

Visual Guide

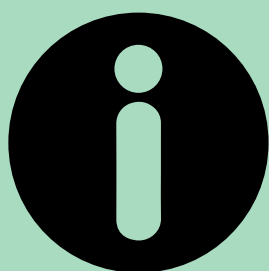
Easy Read

HOLD ON TO YOUR BUTTS



What is a visual guide?

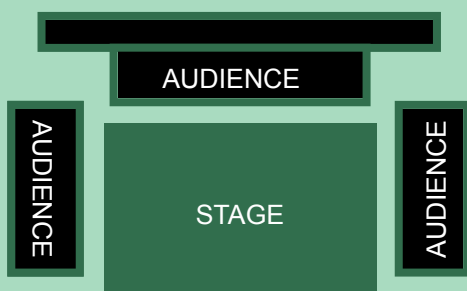
A visual guide has information and pictures to prepare you for your visit to a venue and show.



What is the show?

Hold On To Your Butts is a funny recreation of the movie Jurassic Park.

It features three actors and they create the entire story with their bodies, voices and imagination.



How will I experience the show?

The show is being performed at the Arcola Theatre, with the stage at the centre and audience seated on three sides around it.

There is an exit at the top of the stairs where you enter Studio One.

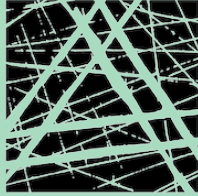


How long will the show last?

The show lasts for approximately 75 minutes.

There is no interval.

Getting to the venue



arcola
theatre

You are visiting the
Arcola Theatre



The front of the theatre looks like this



Dalston Kingsland Station is 2 minutes' walk
from the theatre

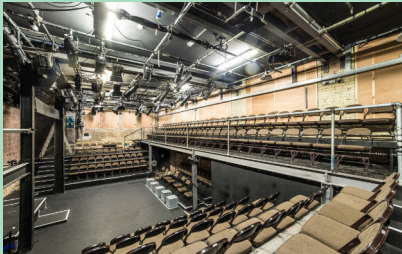


Dalston Junction Station is 2 minutes' walk
from the theatre



The nearest bus stop to the theatre is Dalston
Junction Station (Stop M)

Getting to the venue (continued)



The show will take place in
Studio One



Visit arcolatheatre.com/visit/access for:
a map of **how to get to the theatre**
information about **wheelchair access**
information on **touch tours**
information on **booking an access companion**



If you feel unsure or have any questions,
contact the Arcola Theatre

Email: boxoffice@arcolatheatre.com

Telephone: **0207 503 1646**

If the Arcola don't have the answer they'll
speak to the show's producers and find out
for you.

Access Information



You are welcome to bring fidget toys, ear defenders or access tools but please do not use your phone or electronic device during the performance as it can be distracting for the actors and other audience members.



Arcola Theatre's main building is fully wheelchair accessible.

Foyer – Step-free access to the foyer/box office area from the street.

Bar – Step-free access by lift from the foyer area.

Studio 1 – Step-free access from Ashwin Street.

Toilets – All toilets are on the lower level. Step-free access by lift from the foyer.

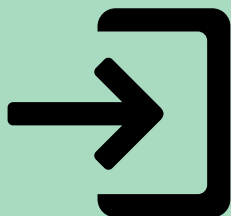
Unfortunately, the Arcola's seating restricts wheelchairs larger than L1065mm x W660mm. Please get in contact with the Arcola if you do have a wheelchair larger than this so that one of their team can advise on alternative options.



There will be a chill out space available for you to use at any time. It will be by the box office in the foyer. The space is part of the foyer.

If you think you may need to use the chill out space please book seats on the side of the auditorium closest to the Foyer Door.

Access Information (continued)



You can leave and go back into the auditorium at any time during the performance. When you want to go back in, please ask a member of staff who will choose a good moment.



A **touch tour** is an opportunity to handle some props and familiarise yourself with the lighting and sound before the show begins.

If you would like to arrange a touch tour, please email:

boxoffice@arcolatheatre.com

or call **020 7503 1646**.

Trigger Warnings



Auditory Trigger Warnings

The show includes sound effects made live on stage by a Foley Artist. These include:

- Dinosaur noises
- Crashing of pans
- Gunshots (made with voices)
- Loud vocal music and effects



Emotional Trigger Warnings

The show is a comedy but includes references to:

- Divorce
- Death
- Animals being hurt
- Being hunted by dinosaurs

You do not see any of these things in a realistic manner.



Visual Trigger Warnings

There are no strobe effects, but some moments take place in darkness or with flashlights shining into the audience.

The actors mimic smoking in some scenes.

At times actors will use the aisles in the theatre, and there are two moments of audience interaction. To opt out of interaction, ask a member of staff to provide you with an "Opt-out Lanyard" to wear.

Who is in the show?



Charlie Ives is the Foley Artist and creates the sound effects.



Jack Baldwin plays characters throughout the show including:

- Ian Malcolm
- John Hammond
- Dennis Nedry
- Robert Muldoon



Laurence Pears plays characters throughout the show including:

- Alan Grant
- Ellie Sattler
- Lex Murphy
- Tim Murphy
- John “Ray” Arnold



Charlie Richards is our associate director and also our understudy, so he might appear in a performance you attend.

Getting Help

The Samaritans logo consists of the word "SAMARITANS" in white, uppercase, sans-serif font, centered within a solid green rectangular background.

SAMARITANS

If you feel upset and need to talk to someone, you can call

Samaritans

116 123

The YoungMinds logo features the word "YOUNGMINDS" in a bold, sans-serif font, with "YOUNG" in yellow and "MINDS" in dark grey. Below it, the tagline "fighting for young people's mental health" is written in a smaller, dark grey, lowercase font.

YOUNGMINDS
fighting for young people's mental health

For children, young people and their parents to receive mental health support you can go to

www.youngminds.org.uk

RECENT
CUTBACKS



Visual guide prepared by

SMART
entertainment