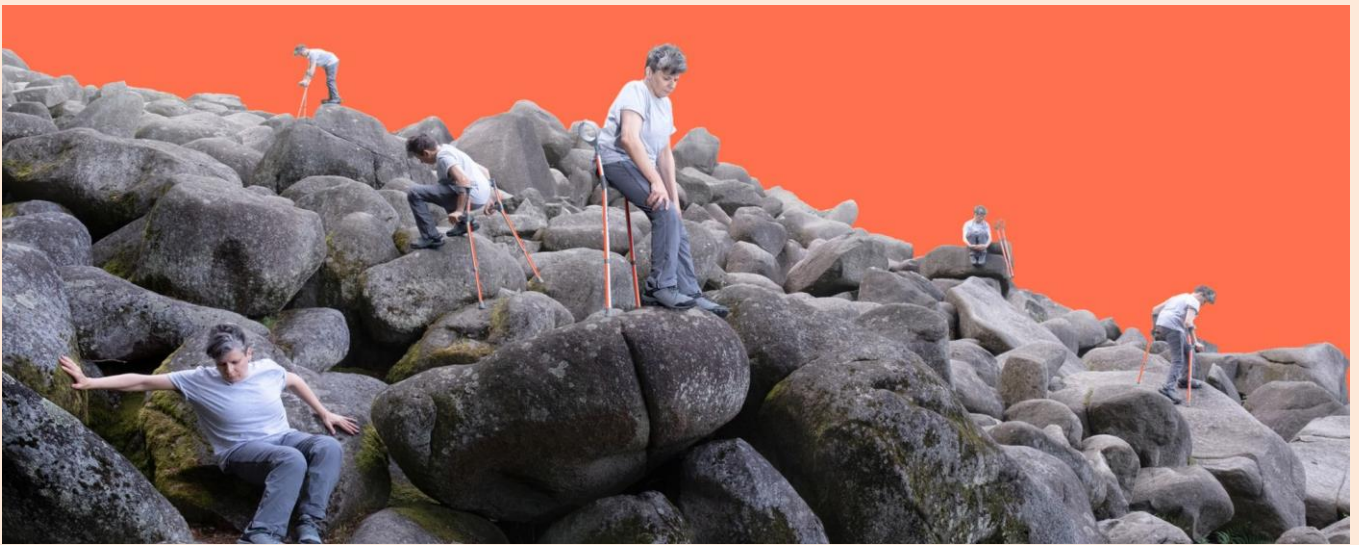


Claire Cunningham

Songs of the Wayfarer



Visual Story and LBS Guide

When you come into the theatre, Claire will already be on stage.

She will be moving around, building a mountain made of crutches and may come and talk to you.

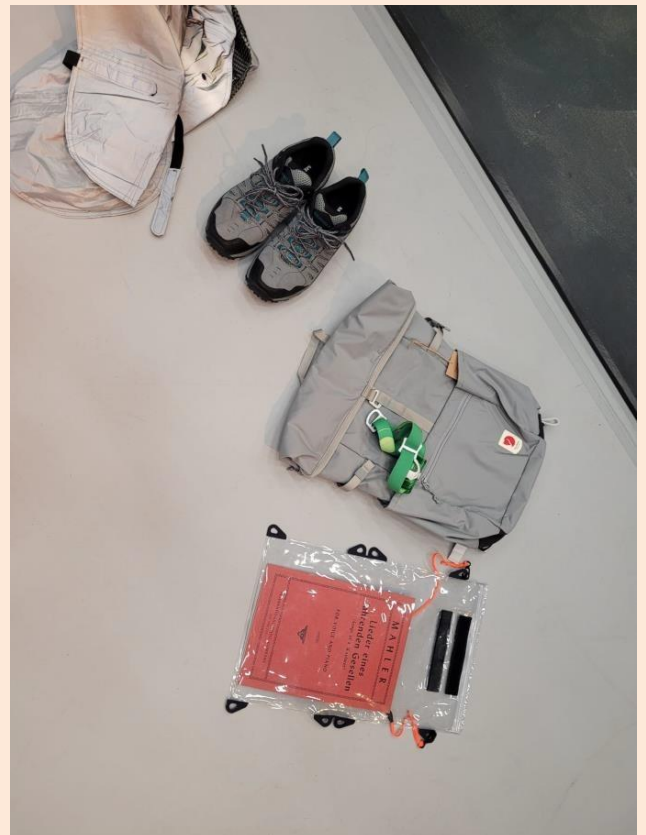


Claire will be wearing a soft white top and grey trousers, with shiny grey covers and dark grey shoes.

