

**In a world divided by borders, flags, and struggles for power,
some people still dare to dream. They dare to stand up. They
dare to find joy, even in the darkest moments.**

***Free* is the story of that daring — a journey to a place where no
one is limited by who they are or where they come from. A
place where everyone can live and be free.**

A group of five diverse people are captured in a moment of pure joy, jumping and dancing in a bright, white, minimalist space. They are all barefoot and wearing casual, comfortable clothing. The person on the far left is a Black man with long dreadlocks, wearing a yellow tank top and a white lace skirt, with his arms raised high. Next to him is a Black woman in a black long-sleeved top and a white lace skirt, also jumping with her arms raised. In the center, a woman with curly hair is wearing a green tank top and white pants, jumping with one leg raised. To her right, another woman is wearing a yellow tank top and green pants, jumping with her arms raised. On the far right, a woman with curly hair is wearing a red strapless top and a green skirt, jumping with her arms outstretched. The overall mood is one of freedom, joy, and celebration. The word "FREE" is written in large, bold, black capital letters at the bottom left of the image.

FREE

*Getting
Here*

FREE



Welcome to Sadler's Wells East!

This visual story is intended to help prepare for your visit.

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.

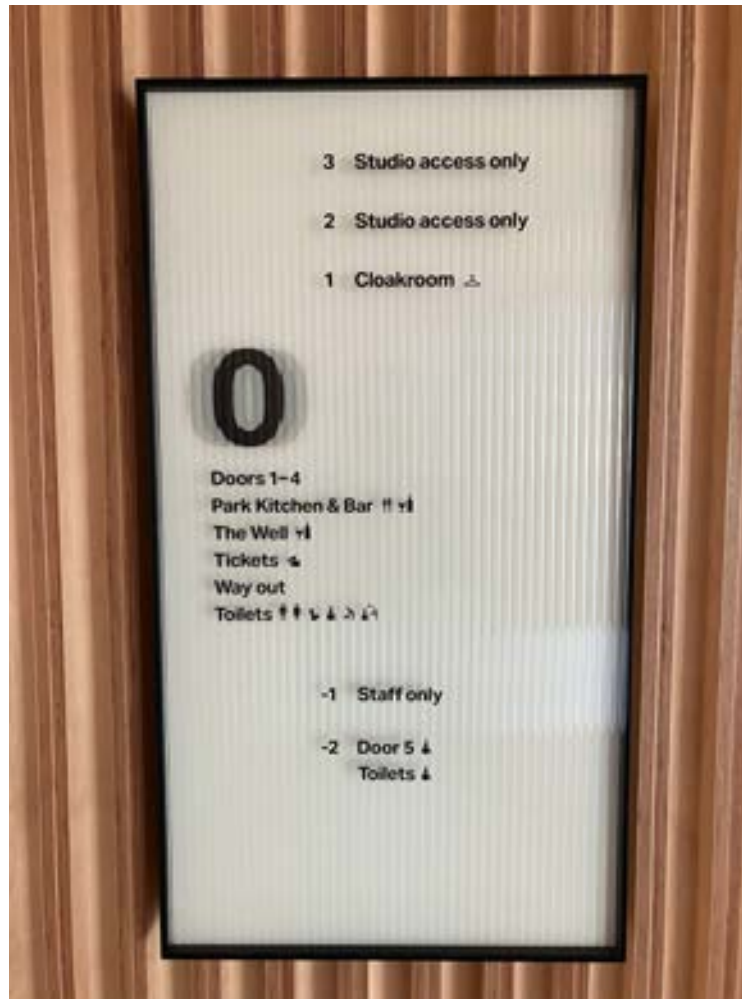


**To the right of the Welcome Desk is our restaurant and bar, The Park.
You can buy a snack, drink or sit down for a meal before, during or after the show.
There is another water station with cups here.**



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. If you are attending the show on Friday evening, there will be an after-party taking place here, all are welcome to attend!



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.



Members of our front of house team will operate the lift if you need step free access to the auditorium via level -2, our chill-out space on level 2 or our cloakroom on level 1.



The chill-out space will be in a place called The Legendary Twins Studio. It will have bean bags, fidget toys, and a live stream of the performance on a large TV screen, so you can experience the show in a different way. The lights will be dimmed, and it will be quiet.

