



Roberta Jean Ways of Being VISUAL STORY

**S A D L
E R S W
E L L S**

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

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Welcome to the Lilian Baylis Studio

This Visual Story is to help prepare you to come and see a performance of **Ways of Being** by **Roberta Jean** in the Lilian Baylis Studio at Sadler's Wells.

The Lilian Baylis Studio is a small studio theatre for dance in London. People come here to watch a wide variety of dance shows.

This Visual Story has information about the show and images to help anyone who may be anxious (or curious) about their visit.

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

We hope that this Visual Story helps you feel more prepared for your visit.

If you have any questions, please contact Ticket Office by phone on 020 7863 8000 (Monday to Saturday, 12pm-6pm) or by e-mail at tickets@sadlerswells.com.

What is a Relaxed Performance?

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

This means:

- You are welcome to leave and re-enter the auditorium if you need to. The lights will stay at a low level throughout so you can find your way.
- You are welcome to make noise in the auditorium and react to the show in whatever way feels natural.
- There is a separate Chill-Out Room where you can relax away from the other people if you need a quiet space to be before, during or after the show.
- Ear defenders and/or ear plugs are available from staff on request, if you feel you might need them.
- We provide a Visual Story (like this one) to help you feel prepared for your visit.

The performance of **Ways of Being** on Friday 10 November 2023 is a Relaxed Performance.

Arriving at Sadler's Wells on Rosebery Avenue

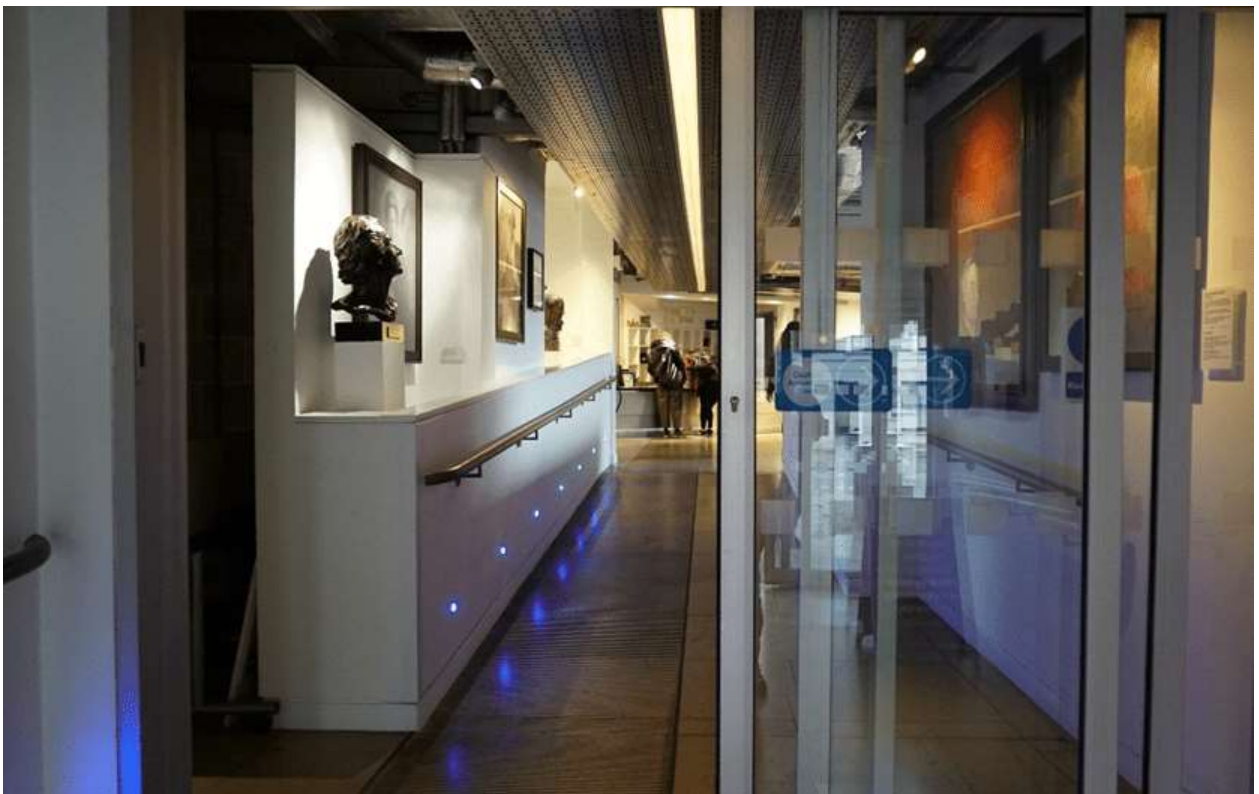
The Lilian Baylis Studio is on Rosebery Avenue in Angel, London and is part of a larger building we call Sadler's Wells in Angel.



For the Lilian Baylis Studio enter through the Lilian Baylis, Stage Door & Café entrance.



You will walk through these sliding doors towards the Stage Door Reception and the Fox Garden Court Café.