At the start she also wears a bright orange waterproof



She will also be wearing a silver backpack and carrying a musical score in a plastic map holder.



On stage, there will be a big mountain sculpture made out of crutches.
Please do not touch it.



You can choose your own seat, but should not sit on ones marked in Orange.

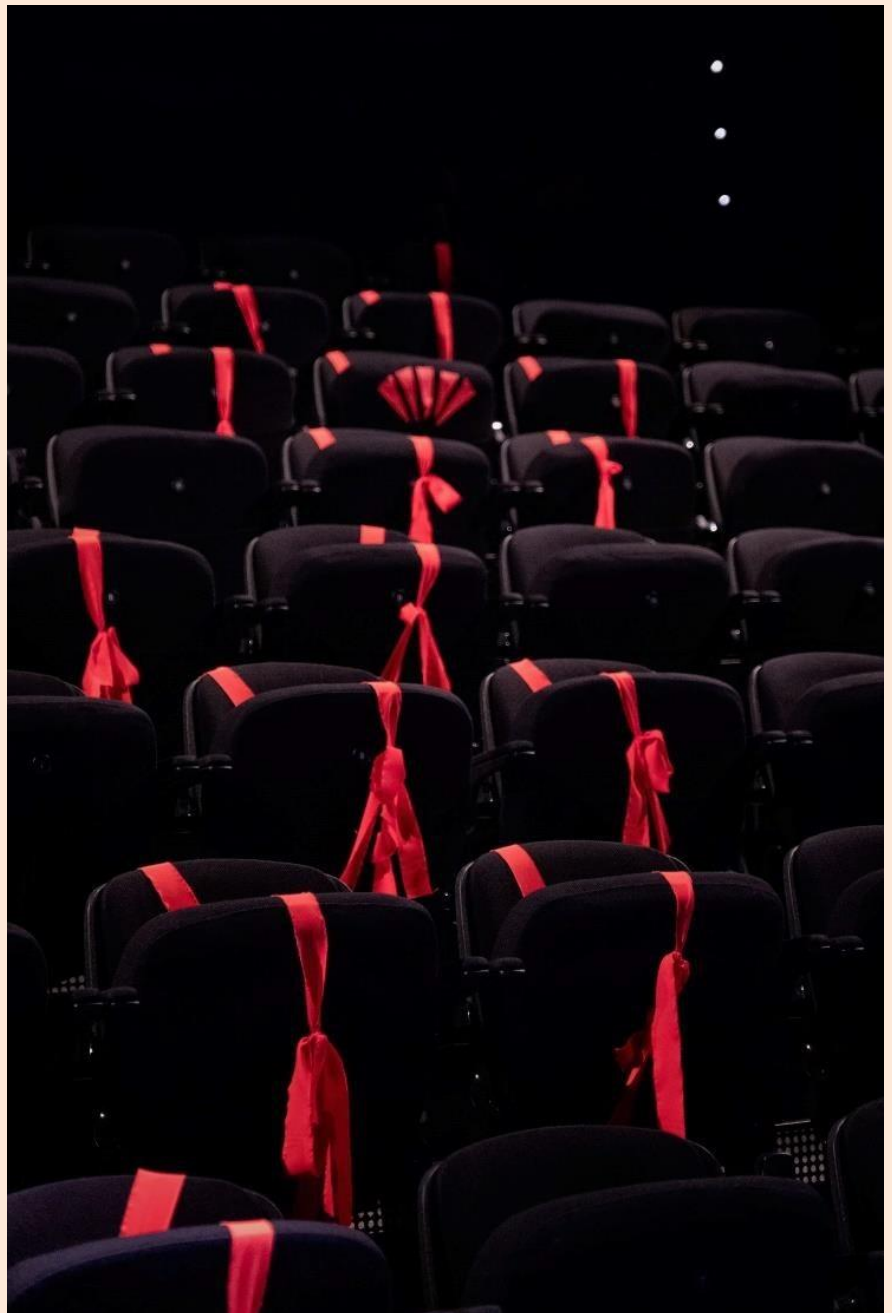
If you sit beside a seat marked in orange, Claire will come close to you.

