**Altar to Joy – Preshow Information**

This information is to help you decide if **Altar to Joy** is for you. Content notes, including what happens in the workshop, are further in the document.

**The Space**

* The workshop will take place in the Recreation Room.
* The workshop will happen at tables dotted around the room. You will sit at a table of your choice, and are welcome to move around the space.

**The Performers**

This workshop will be led by workshop facilitator and artist AJ Venturini.

**Lighting and Sound**

* The room has natural lighting.
* There is no music during this workshop.
* Other workshop participants may chat during the workshop.

**Participation**

This is a workshop where you will be welcome to participate as much or as little as you would like. There is no mandatory participation in the parts of the workshop that require conversations in small groups. We have "solo" stickers so that you can do the activities by yourself if you prefer. You can come and go whenever you need to without needing to explain.

**Access Information**

* The workshop is 150 minutes long.
* There is an accessible toilet on every floor of the building.
* There is a chill out space outside the workshop space that is available anytime the building is open.
* The workshop is Relaxed. This means you can move or make noise if you need to and can go in and out of the space.
* Latecomers will be permitted.
* Ear defenders are available to borrow from the box office for anyone who might find them useful.
* There will be visual descriptions of the items used.
* The will be BSL Interpretation.
* The facilitator will go through the schedule at the beginning so people are clear on the plan for the workshop.
* Fidget toys are provided.

**Content Notes**

Altar to Joy is a participatory workshop-ritual where participants come together to co-create an altar honouring the feeling of joy in all of its complexity. You will be invited to craft small items out of tactile materials like ribbon, flowers and photos to create small ‘joy charms’. You can keep your charm, or you can add it to our Altar to Joy where it will remain for the remainder of Liberty Festival.

The workshop provides a space to rest, feel, and create together—celebrating joy as resistance and presence, not perfection.

Other workshop participants may share personal details, or stories during the workshop. We cannot know what these might be in advance, but when running a workshop about finding and celebrating joy, there may be some references to depression and struggles with accessing joy, including references to the current state of the world.