

SADL
ERSW
ELLS

Sadler's Wells in Angel
**Lilian Baylis
Studio**

Company of Elders

Mixed Bill

Visual Story



Welcome to the Lilian Baylis Studio

This Visual Story is intended to help prepare you to come and see **Company of Elders – Mixed Bill** in the Lilian Baylis Studio.

The Lilian Baylis Studio is a theatre for dance in London. People come here to experience lots of different types of dance shows.

This Visual Story has information about the show and images to help anyone who might like to know more about the theatre and the show before their visit.

It also has information to help you find your way to the Lilian Baylis Studio.

We hope you find this Visual Story helpful!

If you are unsure what any of the words used in this visual story mean, there is a glossary at the back of this document with explanations of some of the words used which you might find helpful.

Outside the Theatre



The Lilian Baylis Studio is along Rosebery Avenue in Angel, London and is part of a building we call Sadler's Wells in Angel.



You will walk through these sliding doors towards Stage Door reception and the café.

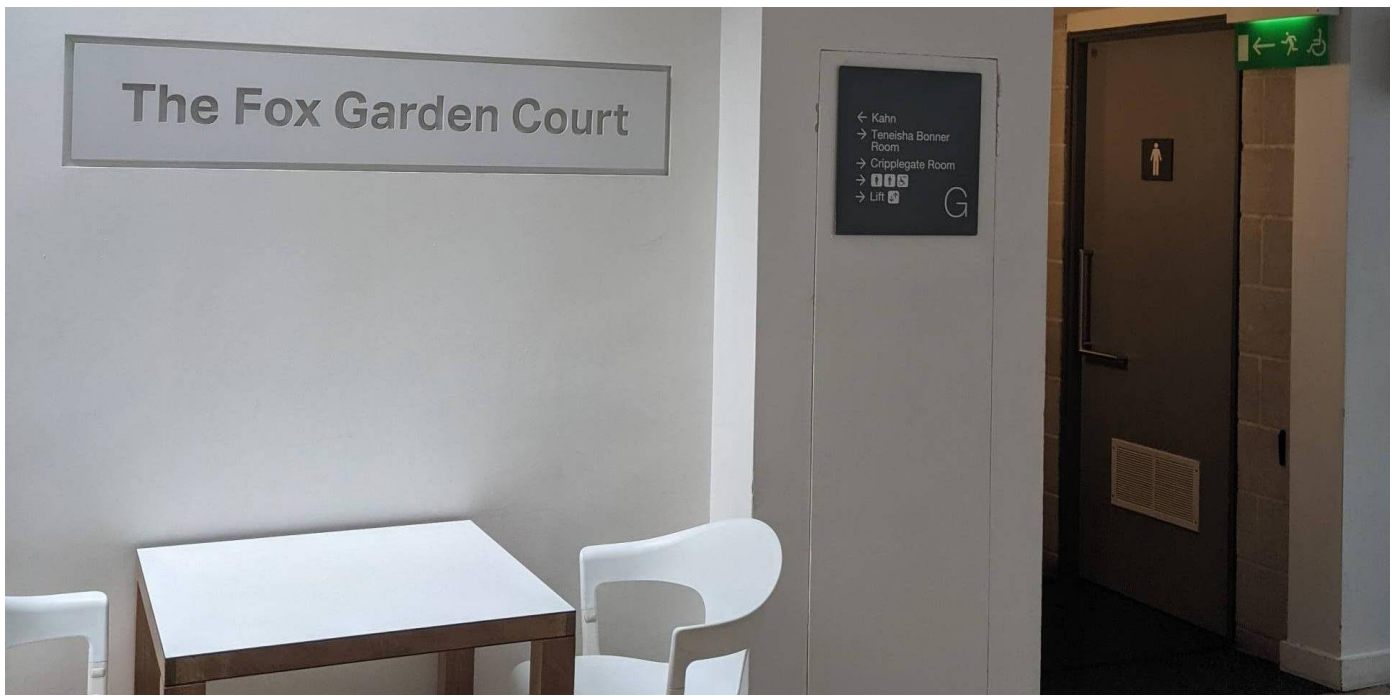




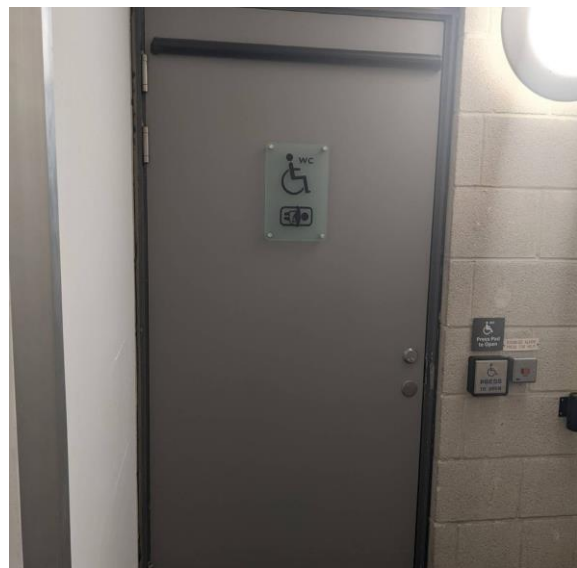
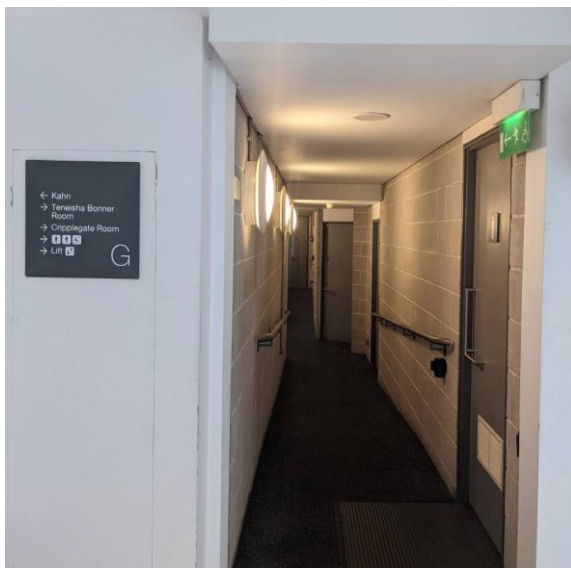
Turn right past the reception and into the Fox Garden Court Café. You are welcome to buy food and drink from the café before your show starts.

There is a water tap in the dining area and you can help yourself to water. Food and hot drinks are not allowed in the auditorium (where the show is performed), so please finish anything beforehand or save it for afterwards.

You can also relax in the café before, during and after the show. The café might get a bit busy and noisy with people eating and drinking. You might also smell some food.



You can find toilets by following the corridor through the café. We have an accessible toilet and separate toilets for women and men.



There are baby-changing facilities available in the accessible toilet.

The Auditorium



To get to the auditorium, enter the double doors opposite the café counter. You will know when it's time to go in because the doors will be open.

Our team of front of house staff will check your ticket and can help you to find your seat. Your seat number is shown on your ticket.

Lots of other people will be taking their seats too and at times it may be busy and a bit noisy.



