

Self-care: An Anti-musical

Relaxed Performance Resource Pack

Devised by YGLAM Queer Youth Theatre

Ensemble

VENUE: Brunswick Town Hall Mayoral Chambers

DATE: Sunday 15, 22 September 6pm

RUNTIME: Approx. 65 minutes no interval

WHAT THIS PACK CONTAINS:

- What you can expect from this Relaxed Performance
- Getting to the Venue
- Contact Us
- Venue images and description
- Stim Space/Relaxed Area images and description
- Stage images and description
- Performer Images and Character description
- Content Warnings
- Written Synopsis (contains spoilers)

WHAT YOU CAN EXPECT FROM THIS RELAXED PERFORMANCE:

- The performance will be altered to make the space relaxed for those with sensory requirements and comfort behaviours, such as stimming, pacing, rocking, humming, and making noise.
- The technical elements of the show, such as sound and lighting, will be softened.
- The house lights will remain on the entire duration of the show.
- The front door will remain open, should any audience member need to vacate.
- Should an audience member need to leave to self-care, a de-stress area has been arranged within the theatre, and a member staff will be on hand to take you there.
- Fidget toys and stimming aids will be provided.

Everyone is welcome! The performance is ideal for Autistic People, but families, friends and theatre lovers are all welcome. Shrieks of joy and excitement are expected and welcome here. Feel free to bring fidget items with you. We recommend sitting closer to the back of the theatre as noise in the venue tends to travel well. You are welcome to use your headphones, stick fingers in your ears for self-regulation, or use the complimentary disposable earplugs provided.

GETTING TO THE VENUE

The Brunswick Town hall is located at the corner of Sydney Rd and Dawson Street, Brunswick. It is on the number 19 tram at Stop 21, Glenlyon Rd. The Upfield train (stations Jewel or Brunswick) is approximately five minutes' walk away. There are also bike racks and a Melbourne Bike Share station outside the Upfield train line. Limited on-street parking is available on Sydney Rd and Dawson Street. Two disabled parking spaces are just outside The Town Hall on Sydney Rd and Dawson St. The closest secure carpark is on Dawson Street opposite the Brunswick Baths.

CONTACT US

If you have any feedback for this Adult-focused Relaxed Performance Pack, or any questions on how it was developed, please direct your questions and/or comments to Russ Pirie at russ.pirie@merrihealth.org.au

If you have any further questions about *Self-Care: An Anti-musical*, or any additional access requirements, please contact Russ Pirie at russ.pirie@merrihealth.org.au

VENUE IMAGES (EXTERNAL AND BOX OFFICE)



Pictured: Brunswick Town Hall. On the corner of Sydney Rd and Dawson St.



