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.

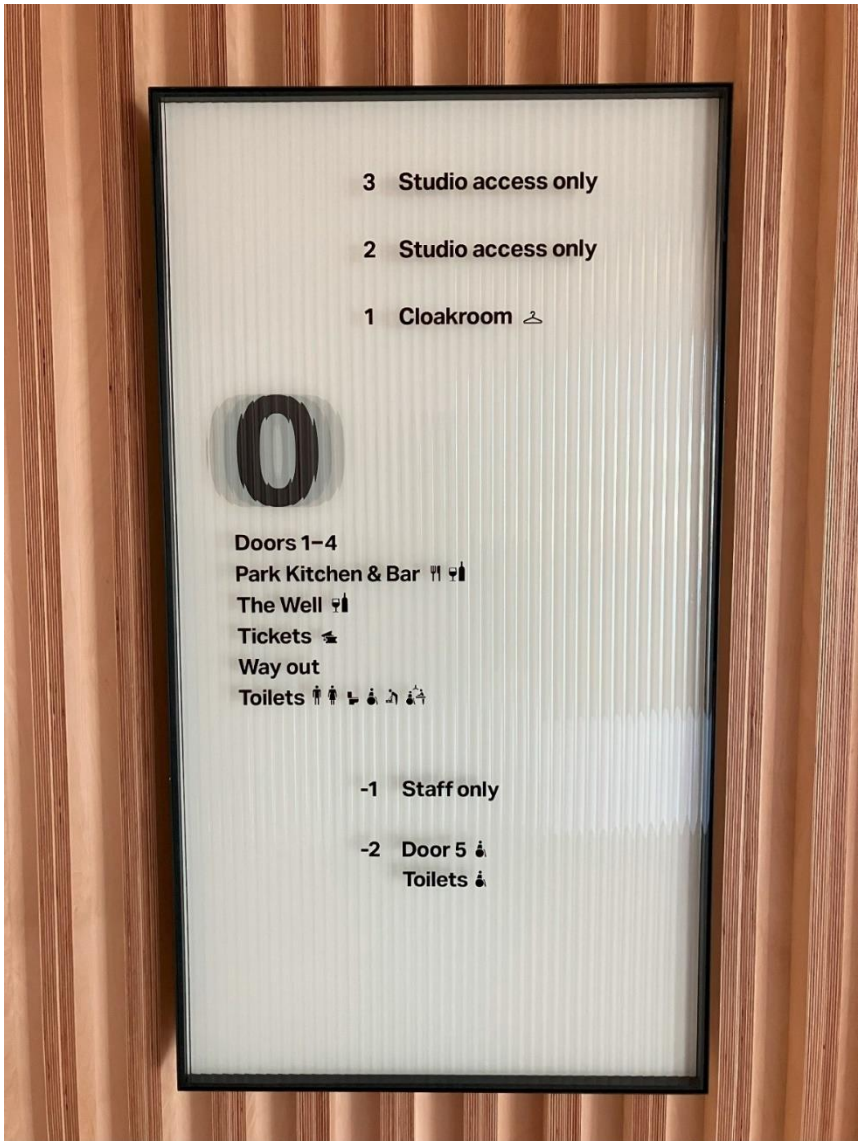
You can buy a snack, drink or sit down for a meal before, during or after the show.

There is another water station with cups here.



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

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



Members of our front of house team will operate the lift if you need step free access 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 Cindy Campbell Studio. It will have bean bags, fidget toys, information booklets about the show 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.