This is the auditorium where the show will be performed. There is space for 180 people at this show and it is sold out so expect it to feel a bit busy while everyone is finding their seat.

The doors to go into the auditorium will open at about 2:45pm. The front of house staff will direct you to your seat.

How long will the show last?

The show will last for approximately (which means that sometimes it is a little bit more, sometimes a little bit less) 1 hour and 20 minutes, including a 20-minute interval.

A note on timings:

Because theatre is live sometimes people take a bit longer or a bit less time to get on to the stage and perform than originally planned. This means that sometimes the timings in this visual story might not be exactly the same as the performance times on the day.

There are 3 parts to this show:

The first part is a performance from Three Score Dance called You're Here You're Here. This has been choreographed by a choreographer called Rhiannon Faith. This part will last for about 30 minutes.

The second part is a performance from Sadler's Wells Company of Elder's called we're going to have to get better at this. This part has been choreographed by a choreographer called James Cousins. This part will last for about 10 minutes.

Then there will be an interval of 20 minutes. An interval is a break in the middle of a show where you are welcome to leave the auditorium. This can be a good time to go to the toilet, get a drink or a snack or just move your legs. If you would rather stay in your seat that is okay as well.

The third and final part is another performance by Sadler's Wells Company of Elders. This performance is Last Night A DJ Saved My Life and is choreographed by a choreographer called Bagsy. This part will last for about 20 minutes.

You are welcome to come in and out of the auditorium throughout the show as you wish.

Health and Safety

It is very important that no one goes onto the stage at any time as it could be dangerous for the performers.

Please stay in your seat or leave the auditorium by going up the stairs at either side of the space if you need to leave.

When the performance is finished, everyone will start to leave the same way they came in. If you prefer, you are welcome to wait in your seat and leave after everyone else has gone and it becomes quieter.

