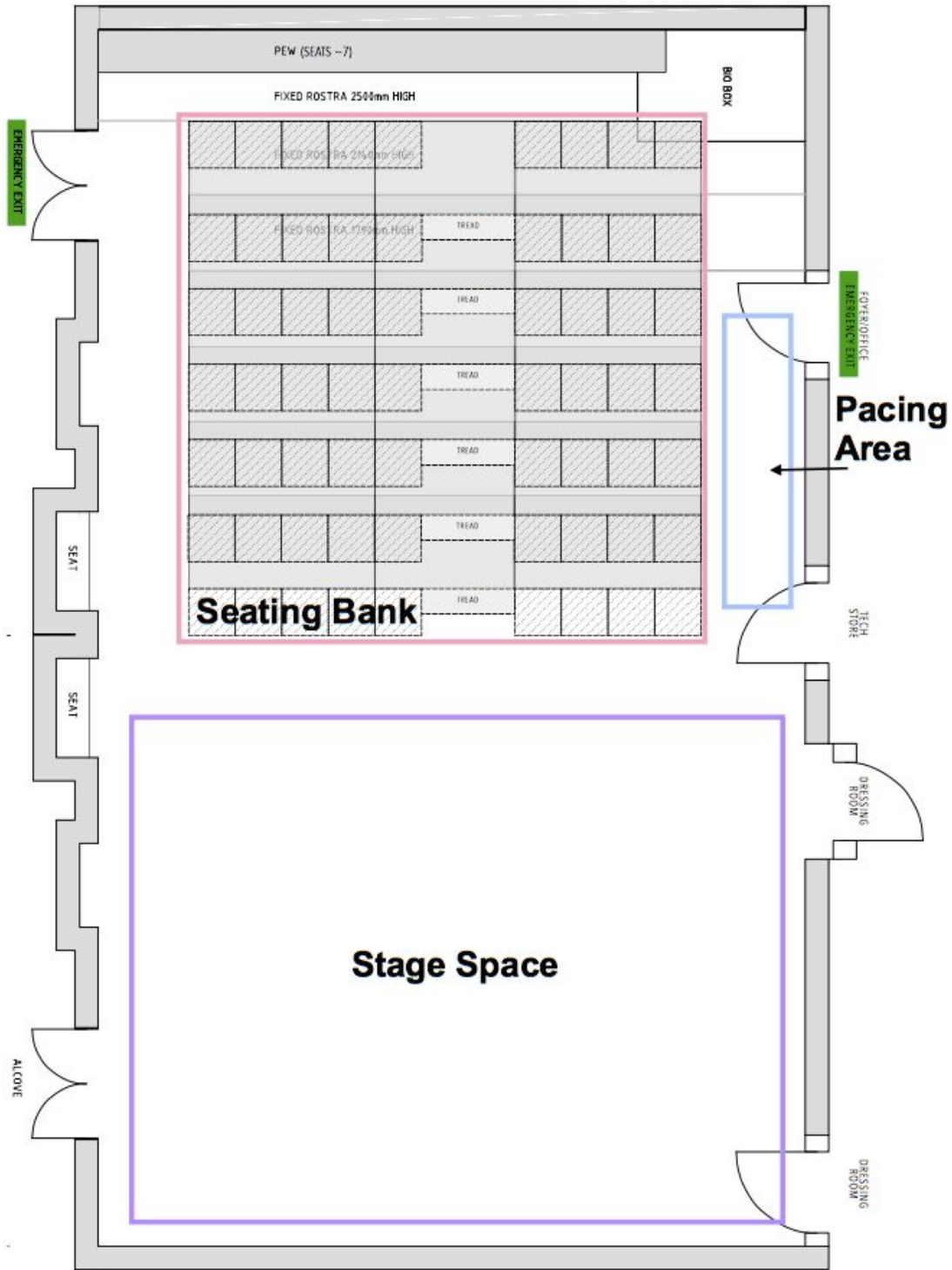


The Theatre! While this image shows a different show's set, the seating arrangement will be the same...



This is where you will sit for the show. The path in the theatre you took to get to the seats will become a pacing area for the show.

Stage Plan



Show Notes

- This play is designed to be most similar to a sketch comedy show. The main difference is that not every “Sketch” will be designed to make you laugh, and there are three key storylines stretching through the work
- In this play, the actors will be performing as lots of different characters. Some characters will appear only once, and some will appear in multiple scenes.
- There is a 10 minute interval, where the actors will be on stage performing self care routines. This is to make public the fact that making art, while a privilege, is also work, and taking care of yourself through work is thematically relevant to the idea of Help as a negotiation. Please do not talk with the actors during this interval, as this will still be part of the performance.