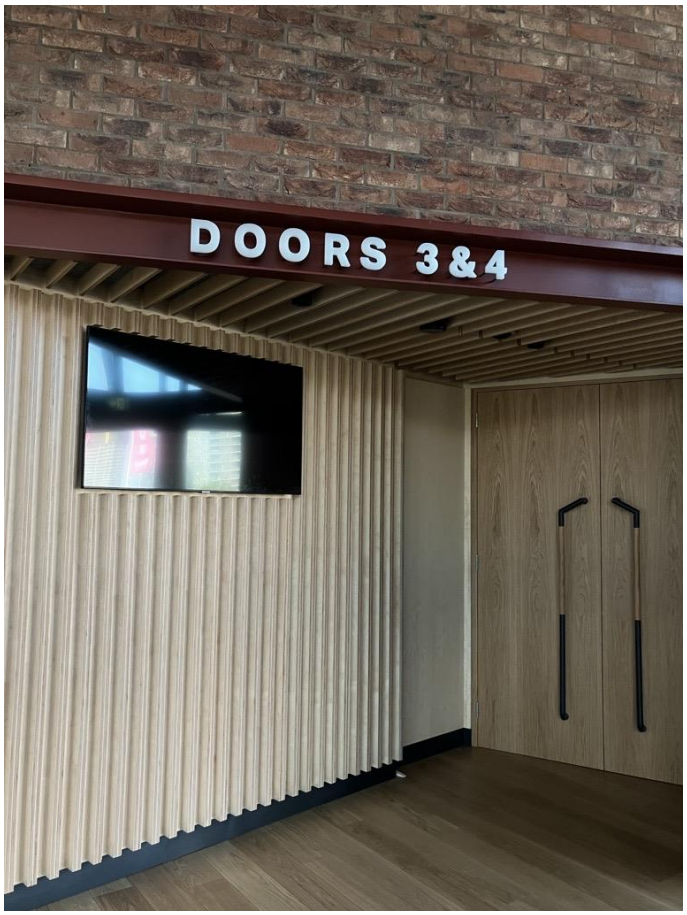
For the relaxed performance, you can exit and re-enter the auditorium as many times as you need. The chill-out space will be open from 18:30 until the show ends.



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

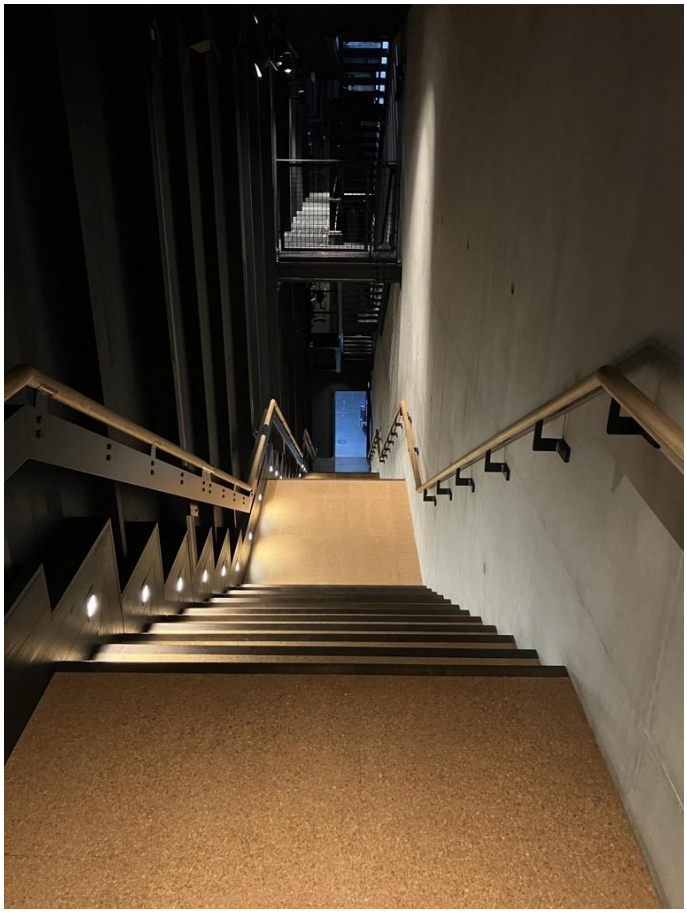


The auditorium doors are either side of The Well Café on level 0.