Act 1:

Show Title: You're Here You're Here (2023)

Company Name: Three Score Dance company

The Choreographer, Rhiannon Faith, created this piece with the dancers from Three Score Dance company (a dance company based in Brighton and Hove). To create the piece they talked about caring, suffering and trying to remove barriers that block out light. They worked together using stories from the dancer's lives, creative tasks and discussing their reasons to feel and heal.

This piece starts with lots of wooden chairs laid out in different places around a rug in the middle of stage, representing that a dinner party is about to begin. There is a man worrying to a woman about whether people will come.

There are 9 dancers in total, all over 60 years of age. One by one different dancers come on to the stage, often when a new dancer enters the stage the music changes which can make the mood feel happier or more eerie.

Throughout the performance the dancers use lots of repetitive movements that express their emotions and

at points certain dancers recall how they are feeling or tell stories from their past.

Towards the end of the performance lots of the dancers hug and they sigh together.

At the end of the piece, all the dancers turn the chairs around to form a circle and sit looking at each other.

Trigger Warnings:

There are points in this performance where the performers talk about loss, grief and anger

Lighting

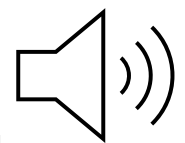
There are no flashing lights in this show.



Music and Sound:

This performance uses lots of different music which is mostly classical music.

Sometimes the music gets slightly louder and less gentle but is never very noisy.



There are some moments where dancers knock things over or shout in frustration which might get a little bit noisy at points, but this doesn't last for long.

Act 2:

Show name: we're going to have get better at this

Choreographer: James Cousin's Company

This performance starts with the dancers moving slowly across the stage to gentle music. There is a voiceover to represent the thoughts of the people on stage that says things such as: 'we are not getting any younger' 'we're going to have to get better at this' and 'who is it all for' before thinking 'now is not the time'

The music then changes to disco track and the dancers change into sparkly, disco clothes. The dance style changes with the new funky music as the dancers express themselves and "feel love"!

What is the show about?

In society we often admire people who look young and older bodies are not seen as much in popular media (TV shows, magazines, films and adverts for example). This performance puts older bodies as the focus and asks the audience to look at them in new ways. It's not trying to be overly sexy or to show off, but to simply say we exist.

The hope is that the audience will look at these bodies in new ways and see that their bodies are not how you

expect older people to be, but instead see the strength and beauty in them.

This performance shows us age doesn't make bodies any less important. Instead, age shows us history and the ability to know who you are and what your body carries. Their bodies may be different to what we are told a strong body is, but their strength is in their softness.

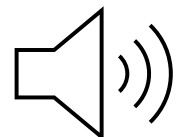
Lighting:

This performance will include some flashing lights but no strobe.



Music and Sound:

The first part of the performance has quieter more gentle music and a voiceover from poet Sabrina Mahfouz.



Halfway through this piece the music changes to the pop song I Feel Love by Donna Summer which is a bit louder than the previous music. There may be some cheering halfway through when the music changes as the audience show their support of the dancers!

Costume:

The dancers start in light-coloured plain clothes but

add sparkly and more colourful accessories in the second half of the performance.

Interval:

When the dancers leave the stage, the lights in the auditorium will get brighter to mark the interval. You are welcome to stay in your seat for the interval or leave the auditorium to go into the café. The bar will be open where you can buy drinks and snacks.

The interval will last 20 minutes. After this, a bell will ring which shows that the second act is about to start. This is when everyone will return to their seats in the auditorium.

Act 3:

Choreographer: Bagsy

Show Title: Last Night a DJ Saved my Life

Friends Ursula and Maggie are listening to the radio where the radio host is talking about a new club in town, Jo Jo's.

Ursula doesn't want to listen to the music anymore. Maggie tries to get her to go to Jo Jo's but Ursula is too sad about when her heart was broken by the love of her life, Jonathan.

Maggie and Ursula remember about the people they used to dance with at the clubs and the characters come on stage to show the audience how they move!

These include:

Charlie Jones: The one with the hips!

Marco: The Italian Stallion...

Eduardoooooo: He was spicy!

And Janet, the queen of the night.

Maggie convinces Ursula to go to the club and we see lots of people dancing in their funky, sparkly disco outfits.

When Ursula arrives, Johnathan comes to speak to

her. She doesn't want to talk to him because she is still angry with him.

Johnathan explains why he couldn't meet her, Johnathan's father had died and he was in hospital with him!

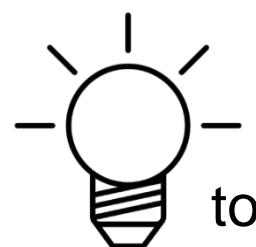
Ursula forgives Johnathan and they tell each other how much they really love each other.

Now that they have reunited and forgiven each other, it's party time and time for all the dancers to show you, their moves!