Pictured: Under the portico

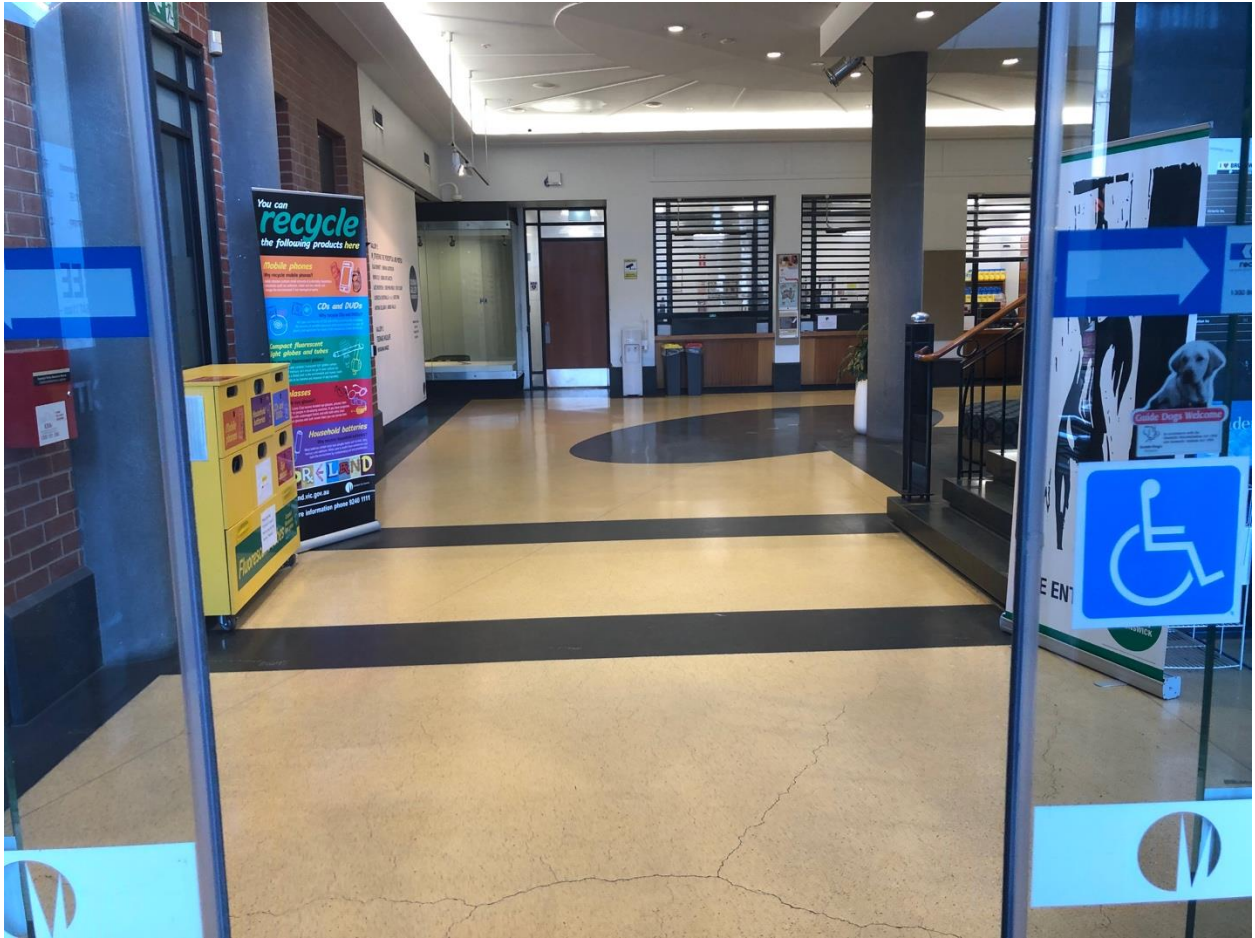
There is a wheelchair-accessible entrance to The Brunswick Town Hall. Follow the arches and up the ramp.