She will not deliberately touch you.

She might ask if you want a biscuit, or to hold her cup of coffee (which you can say Yes or No to)

The biscuit has flour, sugar and butter in it and no nuts.

You might be able to smell Claire's coffee.



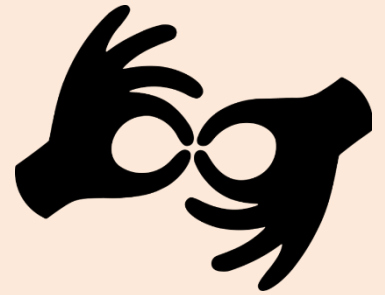
You can also choose to sit on beanbags, cushions, mats and chairs set on the stage.

You can walk onto the stage to reach them.

If you sit in one of these seats, Claire will come near to you, she will walk between you, but will not touch you.



At many shows, a sign language interpreter will be on stage as you come in.



Their position will help you decide where to sit, if you need to see them.

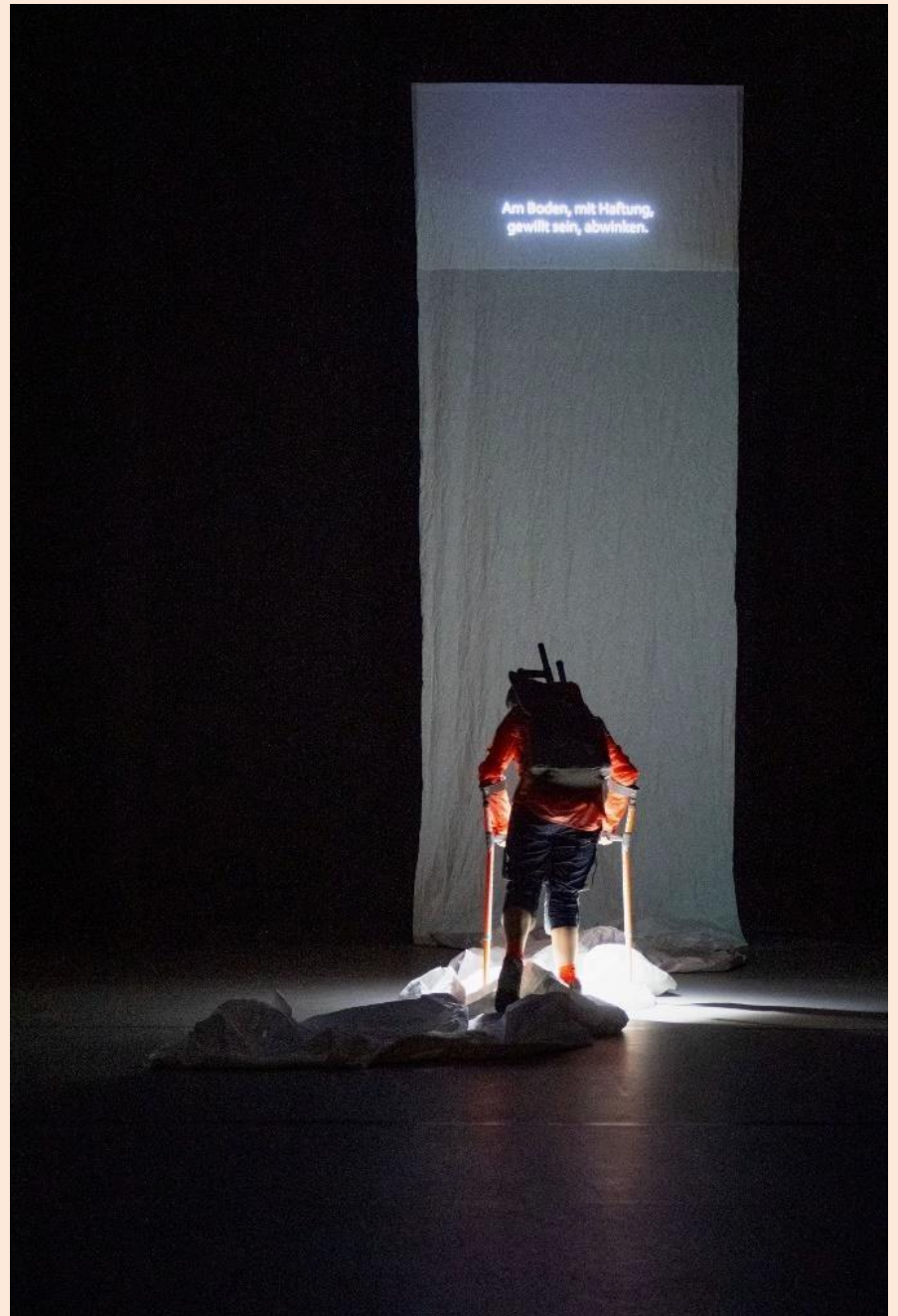
You can also ask their advice on where to sit.

