



**Relaxed Performance Information Pack for
Joshua (and Me)**

Friday 4 and Saturday 5 November, 7.15pm



Box Office Telephone: 0116 242 3595

Box Office Email: 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 Joshua (and Me)**. We hope you are looking forward to seeing the show.

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

What is a Relaxed Performance?

Relaxed Performances are open to anyone who would benefit from a more relaxed performance environment. This may include children, young people and adults with neurodivergence, such as autism, learning disabilities and other sensory or communication needs.

Throughout the performance the lights will remain on at a low-level, and whilst the auditorium doors will be closed, audience members will be free to come and go if they would like a break from the performance. There is a relaxed attitude to noise during the show, and the sound and lighting will be adapted to more comfortable levels.

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

There are a number of car parks close to Curve, with the multi-storey NCP Rutland Centre Car Park being the closest to our Theatre. **Customers are advised that none of the car parks detailed on this page are owned or managed by Curve or Leicester Theatre Trust Ltd.**

NCP Rutland Centre Car Park (Multi-storey)

56 Halford Street, Leicester, LE1 1TQ

Access Spaces: 7 | Max Height: 1.93m

Curve visitors can park in the NCP Rutland Centre adjacent to Curve for **£7.95** when validated at Box Office, Green Room Café or Stage Door Bar during your visit.

If parking at NCP Rutland Centre between the hours of 5pm and 2am, you can access a cheaper rate of **£5.95** if you pay via the NCP ParkPass App, or **£6.95** if you pay your parking at the machines located in the NCP on the day.

Southampton Street

Leicester, LE1 1TG

Access Spaces: 4

Hourly charges from **£1***

Haymarket

Leicester, LE1 3HP

Access Spaces: 5

Hourly charges from **£1***

NCP Lee Circle Car Park

Leicester, LE1 3RE

Access Spaces: 4 | Max Height: 1.93m

Hourly charges from **£1.95***

Newarke Street

Leicester, LE1 5SN

Access Spaces: 1

Hourly charges from **£1***

Dover Street

Leicester, LE1 6PW

Access Spaces: 14 | Max Height 1.98m

Hourly charges from **£1***

Highcross John Lewis Car Park

Leicester, LE1 4QJ

Access Spaces: 109 | Family Spaces: 56 | Max Height, 1.98m

Hourly charges from **£3.50***, plus flat evening rate of **£2.50*** between 5pm and 6am.

There is also a drop-off point outside our theatre. *Prices subject to change.

Getting here by Bus

All Leicestershire bus services have stops within a three to 10-minute walk of Curve, with services terminating on Humberstone Gate, Haymarket Bus Station or St Margaret's Bus Station.

For more information about travelling by bus in the city, visit 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.

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

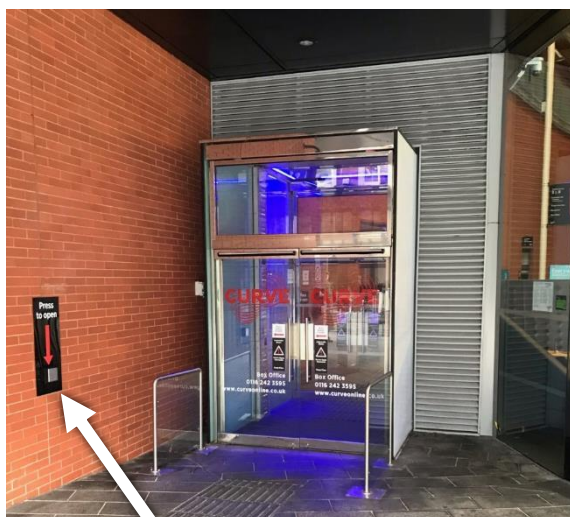
what3words: ///wide.wiping.dared

Rutland Street Entrance

what3words: ///driver.other.ideal

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

Halford Street



Rutland Street



The 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 two of our performance spaces – the **Theatre** and the **Studio**.

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

Push dispensers are also available around the building.

