

This visual story is intended to help prepare you for your visit to Sadler's Wells East.



This is one of the main entrances to Sadler's Wells East which is located on Stratford Walk, Queen Elizabeth Olympic Park, London.



This is the first entrance you'll see walking from Stratford Westfields.

You'll enter through these glass doors which open out to our Café, The Well.



This is The Well. You can relax here before, during and after the show and buy snacks and drinks at the bar.

You can also refill your water bottle at our water station, we have cups you can borrow too.



You might also like to enter through these glass doors. This entrance is what you'll see if you walk from West Ham Stadium.

There is a ramp to this entrance.



You will enter our Foyer and see our Welcome Desk.

This is where you may come to buy or collect your tickets for the show, and where our team can answer any questions you might have.

You can also buy some merchandise from our shop.



To the right of the Welcome Desk is our restaurant and bar, The Park.

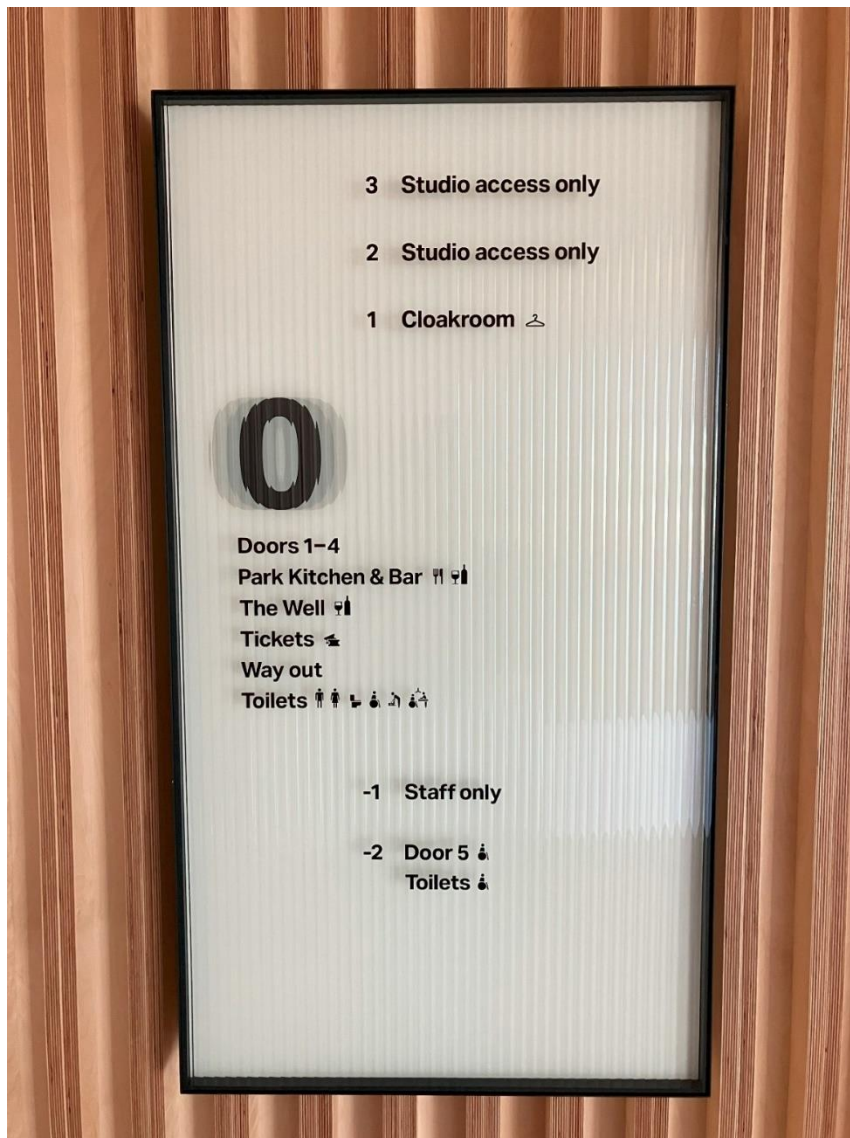
You can buy a snack, drink or sit down for a meal before, during or after the show. There will be child-friendly options available.

There is another water station with cups here.



**All our front of house spaces are connected by The Dance Floor.
You might see people dancing here and you could hear music.**

It might be busy and a bit noisy before and after the show.



On the ground floor, marked 0, we have a range of toilets:

A female toilet with cubicles and baby change facilities

A male toilet with urinals, cubicles and baby change facilities

Two accessible, all gender toilets – one with baby change facilities

One changing place toilet which has an accessible toilet, adjustable changing and shower table, electric hoist and adjustable sink.

Please bring your own sling if you wish to use the hoist.

On floor 3, near The Sticky Dance performance, we have one accessible, all gender toilet and shower.



