



## Relaxed Performance Information Pack for Meal One

Tuesday 8 February, 1.30pm & 4.30pm  
Wednesday 9 February, 10.30am & 4.30pm



**Box Office Telephone:** 0116 242 3595

**Box Office Email:** [tickets@curvetheatre.co.uk](mailto:tickets@curvetheatre.co.uk)

**Address:** Curve, 60 Rutland Street, Leicester, LE1 1SB



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## Hello!



We are looking forward to welcoming you to **Curve** for our **Relaxed Performances of Meal One**. We hope you are excited to see the show!

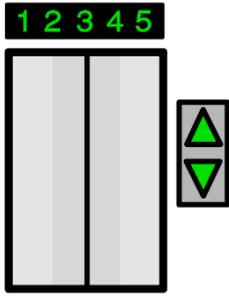
This pack will give you more information about the performance and our theatre ahead of your visit.

## What is a Relaxed Performance?

**Relaxed Performances** are open to everyone but are especially tailored to support audiences with additional needs who may benefit from a more relaxed performance environment. This may include children, young people and adults with neurodivergence, such as autism, learning difficulties and other sensory or communication needs.

Throughout the performance the lights will remain on, and whilst the **Studio** doors will be closed, audience members will be free to come and go from the **Studio** if they need a break from the show. There will also be a relaxed attitude to noise during the show, and the sound and lighting will be adapted to more comfortable levels.

## Important Information for Your Visit



Our public lifts at Curve are currently unavailable due to essential maintenance. Please be assured we are working with our suppliers to complete this programme of work as quickly as possible.

If you have any concerns, please get in touch at **0116 242 3595** or e-mail **[tickets@curvetheatre.co.uk](mailto:tickets@curvetheatre.co.uk)**, where a member of our team will be happy to assist you.

Whilst the wearing of face masks is no longer mandatory from Thursday 27 January 2022, we are continuing to ask all audience members to wear a face covering once inside our building, and whilst watching the performance (except when eating and drinking).



We understand some visitors are unable to wear a face covering for health or well-being reasons and ask that you please consider a face shield or visor instead.

Whilst it is not a requirement for entry to our building and we will not ask for proof, we encourage all audience members to take a **Lateral Flow Test** ahead of visiting us.

All members of Team Curve will keep wearing masks and continue to take part in a regular testing programme.



In addition to face coverings, we continue to have in place a number of Covid-safety measures throughout the building to ensure everyone is as safe as possible, including increased ventilation and enhanced cleaning.

All Covid-safety measures are regularly reviewed in line with Government guidelines, please visit our website at [www.curveonline.co.uk/plan-your-visit/faqs/](http://www.curveonline.co.uk/plan-your-visit/faqs/) for the latest information.

## Getting to Curve

Our address is **Curve, 60 Rutland Street, Leicester, LE1 1SB.**

Here is a map of where Curve is in the **Cultural Quarter**, and the surrounding area.



## Getting here by Car

The nearest car park to Curve is the **NCP Rutland Centre Multi-storey Car Park**, next door to the theatre. The address for the car park is **56 Halford Street, Leicester, LE1 1TQ**, and it has **seven** access spaces.

Visitors to Curve can park at **NCP Rutland Centre Multi-storey Car Park** for a reduced rate of **£5.50** – please validate your car park ticket at our Box Office during your visit.

Other nearby car parks include **Queen Street Car Park (LE1 1QD)**, **NCP Lee Circle (LE1 3RE, four access spaces)** and **Highcross John Lewis Car Park (LE1 4QJ, 70 access spaces)**.

There is also a drop-off point outside our theatre.

## Getting here by Bus

All Leicestershire bus services have stops within a three to 10-minute walk of Curve. Services that stop on or near **Humberstone Gate** or at **Haymarket Bus Station** are the closest.