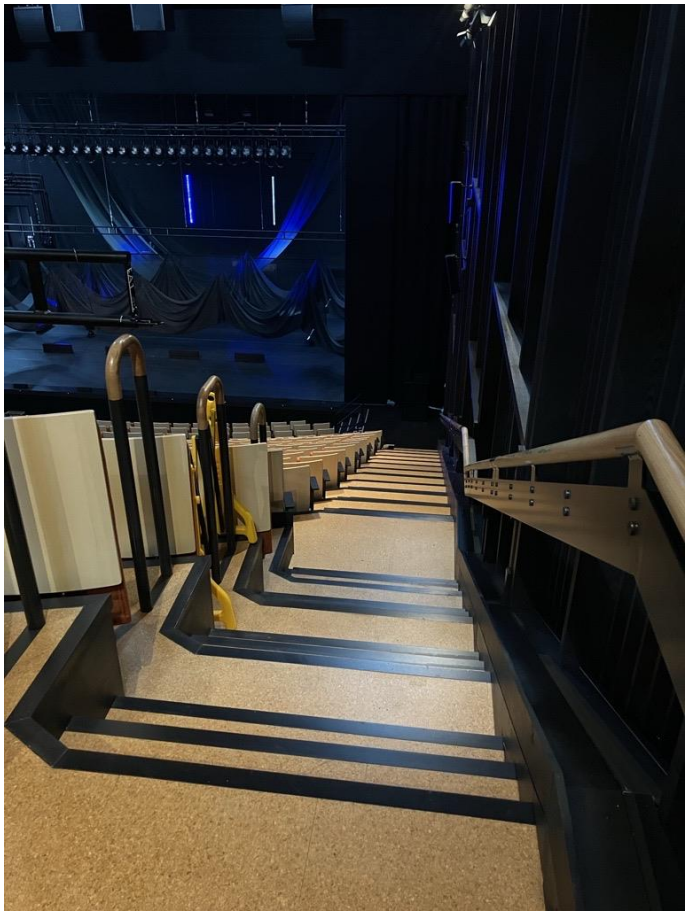


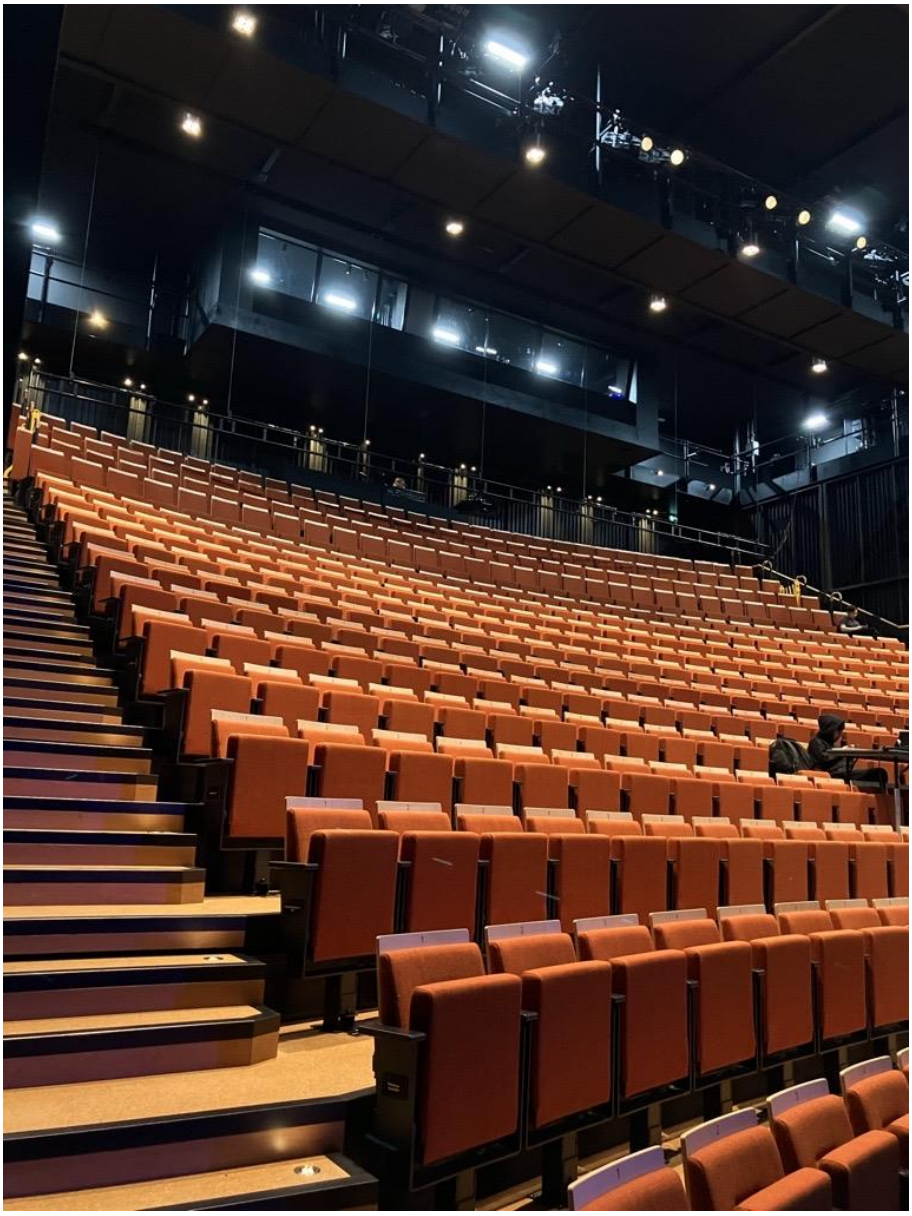
Your tickets will be checked by a front of house member at the entrance to the auditorium, your ticket will tell you which door is best to use.