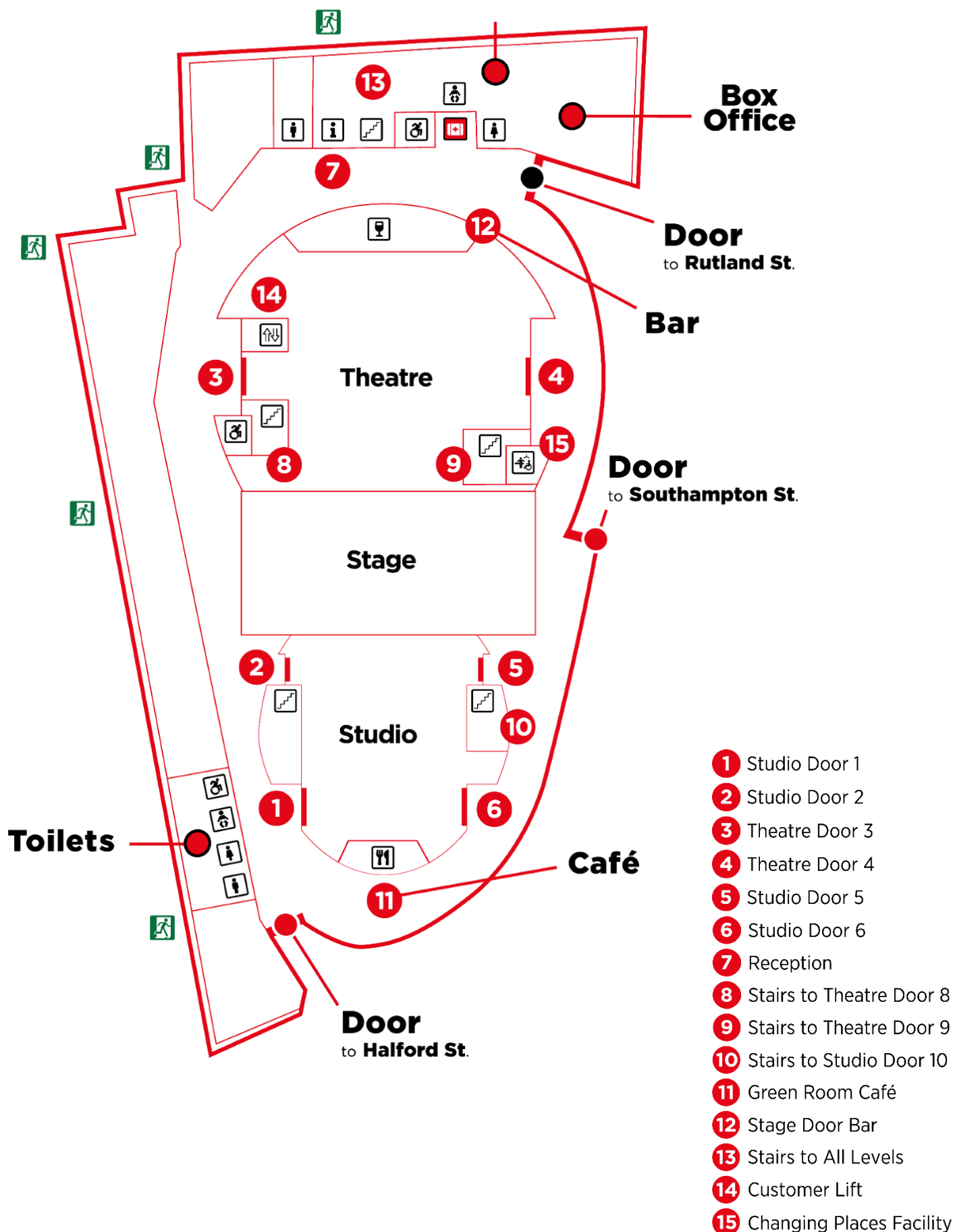


Before the show, there will be some loud announcements in the **Foyer** telling you how long it is until the show begins, and other useful information about your visit. These will be at a quieter level during these **Relaxed Performances**.



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

Here is a map of the **Ground Floor** of our Theatre.



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 **£7.95**.



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**. There are also **gender neutral** toilets on the **Mezzanine** floor. Hand dryers in the toilets closest to Rehearsal Room 2 and in our Accessible Toilets will be switched off, and paper towels will be provided.

A **R.A.D.A.R** key is available at the **Green Room Café**, if you don't have one with you.

The toilets look like this:



There is 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 **Joshua (and Me)** in **Rehearsal Room 2**. Here is a picture of the seats in **Rehearsal Room 2**. This is where you will sit to watch the performance.



To get to **Rehearsal Room 2**, you will need to go upstairs to our **Mezzanine** floor.

You can get there by taking the staircase next to **Stage Door Reception**, marked '13' on our **Venue Map** (Page 8).



There are **30** steps over **4** flights to the **Mezzanine**. Going up the stairs, the flights are split into 7, 8, 7, 8 steps in an anti-clockwise direction, with a landing between each flight.

Handrails are available on both sides of the stairwell.



