

# Welcome to the **Access Guide for Pain and I**



This guide is designed for audience members who require a break down of the performance information and action ahead of the event.

## **The guide includes:**

- Information about **Tickets**
- Information on **When and Where** the performance is happening
- A **Visual Navigation** of the venue
- Information about **The Performance Space**
- A **Visual Story** breaking down the action of the performance

**The Visual Story contains images of a nude performer**

# Tickets

Tickets can be bought online in advance, or just before the performance begins from the member of staff checking tickets at the door to the performance space. **If you plan to buy tickets at the venue instead of online you must be able to pay with card as the Summerhall is a cash free venue.**



Tickets can be bought in advance on Summerhall's website:

[https://festival.summerhall.co.uk/  
events/pain-and-i/](https://festival.summerhall.co.uk/events/pain-and-i/)







All tickets are digital.

The performance is recommended for people aged 16 and older

## When and Where

Performances are taking place on different dates from Wednesday 3rd August to Sunday 28th August.

**On your ticket it will say which day you have booked to see the performance.**

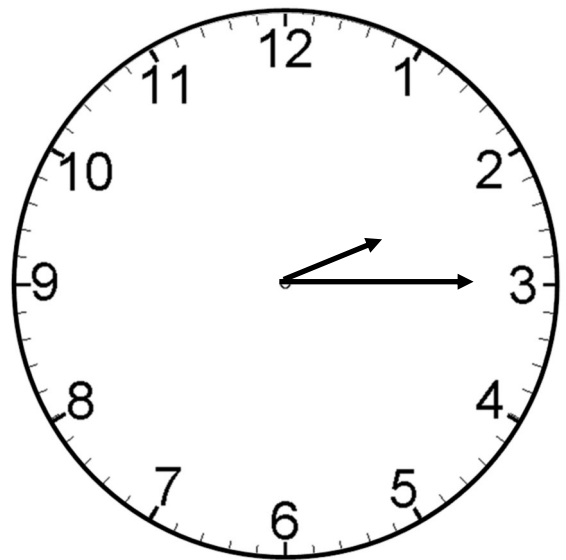
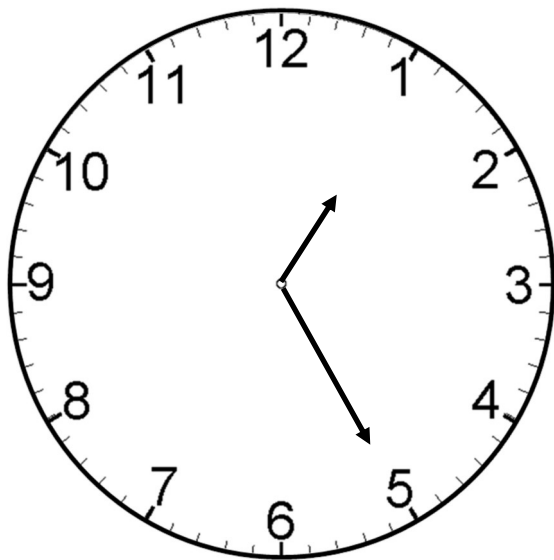
<b>AUGUST 2022</b>						
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
1	2	3	4	5	6	7
8	9 	10 	11	12	13	14
15	16 	17 	18	19	20	21
22	23 	24 	25	26	27	28
29	30	31				



The dates marked red on the calendar are days the performance will happen. The symbol with the two hands mark the days the show will be BSL interpreted.

**Every performance starts at 1:25pm**

The performance will last 50 minutes  
so should finish at 2.15pm



The doors to the performance space will open a few minutes before the performance.

If you arrive before the doors open you can que in the corridor as you wait to enter.

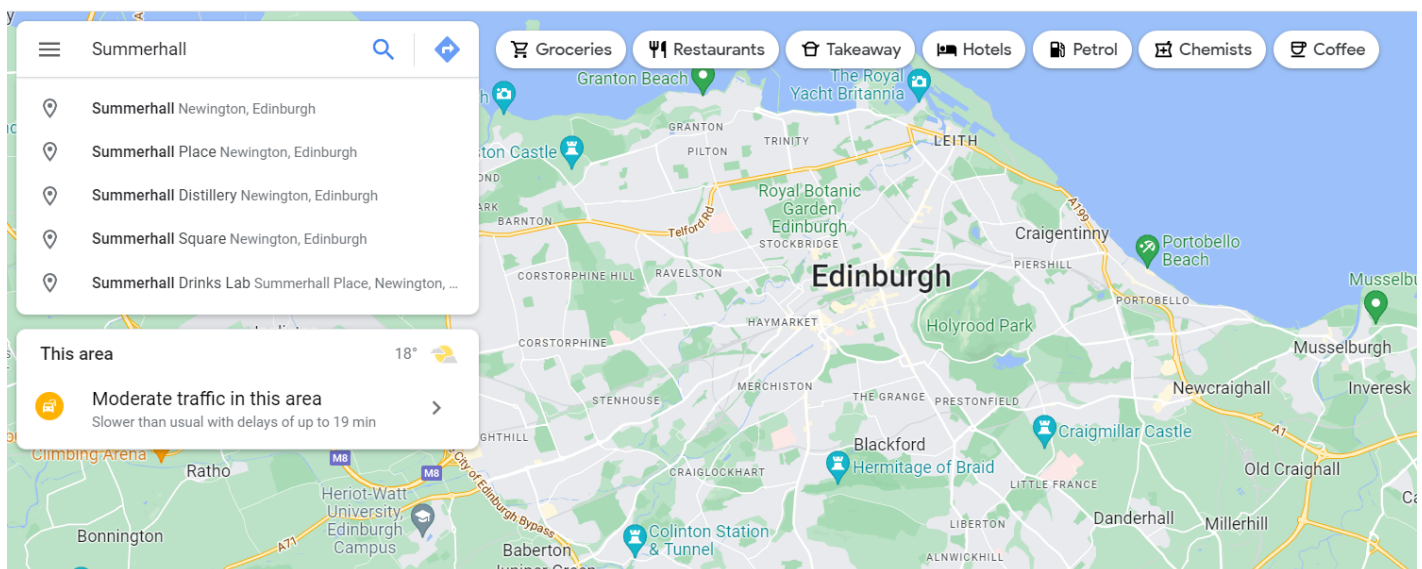
As you walk into the performance space the Front of House staff will ask to see your ticket so that they can scan it before you enter.