Due to the temporary closure of **St Margaret's Bus Station**, regional bus services are currently terminating at alternative stops around the city. For more information, please see [www.leicester.gov.uk/media/5k3bqvgd/smb-replacement-stops-map.pdf](http://www.leicester.gov.uk/media/5k3bqvgd/smb-replacement-stops-map.pdf), or contact service providers directly for the latest information on your service.

For more information on your nearest bus stop, visit the Leicester City Council website at [www.leicester.gov.uk/transport-and-streets/travelling-by-bus/](http://www.leicester.gov.uk/transport-and-streets/travelling-by-bus/), or call **Traveline** on **0871 200 2233**.

## Getting here by Train

**Leicester Train Station** is less than a 10-minute walk away via **Charles Street**. For the latest service information, please visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk).

## About the Show



**Meal One** is based on the book by **Ivor Cutler**, with illustrations by **Helen Oxenbury**. You might have read this at home!



The running time for **Meal One** is **60 minutes with no interval**.

The performance is recommended for **ages 5+ and equivalent learning age**.



You are encouraged to arrive early at Curve as there will be special pictures to look at with your phone.

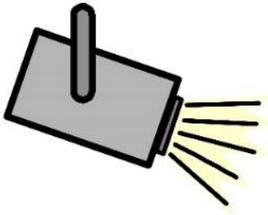


Before you visit, download the app **Artive** by scanning the QR code to the left.

When you arrive, open the app and hold your camera up to the picture. The picture will move!



← You can try it on this image and see what happens.



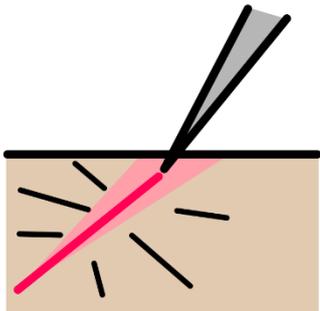
There will be a range of different lighting effects and projections used throughout the show. The lighting will be low during some parts, but it will never go completely dark.



There will also be a range of sounds and music throughout the show. Some of these may be quite loud.



You may want to bring ear defenders or a comforter with you.



Please note that **Meal One** contains moments of mild jeopardy, with references to scratches and blood. You can find out more about this in **The Story**, from **page 9**.



There are lots of activities and videos to look at on the show's **learning resource page**. Visit [www.509arts.co.uk/project/meal-one-creative-learning](http://www.509arts.co.uk/project/meal-one-creative-learning) to see what's available.

← You can also scan the QR code to the left with your phone camera!

## The Cast

There are three actors in the show, two male and one female.



### **This is Helbert**

Helbert is played by an actor called **Isaac Sugden**.

← This is what Helbert looks like during the show.



### **This is Mum**

Mum is played by an actress called **Zara Mallinson**.

← This is what Mum looks like during the show.



### **This is The Narrator**

The Narrator is played by an actor called **Sandeep Gurrapadi**.

← This is what The Narrator looks like during the show.

## Meal One - The Story

### Spoiler Alert!

Below is a summary of the story which means we tell you what will happen. This might be helpful to know before you come to the theatre, but if you want the story to be a surprise then we suggest you don't read these pages. Please don't share these with other people as they might want the surprise too.

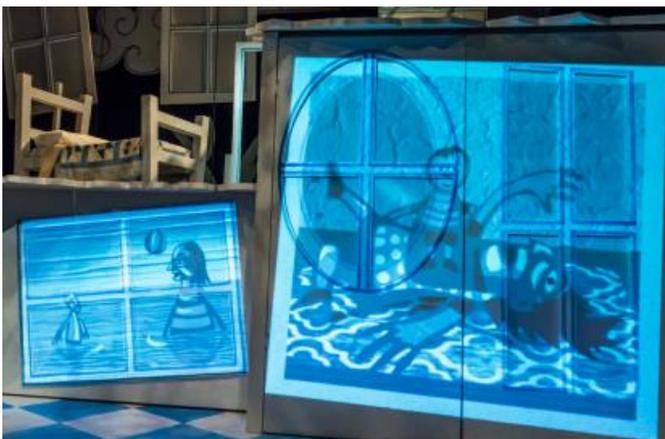


At the start of the play, **Helbert** wakes up with a plum in his mouth. How strange!