These are the stairs you might take if you are seated in rows AA-G.



These are the stairs you might take if you are seated in Rows H-R.

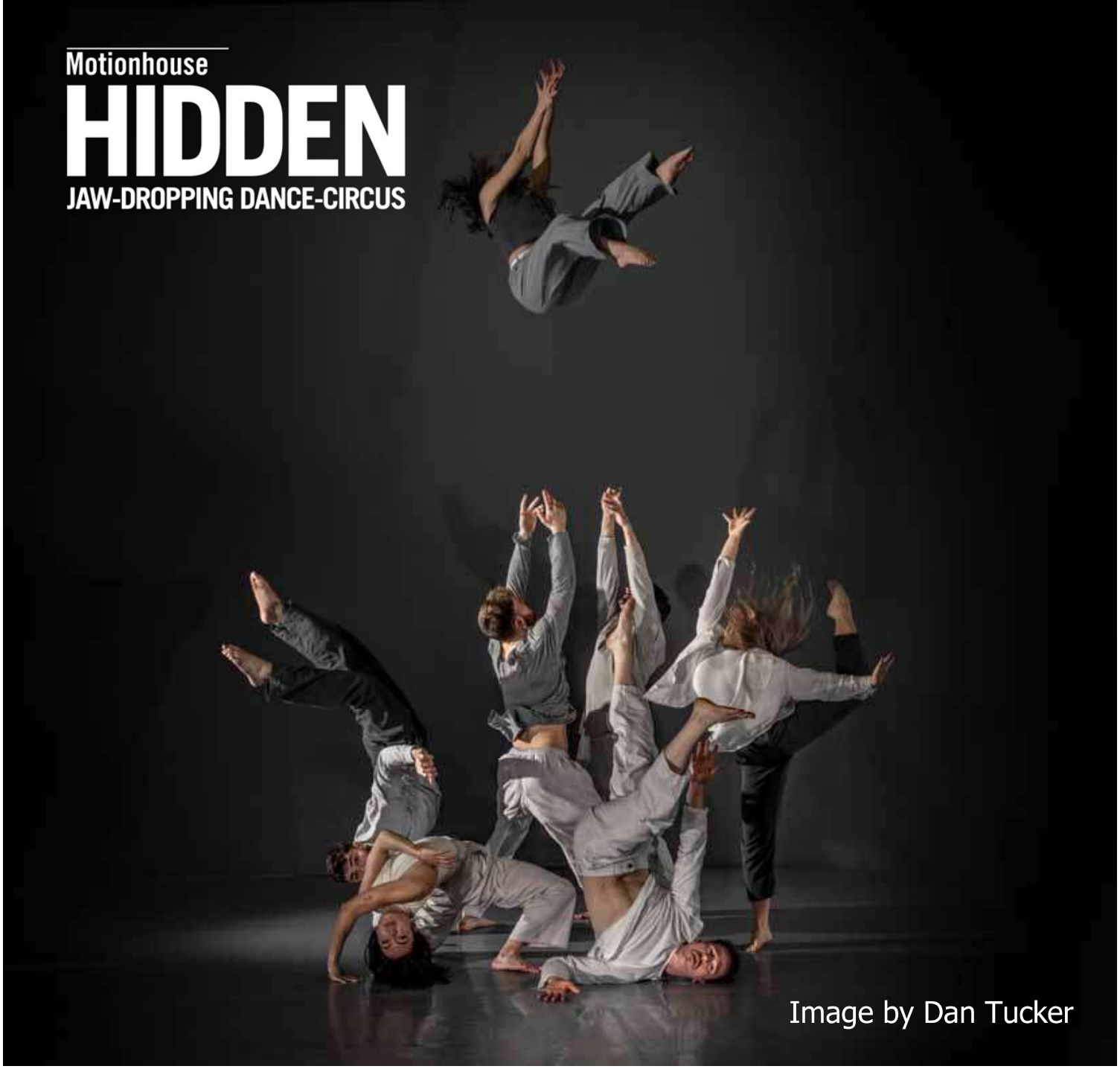




Seating for this performance is allocated; our ushers will check your ticket and help you find your seat. Your seat number is on your ticket.

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

We hope you enjoy the show!



Easy Read

Hidden:

A dance-circus show by Motionhouse.

ARTS COUNCIL ENGLAND
WARWICK DISTRICT COUNCIL
WARWICK ARTS CENTRE
FABRIC
John Ellerman Foundation
UKRI Innovate UK

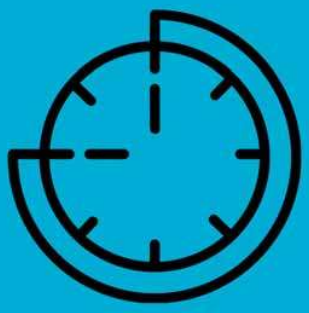
Hidden: What to expect



It may be busy

Hidden is a theatre performance.

It may be busy and noisy in the building and auditorium. There will be staff around to direct you and to keep everyone safe.



2 hours

Interval

25 Minutes

Hidden is about 2 hours long including an interval.

There is music playing all the way through. Sometimes the music can be loud. You will see moving pictures on the stage, the set and on the floor. Sometimes the projections move quickly. There will be times when the audience will clap. You do not have to join in with the clapping if you do not want to.

The interval will last 25 minutes. In the interval you can:

- go to the toilet
- get a drink or a snack
- go outside for some fresh air
- move around

Ages 7+

Hidden is a dance-circus show.

It is suitable for people aged 7 and over.

About Hidden



Synopsis

Hidden is dance-circus performance about how in difficult times, humans can work together to make life better.

The performance has 7 dancers in it. They wear different costumes. A colourful costume and a grey costume.

There are 2 parts to the show, with an (interval) in between. Part 1 is called Act 1. It is 60 minutes. The second part is Act 2. It is 31 minutes.

Hidden: Content and trigger warnings



There are fast moving film projections from 9 minutes 10 seconds – 13 minutes 35 seconds.

There are Flashing lights from 13 minutes 35 seconds – 14 minutes 30 seconds.