The sign language interpreter will sometimes move around the stage with Claire.

You will be able to see captions at the top of the white sheet.

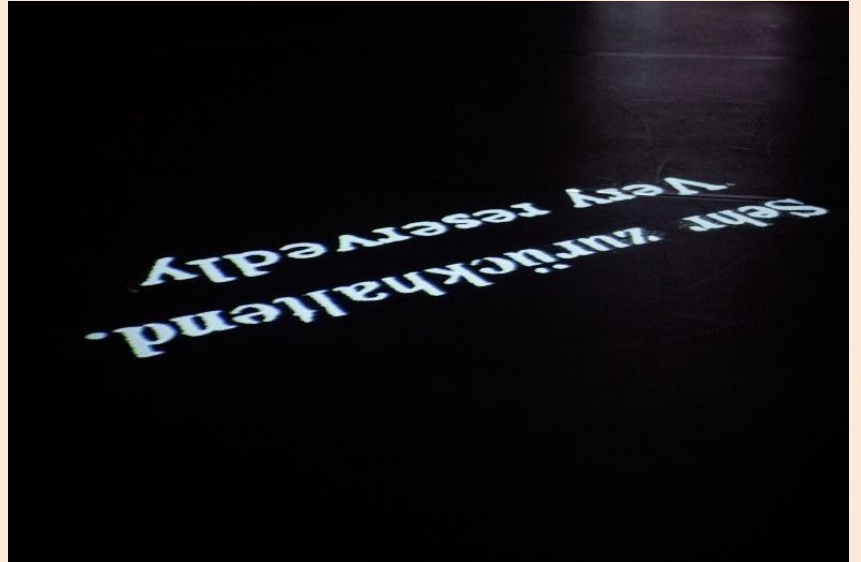
The words are what Claire is saying and singing.

You will see them as you come in and can decide to sit wherever you can best see them from, if you need to.



Other words and pictures will be projected onto the floor, including:

Phrases that appear as directions in a musical score Claire sings from.



Images taken from maps of hills, mountains and rivers, in bright orange and blue.



Black and white film of water in a river.

They appear gradually and fade in and out during the show.

If you sit on the stage, this can feel like the floor is moving.

Relaxed Performance

All performances of Songs of the Wayfarer are 'Relaxed'. For us, this means:

- You are free to sit where you like (including on the beanbags and cushions, and seats on the stage)
- You can leave and come back in, or leave and don't come back if you want to leave the theatre
- There is one section in darkness early on that takes 7 minutes - this not an ideal time to leave, but the rest of the show please do so if you need to
- Please feel free to vocalise or stim in a way that is safe for you
- There will be a box of access aids (including dark glasses, ear defenders and fidget toys) in the foyer before the show.
 - Please borrow whatever you need; please return them after the performance.
- You are also welcome to bring your own access aids.