The Sticky Dance is happening in the Martha Graham Studio on floor 3. You can access floor 3 via a lift or the stairs. A member of our Front of House team will help guide you.

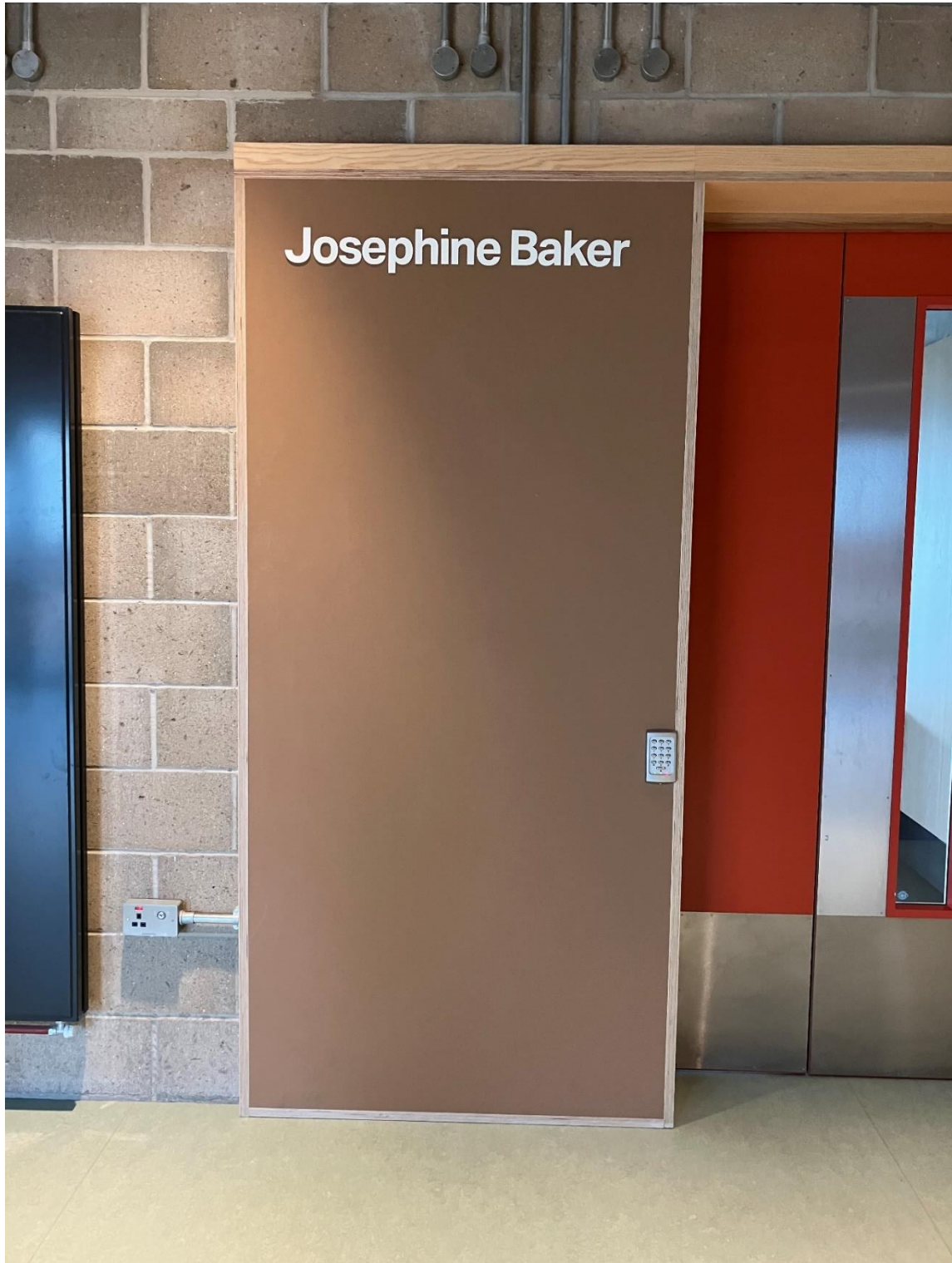


Second Hand Dance will decorate the space outside the Martha Graham Studio with sticky tape.

There will be a sticky tape shoe grid, we ask everyone to take off their shoes before entering the performance space.



You can leave your coats, bags, buggies, scooters and other belongings in The Foyle Studio which is just opposite the Martha Graham Studio.



**Next door, The Josephine Baker Studio will be a chill-out space.
You are welcome to leave the performance at any time and re-enter
if there is space.**



The chill-out space will have bean bags and fidget toys. The lights will be dimmed, and it will be quiet.



Keir, who works for The Second Hand Dance, will greet you outside The Martha Graham Studio and guide you through the doors into the performance.

We hope you enjoy the show!