You may be invited to dance and party with the performers on stage, but you don't have to go on stage if you don't want to.

Lighting

The lights in the auditorium will stay low during the performance. There will be enough light for you to see around you and move around the auditorium if you need.

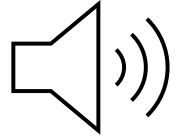


This show uses a disco ball at points which will make a light pattern around the room but there are no flashing

lights.

Music and Sound:

There are no loud or sudden bangs in this performance.



The music uses lots of different disco music that you may have heard before. Because the show is set in a club, at some points this music might get a bit loud.

There are no loud or sudden bangs in this performance.

Glossary:

If you are unsure what some words that are used at the theatre and in this visual story mean, this explanation may help you!

Relaxed Performance: A relaxed performance is a more laidback theatre experience for anyone who would benefit from a more relaxed atmosphere to enjoy a show.

These types of performances:

- Support noise and movement within the auditorium during a show
- Allow re-entry when needed so house lights are left on throughout
- Offer a separate chill-out space for anyone who might need it at any time during their visit
- Provide a Visual Story so people can familiarise themselves with the theatre and key details about the show in advance
- Ear defenders are available on request at Ticket Office

Running Time: This is how long the show, or each act of a show, will last. Today's show will last about 1 hour and 20 minutes including a 20-minute interval.

Interval: This is a short break in the middle of a show where you are welcome to leave the auditorium. This can be a good time to go to the toilet, get a drink or a snack or just move your legs if you need to or would like to. If you would rather stay in your seat that is okay as well.

Visual Story: A story that helps explain what is happening on the stage and any important topics in the show. It also helps to explain what to expect at the theatre and how to get around.

Foyer: The waiting area at the entrance of the theatre.

Auditorium: The area where the show is performed, and the audience sit and watch the performance. In the Lilian Baylis Studio, this space is made up of 180 blue seats.

Stage: The area at the front of the auditorium where the dancers perform. In the Lilian Baylis Studio this area is flat black area in front of the seats. It is very important that no one goes onto the stage at any time as it could be dangerous for the performers.

Audience: These are the people who are watching the show.

Ticket and e-Ticket: A ticket is a document with details written on it such as the name, time and date of the show you are seeing and where you are sat. To gain entry to the theatre you will need to show a member of Front of House Staff this document.

Sometimes tickets are printed on a piece of paper or card but at Sadler's Wells we normally use e-tickets which are an electronic version. This will be emailed to the person who bought the tickets to show and can be shown to our staff on a mobile phone/tablet or printed off.

Seat number: Each seat at the theatre has a specific number and your ticket will tell you what seat number you are sat in.

Your ticket will show a letter and a number, for example A5. The letter is to tell you what row you are in, and the number is to tell you which seat you are in. You can find which row is which by looking at the letters on the floor on the end of each row and you can find the number by looking at the number on the seat.

Usher or Front of House Staff: These are staff members who are placed throughout the theatre (often at the door of the auditorium). They are there to check everyone's ticket, help show the audience to their seat and provide any help or information you may need.

Sometimes these staff members will be called Ushers or Front of House Staff – both names mean the same thing.

At Sadler's Wells our Front of House Staff will be dressed in all black and will wear a black T-shirt that has "STAFF" written in big white letters on the back.

Choreographer: The choreographer creates the movements and structure of the dance sequence. Choreographer's work in lots of different ways and styles. Some might make up their dance sequence based on certain ideas or themes, some may use dance to tell a specific story, some use movement and dance to show you how they feel, some will use certain dance moves from a specific style of dance, or sometimes there may not be any clear idea or theme that connects the movement at all!

Act: An Act is a part of a performance. Sometimes these parts of the performance will represent a different theme or part of the story. Sometimes Acts will be marked with a short pause between them or an interval.

Costume: These are the outfits that the performers wear on stage for the performance.

Chill-Out Room

If you need somewhere to relax before or during the show in the Lilian Baylis Studio you can go to the Chill-Out Room. This is a space reserved only for audience members.

The Chill-Out Room is through a corridor at the back of the café, past the toilets on the right just before the grey door. You will need to press the square silver button to the right of the door and the door will open automatically. There will be signs to direct you.



There will be sofas and cushions for you to relax on and there will be water available in there too. The performance will also be shown on the TV screens in both rooms.

Ask any of our staff if you need help to find the Chill-Out Room. There will also be signs to direct you there.

We hope you enjoy your visit to the Lilian Baylis Studio.

Find out more about
Relaxed Performances at Sadler's Wells

View more upcoming
Relaxed Performances