Mum has put it there. It is purple and juicy.

**Helbert** and **Mum** play in their house. **The Narrator** joins in.

They play football, playfight and dig holes. You will see some of these games projected onto the stage. This is what they look like when they play:





**Helbert** eats the plum, inside is the plum stone. They dig up a floorboard and plant the plum stone under the bed.

The plum stone doesn't grow straight away. They sing to it to make it grow faster.



The plum stone grows into a huge plum tree. It takes over the whole house.

**Helbert** and **Mum** are excited.

← This is what the tree looks like.



**Helbert** and **Mum** think the tree is fun. They play around the tree.

**Helbert** falls and cuts himself. The scratches hurt. **Mum** makes it better.





There is a drawing of **Helbert**'s scratches shown on the stage.



**Helbert** wants breakfast. It gets dark. Something strange happens. The plum tree's roots have taken over the whole kitchen! The roots are eating their breakfast.

← These are the roots in the kitchen.



**Helbert** wants his breakfast!

**Mum** has an idea. She winds the big clock back.

Tim rewinds. The tree disappears. It gets lighter.

This time, **Helbert** wakes up without a plum in his mouth. **Helbert** and **Mum** go to have breakfast.

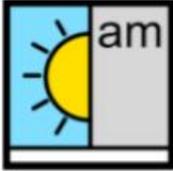
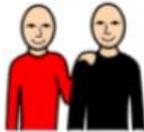


They call it Meal One because it is the first meal of the day.

← This is **Helbert** and **Mum** having breakfast.

The play is finished.