Guide Talk

- When the show starts, Claire will climb into the first row of the audience to welcome you to the show and will describe some sensory information.
- The lights will go as bright and as dark as they will during the show.
 - There is no flashing or strobe lighting and the transitions are gentle.
 - Even in the darkest moments there will be some light from the fire escape signs and the projections – it may take a moment for your eyes to adjust.
- The sound will go as loud and as quiet as it will during the show, the transitions are gentle. The sound will move around the stage.
- Claire will point out where she will move in the theatre. If you sit in a seat with orange markets, she will probably come quite close to you.

- Claire sings in German, in an operatic style, she will demonstrate this at the beginning of the show. The captions will help you understand what she is singing.
- There will be projections on the floor, and on the white paper at the back of the stage. The projections on the floor move, and might be disorientating for some people.

Other Useful Notes

- If you are sitting towards the back right of the tribune, Claire may sit near you while drinking coffee and eating biscuits. You might be able to smell them. There are no nuts in the biscuits.
- In some parts of the show, Claire will use a headtorch this may be very bright if they are pointed in your direction.
- When Claire takes rests and invites people to move and stretch, you are very welcome to do so with her
- If you are sitting in seats at the front of the theatre, at points where Claire climbs into the audience, you are welcome to turn and adjust your position if you need to
- At the end of the performance, after Claire has left the stage and the lights come back up you are welcome to stay in the space for a little while and take your time leaving. There is no need to rush away

Welcome to the Lilian Baylis Studio

This Visual Story is to help prepare you to come and see a performance of ***Songs of the Wayfarer*** by **Claire Cunningham** 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 Stage Door Reception by e-mail at reception@sadlerswells.com or call 020 7863 8198.

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 house 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 performance in whatever way feels natural.
- We provide a Visual Story (like this one) to help you feel prepared for your visit.
- There is a separate Chill-Out Space where you can relax away from the other people if you need a quiet space to retreat to.
- Ear defenders and/or ear plugs are available from staff on request, if you feel you might need them.



Arriving at Sadler's Wells on Rosebery Avenue

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



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 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 tap available in the dining area where you can help yourself to a glass of water or fill up your bottle.

Food is allowed in the auditorium. Breast and bottle feeding is welcome in the auditorium and everywhere at Sadler's Wells.

The café will be busy and noisy with people eating and drinking. See below for the location of our Chill Out spaces.