Pictured: Wheelchair accessible entry on Sydney Rd

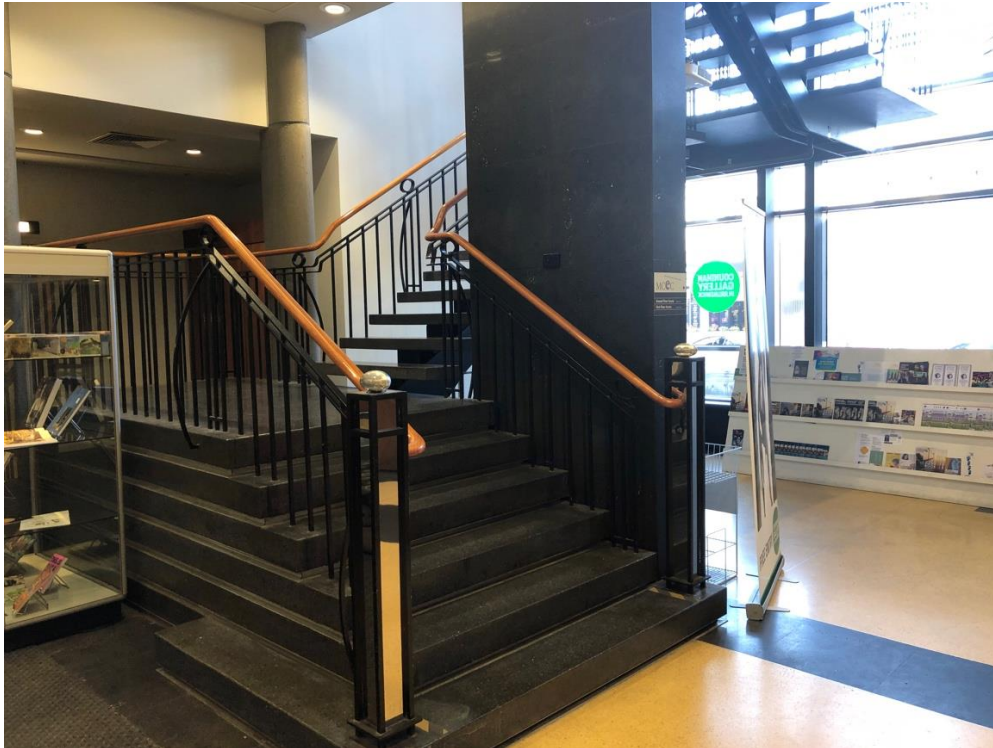


Pictured: Town Hall entry

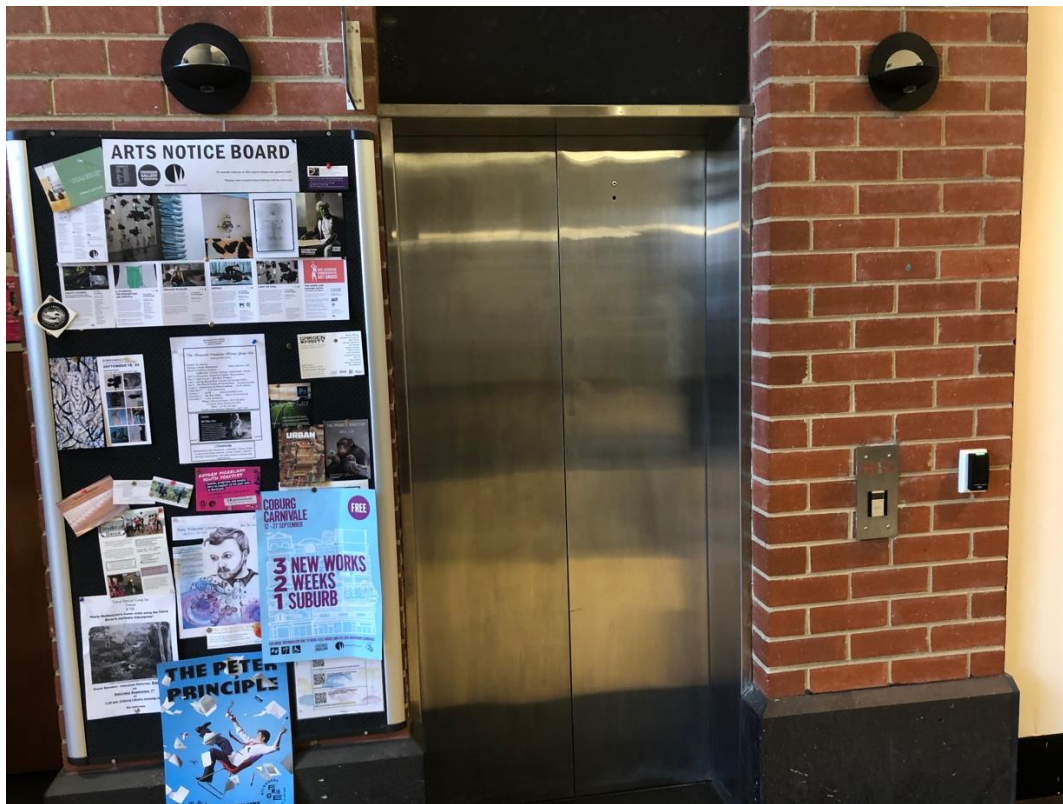


Pictured: the long foyer space viewed from the perspective of the road

The entry door opens into a foyer where you will find the Box-office. You will be invited to take the lift or the stairs up to the second level.

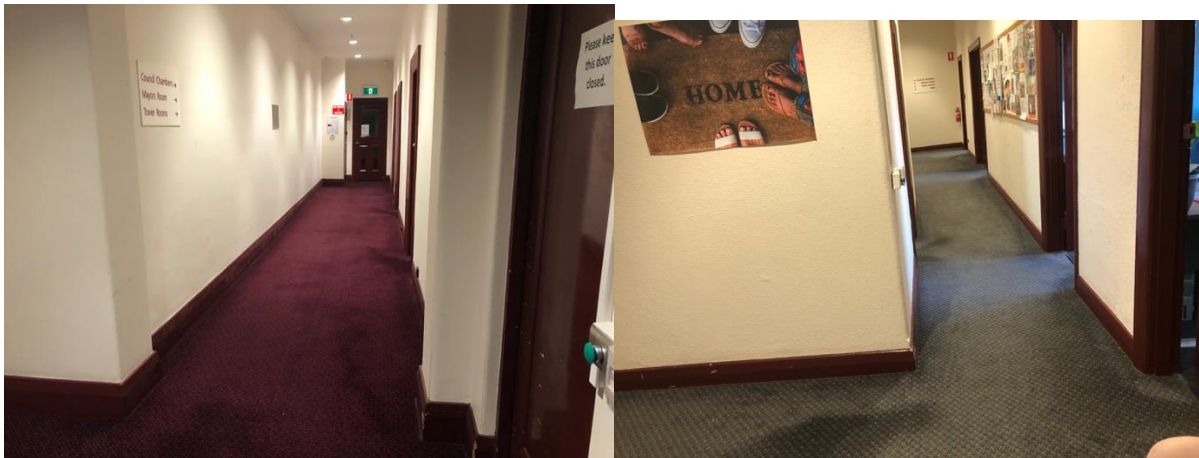


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Pictured: Lift or stairs up to second floor

You will enter a door and walk down several doorways



Pictured: Door leading to hallway

VENUE IMAGES (MAIN THEATRE SPACE)

When it is time for the audience to enter the theatre,
The theatre is a studio space fitted out with spooky scenes that you will walk through. FEEL FREE TO LOOK AROUND ANYWHERE YOU LIKE!!