You can cover your eyes if you would like.



Sometimes the music can be loud. You can wear ear protectors or put your hands over your ears if you would like.

The performers climb on objects or on each other's shoulders, and sometimes they fall from high up. It can look scary but don't worry, this is part of the performance!

Meet our Dancers

There are 7 dancers in the show. Here are some pictures of them so you can get to know them.



Alex De La Bastide | Olly Bell | Llewelyn Brown | Dylan Davies | Blair Moore | Sophie O'Leary | Beth Pattison

Hidden Visual Story
Act 1



Section 1

There are 2 large screens at the front of the stage. There are moving pictures projected onto the screens. 2 dancers climb on top of the screens and stand up – don't worry, they've done this many times before and are safe!





Section 2

The moving pictures change to show a street corner. A dancer comes on stage. They dance on their own in front of the screen. The screens begin to move. They open up to show more of the stage behind them. When the screens move 2 more dancers come out. They dance together.





Section 3

The screens move and the 2 dancers move behind it so you can't see them anymore. Another dancer comes out on stage. The projections change to show a park.

The screens continue to move around. You can see a bedroom and a computer and a busy street.

A new dancer appears on stage with each new picture.



Section 4

The projection changes and a train appears from the screen - it looks like it hits a dancer. Don't worry, it's just a projection.

The 7 dancers come on stage together and dance in front of the projections.



Section 5

7 dancers continue to dance, performing flips and tricks. You will see 3 people standing on each others shoulders. Sometimes it might look scary, but don't worry it is part of the performance.

A dancer gets thrown high in the air and the projection changes to different flickering images. You can cover your eyes if you don't want to see the projections flashing.



