NO PARTICULAR ORDER

CARE PACK

WHAT IS NO PARTICULAR ORDER?

No Particular Order follows an unnamed society-- then, now, and to come-- in which a despot has risen to power. A war, and then a period of uneasy peace, follow. Through a series of focused fragments, the play tracks ordinary people whose lives have been distorted by conflict, and the story of authoritarianism born, defeated, and born again. In these scenes, we see people struggling to love, make art, maintain humanity, find kindness, and navigate fractious political environments. Some of these scenes, which depict war, state violence, and emotional distress, might therefore be disturbing to some members of the audience.

WHAT IS A CARE PACK?

A care pack is designed to give you information to know if you will be affected by any of the themes covered throughout the show, and suggestions as to where to get help and resources. We will highlight potentially difficult subject matters, and point you towards resources that will be able to help or provide further reading. We will also highlight our accessible performances.

CONTENT WARNINGS

Sexual Assault
A display of homophobic discrimination
Gun fire and shooting
References to drugs and drug use
References to trauma
Death & bereavement

SELF-CARE

Some of the topics covered in No Particular Order might be distressing for some audiences, and looking after yourself is always the first priority.

Reach out to someone – if you are struggling reach out to a friend, family member, or see below for contact information for confidential and anonymous support 24/7.

Ground yourself – If you are able to, place your feet on the floor to help ground you. Take deep, slow breaths in through your nose for four counts, hold for four, then release your breath slowly out of your mouth. Repeat this exercise a few times.

Take care of yourself – Drink a glass of water. If you are able to, take a walk outside in nature. If possible, turn off your phone and take five minutes for yourself.

When we panic it can be easy to spiral. A simple exercise to follow is tune in to your senses:

- Notice 5 things you can see around you
- Notice 4 things you can touch
- Find 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Finally, you are the expert on you! If something isn’t right for you, you are always able to walk away. Put yourself first, and do what’s right for you.

ACCESSIBLE SHOW INFORMATION

The play will run for approximately 1 hour and 25 minutes with no interval.

ALLERGY WARNING – this performance contains the use of real feathers.

Parent & Baby performance: 15 June 12pm

Provided as an opportunity for parents and/or guardians to enjoy a spot of theatre without the need to hire a babysitter. Babies are welcome in the space in all their glory, but you are free exit and enter throughout the show if you'd like to. Please note, we do not exclude other audience members from booking to see this performance.

Pay What You Choose performances: Sat 11 & 18 June 3pm

RESOURCES

Abuse or Assault -

London Survivors Gateway
We are a gateway to specialist services in London that provide information, support and help to anyone who has been affected by rape, sexual assault, sexual abuse or any form of sexual violence at anytime in their lives.
Whatever your circumstances we can help. We work with anyone aged 13 or above who lives, works or studies in London and who has survived any form of sexual violence, regardless of their gender, sexuality, disability, language, ethnicity or immigration status.

Call 0808 801 0860

Homophobia -

Metro
We promote health and wellbeing through our transformative services to anyone experiencing issues relating to sexuality, gender, equality, diversity and identity, and use our unique insight from these transformative services and our diverse heritage to influence decision makers and to effect positive change.
020 8305 5000

Gunfire and shooting -

Vicitim Support
Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. We provide specialist help to support people to cope and recover to the point where they feel they are back on track with their lives.If you want to speak to someone now, call our free 24/7 Supportline – 08 08 16 89 111.

References to drugs and drug abuse -

Action on Addiction
Range of abstinence based treatment services for people with severe dependency on alcohol and drugs. Residential care, day treatment, outpatient counselling and community services.

Call 0300 330 0659

Trauma -

Trauma Breakthrough
We are a UK charity supporting adult survivors of trauma and abuse. 1-in-5 people experience trauma (childhood abuse, accidents, domestic violence, sexual assault, displacement, etc) during their lifetime. We provide specialist therapy, support & wellbeing services; crisis support; groups; and mental health courses. We also provide training for friends & family, businesses, churches and other community organisations in how to provide effective support for those struggling with their mental health.

Call 01225 984637

Death & Bereavement -

Cruse Bereavement Support
We offer support through our website, national helpline, live chat, group, zoom, telephone or one-to-one in person support. We want to make sure everyone grieving gets the help they need in a way that works for them. We have a specially trained dedicated team of 4,000 bereavement volunteers.
Call 0808 808 1677