**Daughters of the Sea – Preshow Information**

This information is to help you decide if Daughters of the Sea is for you. Content notes, including what happens in the show, are further in the document.

**The Space**

* The show takes place in the Council Chamber.
* The performance will happen in the centre of the stage, with the audience sat head on.

**The Performers**

This show will be performed by three dancers.

**Lighting and Sound**

* The stage is well lit, so you can see the dancers moving.
* There will be occasional flashing lights (no strobing at all).
* Light haze will be used throughout the performance on the stage.
* Music and audio will be played over the sound system.

**Participation**

There is no audience participation.

**Access Information**

* The performance is 80 minutes long including a 20 minute interval.
* 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.
* 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.
* Latecomers will be permitted.
* Ear defenders are available to borrow from the box office for anyone who might find these useful.
* There is BSL/ENG Interpretation integrated throughout the performance.
* This show is Audio Described.
* There are Captions.

**Content Notes**

Through dance, spoken word (in Welsh and English), and music, Daughters of the Sea tells the tale of three women from different lands – a warrior, a healer, and a leader – journeying to find new adventures.