Section 6

All the dancers move in slow motion and slowly exit the stage, leaving one dancer on stage.

The backdrop is gloomy and dark. The dancer looks sad and scared, but don't worry, they are just pretending.



Section 7

The two dancers come on stage and perform holding a pole that lights up. They move and dance together with the pole.

The screens move close together and the dancers are closed in.



Section 8

The screens move to the front of the stage. 2 dancers climb on top and remove the fabric covering revealing 2 metal frames in the shape of triangles. 2 dancers are wrapped in plastic. This may look scary and it may seem like the performers are trapped, but it's part of the show and they are able to move.

The other 5 dancers move the metal frames around the stage.



Section 9

One of the dancers breaks out of the plastic.

At one point the cage with the dancer still in plastic is lowered onto the other dancer. It looks like they are trapped. This is supposed to happen, and the dancers are safe.

In the end, the other dancer escapes the plastic.



Section 10

2 dancers move together in front of the metal frames.

At the back of stage, the other dancers carry two large boards on their backs and place them on the two metal frames.

All 7 dancers dance and perform tricks on the metal frames and boards. Some of the dancers are high up but don't worry they won't fall off and are safe.



Section 11

All the performers move together on the floor. Sometimes they lift each other up.

5 dancers leave the stage taking away the boards from metal frame.

2 dancers perform together. The metal frames are moved to be in the middle of the stage.



Section 12

2 dancers stand on top of the cage. The other 5 dancers climb on the metal frame. All dancers perform tricks with some people being thrown in the air.

The metal frames are moved around again.

One of the dancers climbs onto the shoulders of two other dancers and falls from a large height. This has been practiced lots and there are dancers there to catch them. The set also gets rocked back and forth but don't worry it won't fall on top of them.



Section 13

The frames are moved so that they are on top of the dancers. This is carefully designed so the set does not touch any of the dancers on the floor.

2 dancers jump and swing between the metal bars of the frame.



Section 14

2 dancers stand on top of the cage. The other 5 dancers climb on the metal frame. All dancers perform tricks with some people being thrown in the air.

The metal frames are moved again and the large boards are bought back onto the stage. They are put on the metal frame. The boards fall forwards and the dancers move on top of them.

Projections of old pictures appear on the boards and on the back screen



Section 15

The frames are moved again to make 2 ramps. The dancers climb, slide and perform tricks on the ramps. This is very fast paced and there may be some banging noises as the dancers move over the ramps.

They will slow down and stop. The lights will go dark this is the end of act 1. People might clap and it may be noisy.

A staff member will make an announcement about the interval and you will need to leave the auditorium for entire interval.
It might get busy as people leave the auditorium, but staff will be there to help you if you need it.
An announcement will be made at the end of the interval, so you know when to go back to your seat.

Hidden Visual Story
Act 2





Section 1

The set has changed to a very large ramp at the back of the stage. 2 dancers are at the top of the ramp, holding each other. They slide down the ramp. They help each other to climb back to the top of the ramp.

The dancers huddle together in a circle of light at the top of the ramp. 2 dancers slide down the ramp to the floor. They perform a duet and the other dancers slowly slide down the ramp. The duet has lots of tricks that are high up. It may look dangerous, but they have prepared for this and are safe.



Section 2

All the dancers climb onto the ramp and position themselves in the squares of light. They follow the light and make a line up the ramp. A dancer stands up on another dancer's shoulders and they climb up the ramp in the column of light. Some of the dancers leave and 3 dancers follow the light by sliding and climbing on the ramp.



Section 3

The dancers perform together doing different flips, tricks, lifts and throws on the floor and ramp.

At one point, three people stand on each others shoulders. Two of them fall sideways from high up but don't worry there are dancers to catch them!



Section 4

A dancer sits at the top of the ramp in a spotlight. The dancer jumps off the ramp and is caught by the other dancers. This is very high up and looks quite scary, but the dancers have practiced this jump many times. The dancers climb back up the ramp towards the light and huddle as a group at the top. The lights go dark and the music stops.





Section 5

The lights come back on and the dancers slide down the ramp to bow. People will clap - don't feel like you need to join in if you don't want to. This is the end of the show – it may be busy as people start to exit the auditorium but there will be staff members to help if needed.