Fox Garden Court Café

Turn right past the Reception desk and into the Fox Garden Court Café. You are welcome to buy food and drink to enjoy before the show starts.



There is a tap in the dining area where you can help yourself to a glass of water or fill up your bottle. Food is not allowed in the auditorium (where the show is performed), so please finish anything beforehand or save it for afterwards.

Breast and bottle feeding is welcome everywhere at Sadler's Wells.

Before the show, the café will be busy and might be noisy with people eating, drinking, and talking.



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



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

To access this toilet, please press the square silver button to the right of the door.

Lilian Baylis Studio

The entrance to the Lilian Baylis Studio is opposite the café counter, through the grey double doors.

Our Front of House team of Ushers will be there to welcome you. Their role is to help you find your seat and support with any other customer service enquiries before, during and after the performance.



An Usher will check your ticket on your way into the Lilian Baylis Studio. Your ticket will have been sent to you from tickets@sadlerswells.com as an e-ticket in a PDF.

For this show the seating is allocated, which means you need to sit in the seat that is allocated to you on your ticket. You can find the letter of the row and number of the seat circled in yellow on the example ticket below.

This is your ticket

You will need to show your ticket on an electronic device when you arrive or print the entire page and bring it with you to the performance

Lilian Baylis Studio

Sadler's Wells, Rosebery Avenue, EC1R 4TN

Roberta Jean
Ways of Being

+ post-show talk
Latecomers not admitted

Thu 09 Nov 2023

8:00 PM

Studio

D 8



Cabaret
£ 0.00
5037223

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The Ushers will be able to help you to find your seat.

Other people will also be choosing where they'd like to sit so it might feel busy and a bit noisy.

Timings

The doors to enter the Lilian Baylis Studio will open at 7.45pm – fifteen minutes before the show starts.

The show will last for approximately (which means that sometimes it is a little bit more, sometimes a little bit less) 1 hour. An interval is a break in the middle of the show, but this show does not have one.

Because Friday's performance is a Relaxed Performance, if you need to leave the Lilian Baylis Studio at any time during the show you can, and you can choose when to come back in. If you need to do this a few times during the show that's okay.

Chill-Out Room

A quiet Chill-Out Room is provided as an alternative space to be in if you choose to leave the Lilian Baylis Studio during the show, or if you need somewhere to rest or relax before or after. This space is reserved only for audience members of **Ways of Being**.

There is a sofa and some cushions, and there will be a live video feed of the show happening in the Lilian Baylis Studio shown on a TV screen, where you can continue to watch the show (if you like).



You can find the Chill-Out Room at the very end of the corridor past the toilets on your right. You

need to press the square silver button to the right of the door next to the computer screen to enter. Once pressed, the door will open automatically.

There will be signs to direct you and if you need help finding the Chill-Out Room, please ask a member of staff.

During the Show

It is very important that no one goes onto the stage during the show as it could be dangerous for you and the performers. The stage is the area facing the rows of seating with a black floor.

During Friday's performance you are welcome to leave and re-enter during the Relaxed Performance as you need. Please stay in your seat or leave the auditorium by going up the stairs either side of the space, the same way you came in.

The lights will go darker over the audience as the show begins. The lights in the auditorium will stay low during the performance so there will be enough light for you to see around you and leave if you need.

The show ends when the lights get darker, and the dancers take a bow. The audience will clap for them, which might be a bit noisy.

After the performance everyone will 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.

About Ways of Being

This show has a cast four performers and features music and spoken word recordings.

The costumes are clothes in different textures and materials with earthy, warm colours.

The stage is dimly lit throughout the performance but there is enough light to see the performers moving on stage. Behind the performers a textured image of lights and colours is projected.

At the beginning of the performance, a machine starts producing theatrical smoke to create a hazy effect. You may be able to see the performers less clearly on stage.

Soon after the performance starts, you will hear a voice that narrates to the audience. This voice continues to speak occasionally throughout the performance. This may appear random and surprising at first.

Around ten minutes in you will hear a sound that resembles the ground moving and water dripping. This may sound like it is coming from inside the theatre, but it is a pre-recorded sound and part of the performance.

At thirty-minutes into the performance, several sounds begin playing at once and the music increases in intensity. There is the sound of music, a voice recording and some broken noises. There is then a loud banging noise. This noise is repeated seven times. This is the first time you will hear this noise in the show and might feel quite sudden or loud.

There is another loud bang noise around 40-minutes into the performance. This one is not repeated.

The lights on the stage fade to complete darkness at the end of the performance. The performers will then come out and take a bow afterwards.

Thank You

We hope you enjoy your visit to the Lilian Baylis Studio. If there is any further information you need, please contact Ticket Office by phone on 020 7863 8000 (Monday to Saturday, 12pm-6pm) or by e-mail at tickets@sadlerswells.com.

At the links below, find out more about:

- [Relaxed Performances at Sadler's Wells](#)
- [See our list of upcoming Relaxed Performances](#)

We look forward to seeing you again soon.