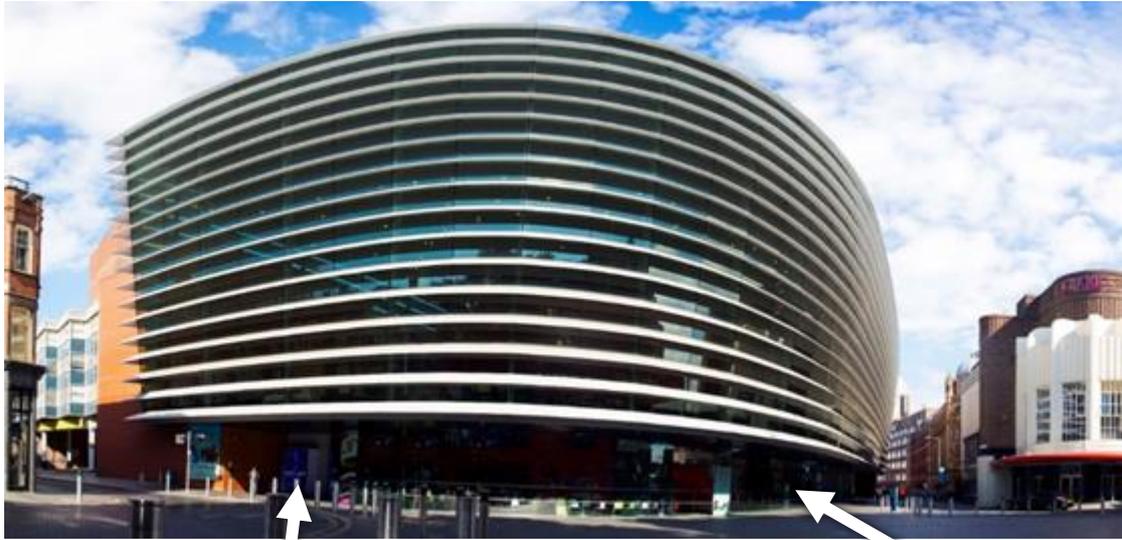
## Storyboard

<p>One morning Helbert wakes up with a plum in his mouth</p> 	<p>Helbert and his mum were great Pals.</p> 	<p>They played football and fighting</p> 	<p>Let's plant the plum stone Mum!</p> 
<p>Helbert's mum jags the bread knife into the wood</p> 	<p>...a plum tree grows out of the hole</p> 	<p>Helbert has three new scratches, one's got blood coming out.</p> 	<p>Mum gives Helbert a piggy back down to the kitchen</p> 
<p>There is a loud sucking gobbling noise, the tree roots are eating breakfast!</p> 	<p>Mum! I want my breakfast!</p> 	<p>Mum turns the clock back one hour</p> 	<p>Meal One is served!</p> 

You can also watch a reading of the book *Meal One* by Chris Hannon at [youtube.com/watch?v=j1hsEgQZkvE](https://www.youtube.com/watch?v=j1hsEgQZkvE)

## Visual Story: Your Visit to Curve

**Curve** is a large, round building with a glass front, as shown below. The outside of Curve looks like this:



**Halford Street Entrance**

what3words: ///wide.wiping.dared

**Rutland Street Entrance**

what3words: ///driver.other.ideal

There are two main entrances into the building – one by our **Green Room Café** (Halford Street), and another by our **Box Office** (Rutland Street). Both entrances have a set of glass double doors.

**Halford Street**



**Rutland Street**



Both doors can be opened by pressing the silver button on the wall or rail, but the Rutland Street doors will open outwards automatically as you move towards them.



There is **level access** into the building from both entrances.

When you enter the building, you will be in the **Foyer**. Our **Foyer** is one big circle which wraps around our two performance spaces – the **Theatre** and the **Studio**.

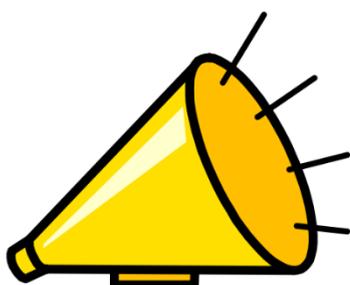


As you make your way around the **Foyer**, you will notice lots of pictures on the big red walls. This is our **production gallery**, and features pictures from previous productions



A number of **automatic hand sanitiser points** are available around the building. To use these points, simply hold your hand beneath the dispenser.

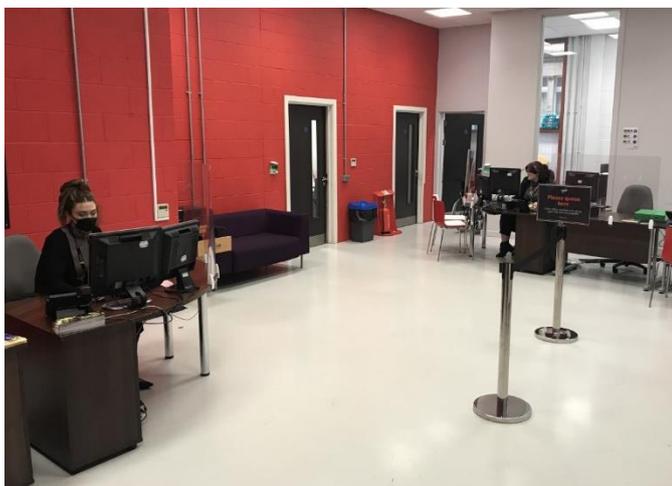
A number of push dispensers are also available around the building.



Before the show there will be some loud announcements in the **Foyer** telling you how long it is until the show begins. These will be at a quieter level during the **Relaxed Performance**.



It may also be noisy in the **Foyer** as other audience members will be arriving to see the show. You might like to cover your ears or wear a pair of ear defenders during this time.



In the **Foyer** inside the Rutland Street doors, you will find our **Box Office**.

This is where you can collect your tickets for the show or buy tickets if you have not already booked.

Other audience members will also be collecting their tickets, so there might be a small queue.