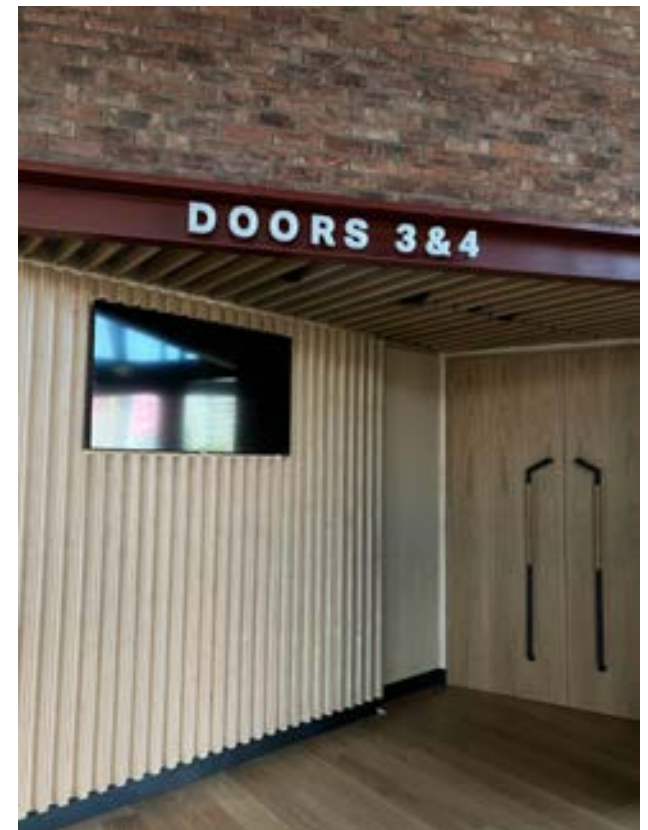
This performance is relaxed, which means you can exit and re-enter the auditorium as many times as you need. The chill-out space will be open from 18:30 until the show ends.



On level 1 we have a cloakroom where you are welcome to leave your bags and belongings for a small fee.

The auditorium doors are either side of The Well Café on level 0.

Your tickets will be checked by a front of house member at the entrance to the auditorium.





These are the stairs you will take to get down to stage level.

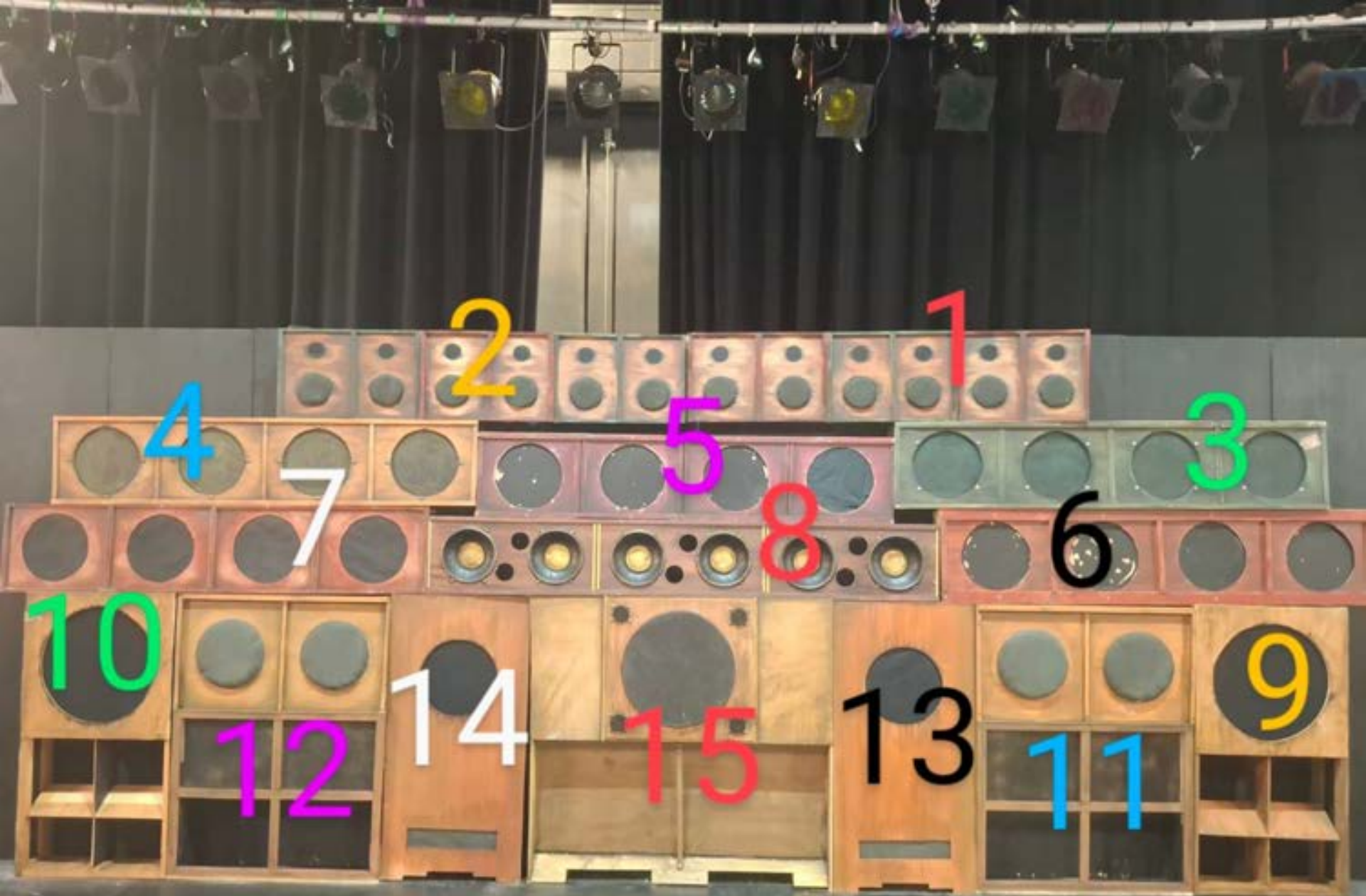
Seating for this performance is unallocated, meaning you can sit anywhere. There will be some bean bags and chairs available if you need to use them. You're also encouraged to move around on the stage if you're able to. At times, the dancers may move towards you, if this happens, please move out of their way.