Performer Images

Below are images of the people you will see on stage during the show.



Tara Daniel (Performer)



Vanessa Di Natale (Performer)



Emily Griffith (Performer)



Dee Matthews (Performer)



Artemis Munoz (Performer)



Aislinn Murray (Performer)



Alexander Woollatt (Performer)



Loughlin Turpin (Stage Manager)

Content Warnings

Below is an abstracted Content Warning list. You may infer certain plot elements from reading these content warnings. If that is acceptable to you, we advise you read it thoroughly, so you are aware of what you will be asked to experience.

Content	In the performance?
Swearing	Yes (S**t, F**k, A*****e, C**t)
Rape and Sexual Assault	None
Abuse (physical, mental, emotional, verbal, sexual)	Depiction and description of Abuse (Physical/Psychological) through Behavioural Therapy Comic descriptions of systemic abuse from government bureaucracy. Descriptions of institutional abuse, including descriptions of Electro Shock devices used as punishment and descriptions of the Milgram Experiments Description of controlling behaviour by helping professionals Metaphorical depiction of psychological abuse, control and gaslighting (depicted through abstracted dance and movement, performed using actors physically controlling one another) Depiction of verbal belittling and dismissal of autistic sensory needs in a family context
Child abuse/pedophilia	None
Severe Emotional Display	Depiction of Autistic Meltdown Depiction of autistic person going nonverbal due to stress
Self-injurious behavior (self-harm, eating disorders, etc.)	Depiction of self-injurious behaviour (head banging) during Autistic Meltdown
Talk of drug use (legal, illegal or psychiatric)	Discussion of Psychiatric medicine for mental health Performance of drinking alcohol and of being very drunk

Suicide	No direct depiction of suicide Discussion of suicidal thoughts
Descriptions/pictures of medical procedures (even if they don't contain blood or gore)	None
Descriptions/pictures of violence or warfare (including instruments of violence, such as knives or guns)	Reference to physically hitting schoolyard bullies
Corpses, skulls or skeletons	Brief mention of corpse in a joke
Needles	None
Discussions of -isms, shaming, or hatred of any kind (racism, classism, hatred of cultures/ethnicities that differ from your own, sexism, hatred of sexualities or genders that differ from your own, anti-multiple, non-vanilla shaming, sex positive shaming, fat shaming/body image shaming, neuroatypical shaming)	Comic Shaming of allistic (non-autistic) people that parallels real world shaming of autism. Descriptions and performances, comic and serious, of dehumanising and dismissive statements and attitudes relating to autistic people. Descriptions of transphobia and gender essentialism.
Any time slurs are used (this includes words like "stupid" or "dumb", which are still widely considered to be socially acceptable)	Use of the words Stupid, c**t
Trans* degendering, or anti-trans* views of bodies	Minor Dismissal of Gender Neutral Bathrooms Description of gender essentialist attitudes equating assertiveness with masculinity Depiction of a psychiatric professional dismissing an autistic person's gender identity
Dismissal of lived oppressions, marginalization, illness or differences	Comic dismissal of allistic (non-autistic) people that parallels dismissal of autism Depiction of dismissive and judgmental attitudes to autistic people expressed by psychiatric professionals
Kidnapping (forceful deprivation of/disregard for personal autonomy)	None

Discussions of sex (even consensual)	None
Death or dying	Sarcastic discussions of dying Discussions of suicidal thoughts
Spiders, Insects, Snakes, Scorpions, other potentially alarming animals	None
Vomit	None
Pregnancy/childbirth	None
Blood	None
Serious injury	See Abuse
Scarification	None
Nazi paraphernalia, and other Hate Symbols	None
Animal cruelty or animal death	None
Depictions of Violence, realistic or comic	See Abuse
Depiction of pornography (including child pornography)	None
Incest (including consensual relationships)	None
Miscarriages/Abortion	None
Torture	Descriptions of autism therapies that have been equated with torture; descriptions of use of an electro-shock device on people
Jump Scare scenes	None
Mental illness	Mention of Schizophrenia, Bipolar, Anxiety, Insomnia, Depression Discussion of suicidality and challenges of seeking professional help for mental illness as an autistic trans woman

Contact Us

Got all the information you needed? Wanted to request something else? Interested in La Mama's other shows that are being Relaxed? You can contact La Mama at Info@lamama.com.au Or you can contact A_tistic at atistictheatre@gmail.com