Car parking tickets for cars parked in the **NCP Rutland Centre Multi-storey Car Park** next door to **Curve** can be validated at the **Box Office** for **£5.50**.



In the Foyer you will also find our **Green Room Café**.

Here you can buy a drink, snack or ice cream to enjoy before the performance.

There may be a small queue at the **Café**.

If you need to use the toilet before you take your seats, there are male, female and accessible toilets near the **Green Room Café** and **Box Office**.

All hand dryers will be turned off during the **Relaxed Performance**, and paper towels will be provided.

A **R.A.D.A.R** key is available at the **Green Room Café**.

The toilets look like this.



There is also a **Changing Places Facility** with adult hoist on the **Ground Floor** next to **Theatre Door 4**. Please note you will need to bring your own hoist straps to use this facility.

You will be watching **Meal One** in the **Studio**. Here is a picture of the seats in the **Studio**. This is where you will sit to watch the performance.



Your **ticket** will tell you if you are sitting in the **Stalls** (ground floor, enter through **Studio Door 1** or **6**) or in the **Balcony** (upstairs, enter through **Studio Door 10**).

Your ticket will also tell you what door to enter through and where to sit.



A member of our **Visitor Experience Team** can help you find the right door and your seat by looking at the letters and numbers on your ticket. They will be wearing black shirts with a colourful Curve logo.

When you enter the **Studio**, the lights will be on and it may be noisy as the audience will be excited to see the show. You might like to **cover your ears** or **wear your ear defenders** to soften the noise and bring a comforter to use before the performance starts.



← When you enter the **Studio**, the **stage** will have a **set** that looks like this.

The **stage** is the area where the actors perform the show, and the **set** is the name for everything you see on **stage**.

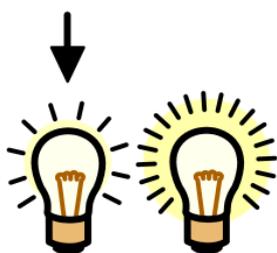
Watch a video tour of the **set**: [www.youtube.com/watch?v=KOSYHXs1gVE](https://www.youtube.com/watch?v=KOSYHXs1gVE)



You will need to pull the bottom of your seat down to sit on it.

**Booster seats** are available if you can't see the stage comfortably, and a member of our **Visitor Experience Team** can get one for you.

They will also be happy to help you with anything else you may need to enjoy the performance.



When the show is about to start, the lights in the **Studio** will be dimmed but it will never go completely dark. The doors of the **Studio** will remain open throughout the performance, so you can leave the space at any time and return when you're ready.

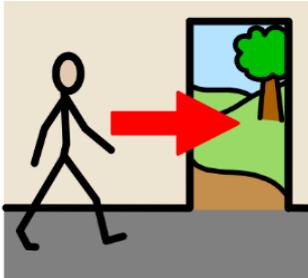


If you would like a break from the performance, you can visit our **quiet spaces** on the **Mezzanine (Level M)**.

You will need to take the stairs between **Studio Doors 5** and **6** to access the **Mezzanine**, and a member of our **Visitor Experience Team** can help you find it.