The house lights will be on slightly, so you can leave and enter the auditorium safely whilst the performance is happening.

We hope you enjoy the show!

Design

FREE



When you enter the space, you will see the set design. It is made up of speakers arranged in a stack. This is what it looks like in full lighting.



This is what it looks like with theatrical lighting on. There are also hanging elements - symbols and banners that add decorative and narrative elements.



The banners are lit at various points during the show.

Story

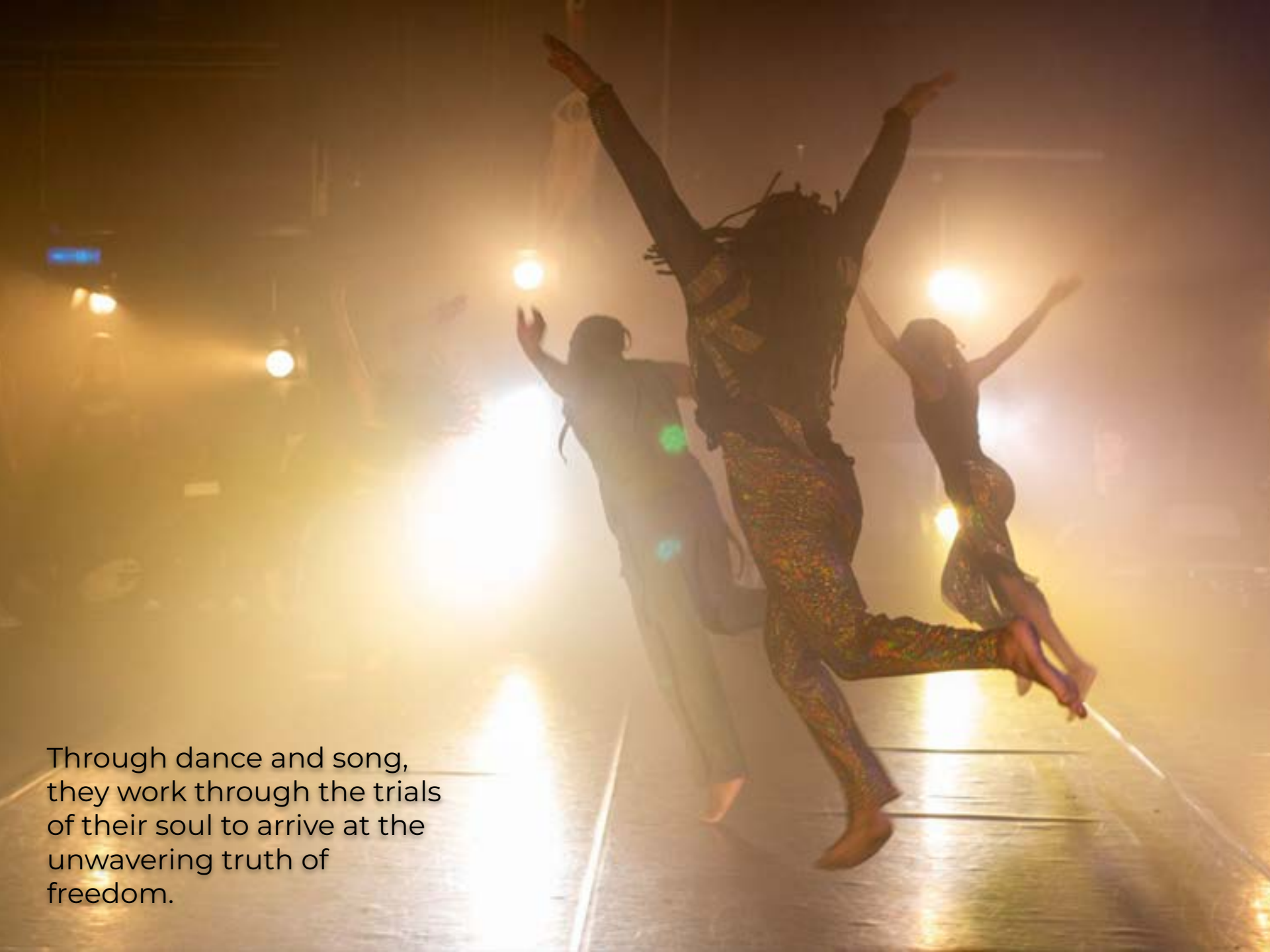
FREE



The layered narrative, "Free," is a spiritual and intergalactic journey that begins in outer space.



It follows five individuals of African and Caribbean descent on a physical and spiritual quest.



Through dance and song,
they work through the trials
of their soul to arrive at the
unwavering truth of
freedom.

Their liberated energy then expands outward, sharing its power with the audience and the people they meet.