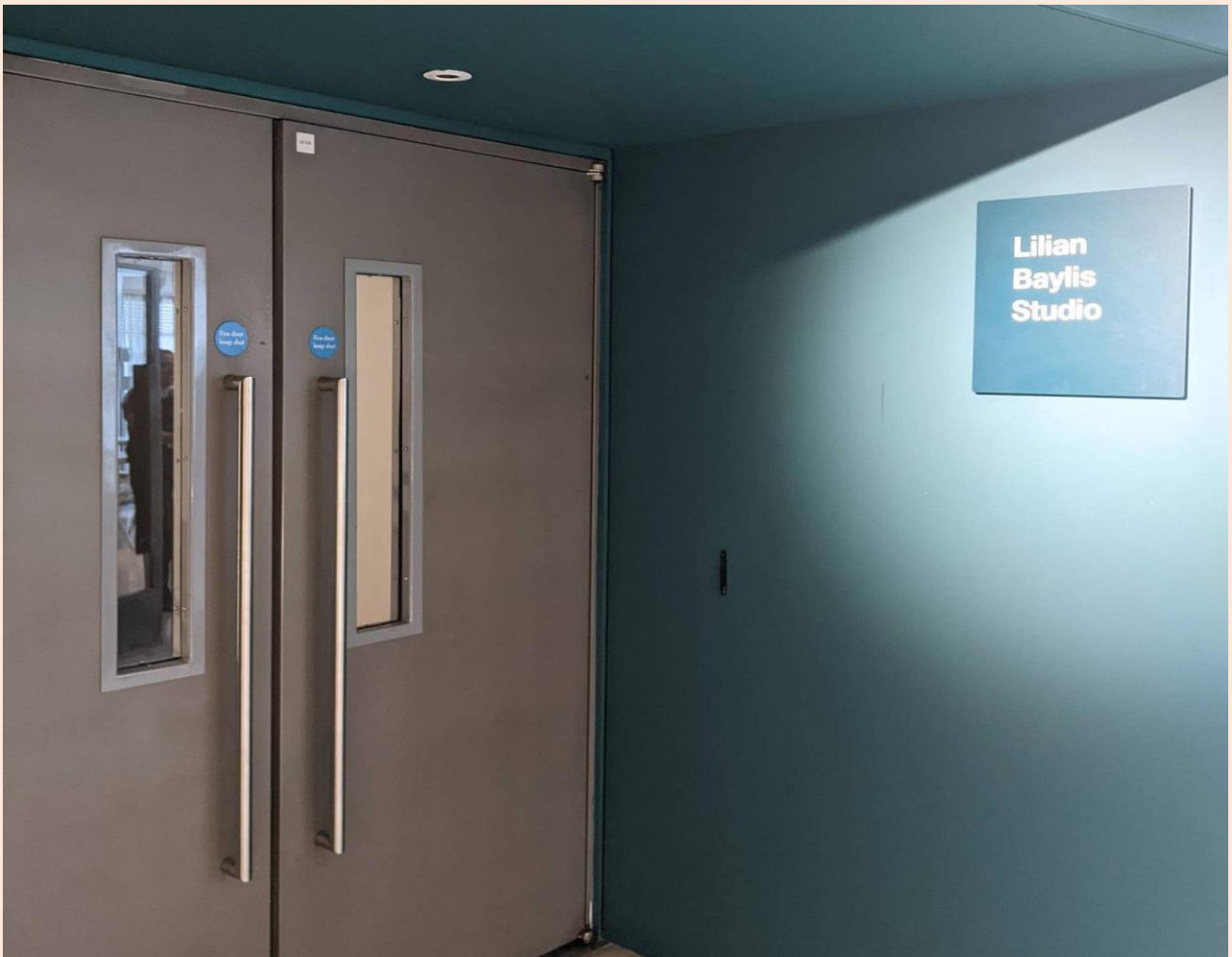
You can find toilets by following the corridor through the café. There are baby-changing facilities available in the accessible toilet.





The toilets for 'women' are signposted with a figure in a dress and has individual toilet cubicles. The toilets for 'men' are signposted with a figure in trousers and has both urinals and individual toilet cubicles. We encourage you to use the facilities that you feel most comfortable using.

The Auditorium



The hosts will lead you into the auditorium, which is through the double doors opposite the café counter.

Our team of ushers will check your ticket on your way in. The seating is unallocated, which means you can sit in any seat you like.

However, there is an area of seats that will be **marked**

in orange. These seats are reserved so that audience are not able to sit in them. This is because the performer will climb across these seats during the performance. There will be no contact between you and the performer and enough room left that sitting near this area is safe for you, but feel free to sit further away from this area if you like.

Our ushers can help you to find a seat that you are comfortable with.

Other people will be taking their seats too and it might feel busy and a little bit noisy.



This is the auditorium where the show will be performed. There is space for 114 people at this show.

The doors to go into the auditorium will open at 19:45.

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 30 minutes with

no interval. An interval is a break in the middle of the show, but this show does not have one.

Show Notes

Wheelchair users will enter the auditorium using the lift at Stage Door Reception. Sadler's Wells staff will lead you safely through the backstage area and into the auditorium to find you a seat (if you would like to transfer) or a space (next to your companion if you like).

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

After the performance in the auditorium, the audience 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.

Chill-Out Room

If you need somewhere to relax before, during or after the show you can go to the Chill-Out Room. This is a space reserved only for audience members of *Songs of the Wayfarer*.

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 and ushers to show you where this is.



There will be sofas and cushions for you to relax on and there will be water available in the café. The performance in the auditorium will be shown on the TV screens in both rooms, so you can watch this way if you like

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