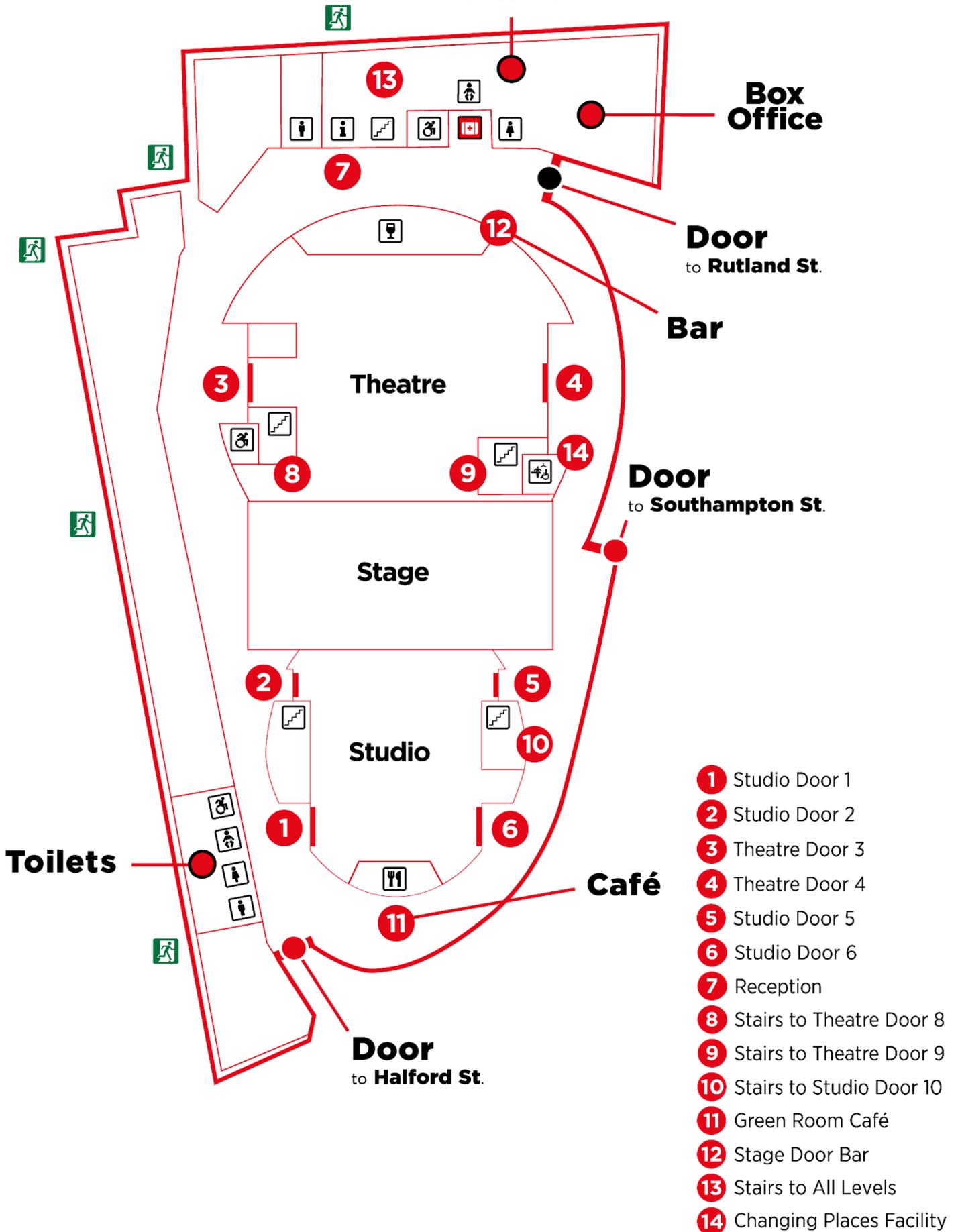


When the show has finished, the cast will come back onto the stage and bow. The audience will clap to show the cast they enjoyed the performance. You can also clap if you would like to!



At the end of the show, the lights will get brighter. You can leave the **Studio** when you are ready to.

# Theatre Map – Ground Floor





**We hope you find this information pack helpful ahead of your visit to Curve. Enjoy the show!**

If you have any comments on this information pack, please email us on **[access@curvetheatre.co.uk](mailto:access@curvetheatre.co.uk)**.

For more information about Accessibility at Curve, please visit **[www.curveonline.co.uk](http://www.curveonline.co.uk)**, or call our **Box Office** on **0116 242 3595**.

This information pack was created by **Lucy Dix** at **Form** for **509 Arts**, and adapted for Curve by **Nicola Allen**, **Audience Development and Access Officer**.

Show illustration by **Lucy Bingham**. Production photography by **Chris Payne**.