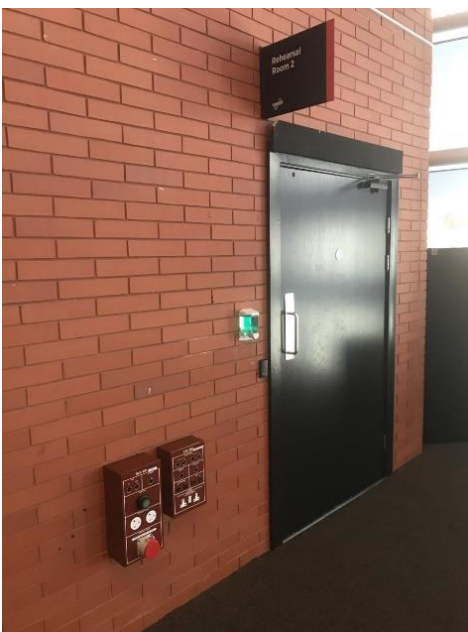
When you get to the **Mezzanine** floor, go through the door straight in front of you and turn left into the passage, following it round onto the **Mezzanine**.



You can also take the **Public Lift** next to **Theatre Door 3** to get to the **Mezzanine**, marked '14' on our **Venue Map** (Page 8). The lift looks like this – press the 'M' button to get to the **Mezzanine** floor.

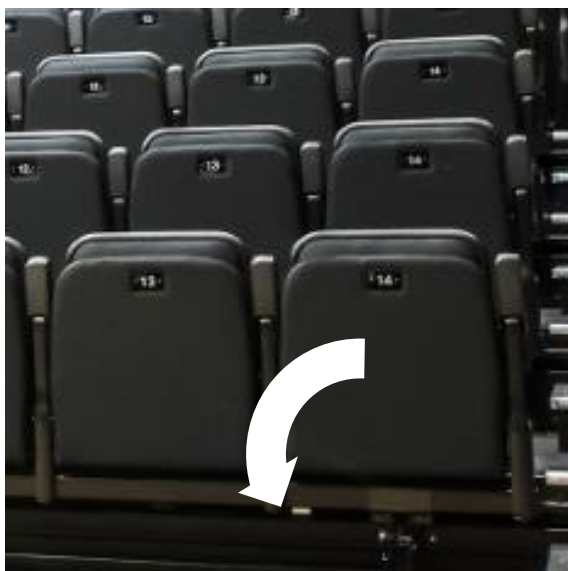
When you arrive, turn right out of the lift and follow the curve of the building round to the bridge, which will be on your left.

Cross over the bridge, and you will see the passage pictured above on your right. Follow it around to get onto the **Mezzanine**.



As you emerge from the passage, the entrance to **Rehearsal Room 2** will be on your left along the brick wall.

A member of our **Visitor Experience Team** will be there to greet you. They can help you find 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 **Rehearsal Room 2**, 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 toy to play with before the performance starts.

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

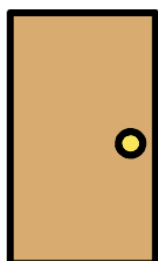
Booster seats are available if you can't see the stage comfortably, and a member of our **Visitor Experience Team** can get one for you. They will also be happy to help you with anything else you may need to enjoy the performance.



When the show is about to start, the lights in **Rehearsal Room 2** will be dimmed but they will never go completely dark.



Everyone will try to be as quiet as they can so they can listen to the story and music, but you are welcome to interact with the performance if you would like to!

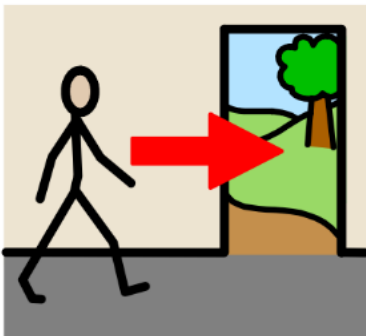


The door to **Rehearsal Room 2** will close but you can leave the space and re-enter when you're ready should you need to use the toilet or take a break from the performance.

If you would like a break from the performance, you can visit our **quiet space** further along on the **Mezzanine** just outside the **Rehearsal Room 2**.

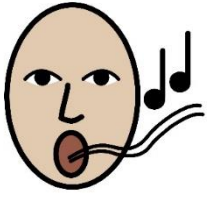


When the show has finished, the cast will come back onto the stage and bow. The audience will clap to show the cast they enjoyed the performance. You can also clap if you would like to!



At the end of the show, the lights will get brighter. You can leave **Rehearsal Room 2** when you're ready.

Useful Information



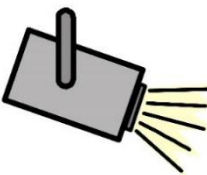
Joshua (and Me) is a one-woman show with original music. This means the show will be performed by just one woman!



