**The Aching**– Pre show Information

This information is to help you decide if **The Aching**is for you. Content notes, including what happens in the show, are further in the document.

The Space

- This performance takes place in the Members Library.

- There are chairs taking up most of the room.

- The performance takes place at one end of the room.

- The performance space is empty.

The Performers

* Samir Kennedy



Lighting and Sound

* There is different lighting throughout.
* There is one moment of complete darkness.
* There is no loud music used in the show.
* There are loud sounds that come 3 times.
* There will be flashing lights for 8 seconds.
* There is no haze used in the show.
* The Performer will sing without a microphone.

Participation

* The performer will began sat in the audience area before entering the performance space.
* Near the start the performer will take the hand of an audience member.
* The performer will invite someone to sit on stage and the performer will interact with them.
* You do not have to participate if you don’t want to.

Content Notes

* This performance features one performer.
* The performer will perform movement and sing to the audience.
* The show is about grief, suffering and suicides.

Access Information

* The show is 60 minutes long.
* Latecomers will be permitted
* All performances are Relaxed. This means you can move or make noise if you need to and can go in and out of the performance space.
* Ear defenders are available to borrow from the box office for anyone who might find these useful
* There is an accessible toilet on every floor of the building
* There is a chill out space outside the performance space that is available anytime the building is open

If you would like to know more about the performance, please contact access@bac.org.uk