You will the then enter the main space.



The stage is lit by a lighting rig on the floor. The speakers are also located on the stage.



This is an image of the seating bank. Seats are not allocated. You may choose to sit further back as the sound levels can get quite loud.

Cast and characters

A cast of eight performers who will be playing monsters during the show.

Their faces will be covered by masks...



Or tights...



CONTENT WARNINGS

Content	In the performance? (✓ - where appropriate)
Swearing	
Rape and Sexual Assault	
Abuse (physical, mental, emotional, verbal, sexual)	✓
Child abuse/paedophilia	
Self-injurious behaviour (self-harm, eating disorders, etc.)	✓
Talk of drug use (legal, illegal or psychiatric)	
Suicide	
Descriptions/pictures of medical procedures (even if they don't contain blood or gore)	
Descriptions/pictures of violence or warfare (including instruments of violence, such as knives or guns)	

Corpses, skulls or skeletons	✓
Needles	✓ (mentioned briefly)
Discussions of -isms, shaming, or hatred of any kind (racism, classism, hatred of culture/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, neurotypical shaming)	✓
Any time slurs are used (this includes words like 'stupid' or 'dumb', which are still widely considered to be socially acceptable)	
Trans degendering, or anti-trans views of bodies	✓
Dismissal of lived oppressions, marginalisation, illness or differences	✓
Kidnapping (forceful deprivation	✓

of/disregard for personal autonomy)	
Discussions of sex (even consensual)	
Death or dying	✓
Spiders, insects, snakes, scorpions, other potentially alarming animals	
Vomit/defecation	✓ (vomit, but not real)
Pregnancy/childbirth	
Blood	✓
Serious Injury	✓
Scarification	
Nazi paraphernalia, and other hate symbols	
Animal cruelty or animal death	
Depictions of violence, realistic or comic	✓
Depiction of pornography (including child pornography)	
Incest (including consensual relationships)	

Miscarriages/Abortion	
Torture	✓
Jump scare scenes	✓
Mental illness	✓

WRITTEN SYNOPSIS (Contains spoilers)

ACT ONE

Audience walk down hallway led by a person in a rabbit head, jump scare on left side. Dramatic will be music playing throughout the space. Enter into forest space, 'dead' body lying on the ground, person sitting on the throne behind them with monologue playing over speaker about a dead forest.

Enter the main space; two people are sitting still with projections playing over their nylon covered faces.

Projectors are being held by two people also with nylon on. Projections are monologues.

Devil will lead them through another door, after which every cast member will grab an animal head from the corner and follow through the door. Audience will follow.

ACT TWO

Enter small hallway, where industrial fans will be blowing and small pieces of white paper will be blown towards audience.

ACT THREE

Audience will enter and take seats. Cast is set all over the stage wearing fluoro jackets and animal heads. 'Blah blah blah' will start playing and cast will do movement to the music. Four actions are repeated, as well as on the spot walking. Halfway through they will 'disembowel' one of the cast, while others are 'puking' silly string. They will continue first movements until the end of the song.

Following this some sombre music will play in which each cast member change a facial piece on someone sitting in the middle.

They will then bump around the room to the song 'monster mash', before exiting the stage.

ACT FOUR

Audience will enter the room to simultaneous monologues. One is making a poster out of magazines, one is putting make up on in a mirror, one is bedazzling a mask of blood, one is playing with fabric, one is building a tower of cards with a bandage with blood for eyes, one is standing chained in a room on fire, and two are hanging out in the forest. Each monologue is something different, and are all played at the same time through portable speakers.

ACT FIVE

Audience will then follow devils through to the previous space where it will be dark and there will be a monologue playing about the relationship with the body.

Lights come up and 'wake me up' by Avicii starts playing. Ensur sequence of the cast taking off their jackets, animal heads and shoes.

Music starts playing, accompanied by a metronome. Two cast dressed with jackets and devil heads keep a 'watch'

over three cast members who have bursts of joy. They each get carried away for showing emotion until one is left. 'Halo' by Beyoncé starts playing, sung by a cast member. They sing to the remaining dancer, as the rest of the cast get into position to perform a series of acrobatic stunts. They will then encourage the audience to follow them through to the next room.

ACT SIX

Audience will enter a light hearted space, with several stations of 'self-care' products to go and try out.