The running time for **Joshua (and Me)** is **1 hour and 20 minutes**. **There will not be an interval during this performance**. The performance will start at **7.15pm** and finish at approximately **8.35pm**.



The age recommendation for **Joshua (and Me)** is **8+**. There will be some **shouting** and **loud music** at various times throughout the performance. Ear defenders will be available from the company.



There will be different **lighting states** throughout the performance, with some moments in brighter lighting and other moments in darker lighting.

Key moments of sound and lighting are highlighted in the show's **Cue Sheet**, available on pages 21 – 22 of this pack or in person on the day.

Joshua (and Me) – The Story and Cue Sheet

Spoiler Alert! Over the next few pages is a summary of the story of **Joshua (and Me)**, plus a **cue sheet** showing key moments of sound and lighting effects. You might find this helpful to read before you come to the theatre, but if you would like the story to be a surprise, skip to page 23.

3 comic strips will be revealed one-by-one throughout the show. When you can see all 3, the show is nearly finished.

1. Welcome to my Family!

7-year-old Hannah introduces herself to the audience. She tells us about her family.

Then she introduces us to her Grandad and his house with “the world’s biggest piano”.

Hannah explains that her brother, Joshua, is autistic.

2. Spy Rules

Hannah shows us her spy glasses and plays with Joshua’s trains. This upsets Joshua, so she is sent to her room.

Hannah begins to make some “spy rules” to help Joshua.

Mum and Joshua go to America for “help understanding Joshua’s world”.

Hannah makes a comic strip to help Joshua cope with the change.

Comic Strip 1 is revealed.

3. Ship with a t

Hannah and Ben stay with Grandad whilst Mum and Joshua are away.

They play music together and go to bed.

Hannah can’t sleep and tells us that someone was mean about Joshua at school.

4. Space Rocket

Joshua has turned the garden shed into a space rocket.

The whole family pretend to fly to the moon.

Hannah wants to keep playing, but Joshua has gone “back into his own world”.

5. Thomas would like coal

Hannah tells us about their family dinner routine.

Hannah asks Ben why Joshua didn't want to keep playing.

Hannah adds a new rule to her spy rules.

6. Brown Eyes

Hannah finds Joshua playing with his trains, and joins in.

He gives her eye contact for the first time ever.

7. Fire Brigade

Mum and Joshua have gone back to America.

Ben and Hannah are back at Grandad's house.

Hannah can't sleep, so Ben suggests they play some music.

They creep downstairs and begin to play.

Hannah goes back to sleep, peaceful and happy.

8. Joshua, not Josh

Joshua says Grace.

Hannah calls him Josh, not Joshua by accident.

9. Seaside

Hannah and Ben go to a football match with Grandad!

Their team wins after extra time and penalties.

10. 5:30?

Hannah and Ben arrive home, but they are late for dinner.

Joshua is having a meltdown.

“Dinner is at 5, we should never have been late.”

Hannah adds this to the spy rules.

11. Power of Attorney

Hannah is back at Grandad’s house with Ben because Mum and Joshua have gone back to America one last time.

Hannah and Ben sneak downstairs to play music together.

12. MUSIC!

Octopus’s Garden by The Beatles begins to play, and Hannah is confused.

Joshua is playing *Beatles Rock Band* on The Wii.

Hannah is excited to hear that music is now allowed in their house.

Hannah plays saxophone along with *Octopus’s Garden*.

13. Ch-ch-changes

Hannah is in her bedroom, listening to Joshua playing the same song over and over again.

Ben gives her a lift to her friend, Kate’s house, to get away from the repetitive music.

Hannah is practising her audition piece for a talent show audition, but she can’t concentrate.

Hannah is worried about being late for dinner.

She leaves Kates and rushes home, late for dinner.

Joshua is fine - they changed dinner to 7 tonight.

Hannah processes the change by making new rules on the loop pedal

14. Bob’s a toy

Hannah got into the talent show!

She is practising.

Mum calls them down for dinner.

Ben isn't happy because he won Man of the Match but no one was there to see it.

Mum says Josh will play with Hannah.

Hannah learns that Joshua can now be called Josh and that he wants to play with her.

15. Talent Show

Hannah plays at the talent show.

Joshua sings at the talent show.

Hannah complains about Joshua and feels bad.

16. Little sister

Ben gets into university.

Hannah makes him a comic strip to help with the change.

Comic strip 2 is revealed

17. Shopping trip

Hannah and mum go shopping to get Hannah's ears pierced for her birthday. Joshua has to come with them and this upsets Hannah.

People are rude about Joshua in Primark.

They get home, and Hannah heads upstairs to revise - she has her music mock exam tomorrow.

18. Funeral

Mum calls them downstairs and explains that Grandad has died of a heart attack.

They go to the funeral.

Hannah is sat next to Joshua who is worried that he can't cry.

Hannah stops herself from crying too, so that he doesn't feel left out.

19. Meltdown

Everything gets too much for Hannah, and in a bit, busy, loud musical sequence, she has a meltdown.

Joshua comes and apologises for playing his music too loud and gives Hannah a tub of Ben and Jerry's.

Hannah tells Joshua she loves him and that she got into university.

Comic Strip 3 is revealed

20. Don't know what to do

Hannah is at university and doesn't know what to do with herself.
She misses Joshua.

21. Ben

Hannah goes up to Newcastle to visit Ben at university.

Ben explains why he never comes home.

They talk about power of attorney briefly.

23. Future

Hannah is back in Blackpool, picking up Joshua from work - he has a job in their friend's cafe!

Hannah talks to the audience about the future.

Hannah has a music assessment to prepare for and doesn't know what to play.

She realises she can do anything she wants.

She picks up her saxophone and plays along to *Octopus's Garden*, Joshua's favourite song.

THE END

Joshua (and Me) - Cue Sheet

Cue	Sound	Lighting	Level of stimulus
As audience enters	The Beatles 'Abbey Road'		Low
Hannah enters the stage	Beat boxing		Low
"3, 2, 1 GO!" (Train noises)	Hannah shouts "Ow"		Low
"I'll go to my room"	Beat boxing & layering of voices		Medium
"Joshua's first holiday"	Hannah plays piano & guitar		Low
"Blast off!"	Beat boxing		Low
"Wow, we've made it"		Lighting goes green	Low
"We've made it, back to earth"		Lighting back to normal	Low
"Play by his rules, right"	Beat boxing & layering of voices		Medium
"What are you doing?"	Beat boxing		Low
"It looks like the trains are moving"		Spotlight on Hannah	Low
"Do you want to play some music?"	Hannah plays piano		Low
"I called him Josh not Joshua"	Beat boxing & layering of voices		Medium
"Bloomfield Road!"	Football chanting and shouting		Medium
"Hello? It's 5:30"	Beat boxing		Low
"Where was Ben?"	Beat boxing & layering of voices		Medium
"Do you want to play some - Yes!"	Hannah plays piano		Low
"He's well boring at home"	Octopus's Garden plays	Lights go bright & colourful	Medium
"MUSIC!"	Hannah plays the saxophone badly		Medium

Cue	Sound	Lighting	Level of stimulus
"I'm actually playing with Joshua!"	Octopus's Garden plays on loop		Medium
"Imagine if I get in... mum would be so proud"	Hannah plays saxophone badly		Medium
"As long as we give you enough warning... Okay. Cool"	Beat boxing & layering of voices		Medium
"Thank you!"	Hannah plays saxophone well		Low
"We can call him Josh now?"	Beat boxing		Low
"The answer's 45"	Beat boxing & layering of voices		Medium
"Welcome to Blackpool's got talent"	Hannah plays saxophone well		Low
"Favourite song from his favourite band 'The Beatles!'"	Octopus's Garden plays		Low
Primark	Octopus's Garden plays		Low
"It's Grandad. Heart attack"	Piano		Low
"I don't have to, look"	Hannah builds the layers of beat boxing and vocals & music until it's all too much and she has a meltdown	Lights get very bright and overwhelming	High
"I'm driving back to Blackpool tomorrow, do you want a lift?"	Octopus's Garden plays		Low
"I can do anything? Anything I want? Right"	Octopus's Garden plays and Hannah plays saxophone to it		Low
Hannah plays the saxophone		Blackout	Low

Meet the Cast



This is **Rachel Hammond**. Rachel is an actor.

Rachel plays **Hannah** in the show. She wears a red, yellow and white stripy top, blue jeans and red boots throughout. You can see what **Hannah** looks like in the **Production Gallery** on **page 24**.

Rachel also wrote **Joshua (and Me)**. It is based on her own life, and stories from other siblings of individuals with additional needs.

Support Resources

Sibs – For brothers and sisters of disabled children and adults

www.sibs.org.uk

Growing Hope Siblings Group

www.growinghope.org.uk/siblings/

Production Gallery





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.

For more information about Accessibility at Curve, please visit www.curveonline.co.uk, or call our **Box Office** on **0116 242 3595**.

We look forward to welcoming you.

This information pack was created by **Nicola Allen**, Audiences and Access Officer at Curve with support from **Rachel Hammond**. Production photography by **Lidia Crisafulli**.