If you have not bought a ticket in advance you can buy your ticket at this point.

The venue is called Summerhall. The address is

**1 Summerhall  
Edinburgh  
EH9 1PL**

You can search this address in Google Maps online to find where it is



More information on how to travel to the venue is provided on Summerhall's website. You can find this by copy and pasting

**<https://www.summerhall.co.uk/about/location/>**

into your web browser search bar

**If you have any questions about the venue please  
call Summerhall on 0131 560 1580  
or email [INFO@SUMMERHALL.CO.UK](mailto:INFO@SUMMERHALL.CO.UK)**

# Navigation of the venue

**The performance will take place in a small studio theatre called TechCube 0.**

TechCube 0 is located inside a larger venue called Summerhall. Summerhall is a big, busy building with lots of different theatre venues inside it.

## **Step Access Route to TechCube 0 via Main Door (follow the red arrow)**



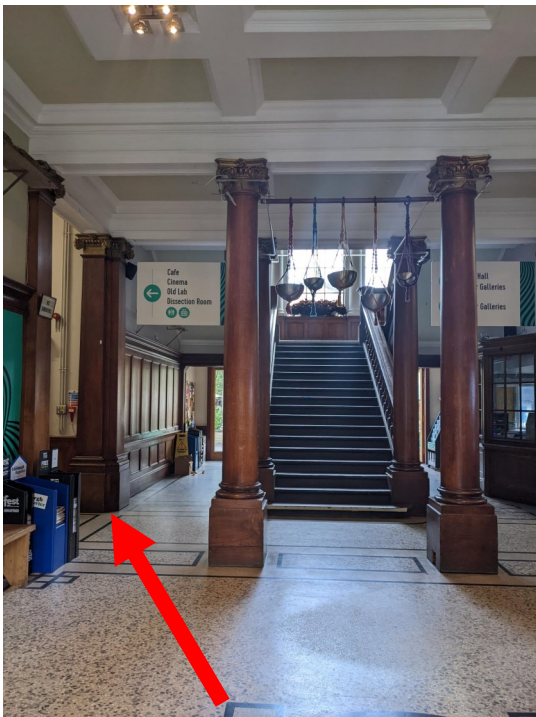
This is what the venue looks like from the outside. Head to the central doors at the front of the building.



Enter through these doors. Be aware that the doors are heavy.

**There will be Summerhall staff on hand to help around the venue, however if you get stuck or you have any questions and are unable to find a member of staff please call the Summerhall information number on 0131 560 1580**





This is what you will see when you enter. Please go down the corridor left of the staircase.



This is what the corridor will look like. Walk down the corridor past the café, to the end.



This is what the end of the corridor will look like. Once you reach this turn right.



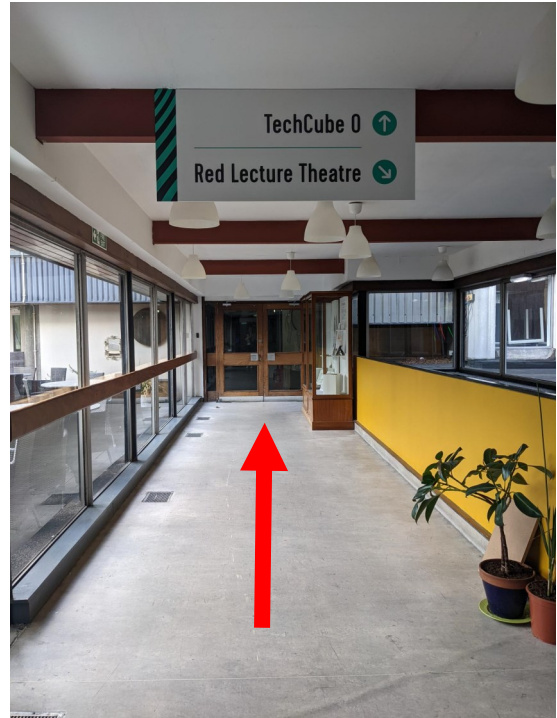
Then please turn left to follow the corridor of neon lights.

**Toilets:** there are gendered toilets at the end of corridor on the right, just continue straight ahead (follow the yellow arrow).

**For accessible toilets** see our directions in the level access route



Please go down the corridor of colourful lights and through the double doors at the end. The doors will probably be open already



After the corridor of colourful lights there will be another corridor. You will see a sign for TechCube 0, follow this to the end of the corridor.



At the end of the corridor there will be a set of double doors. Please go through these.



After the doors there will be another corridor, at the end of this is the door to TechCube 0.

**Toilets:** There is a toilet just outside Tech Cube 0, if you turn left and go down some stairs. (follow the yellow arrow)



## Level Access Route to TechCube 0 (follow the green arrow)



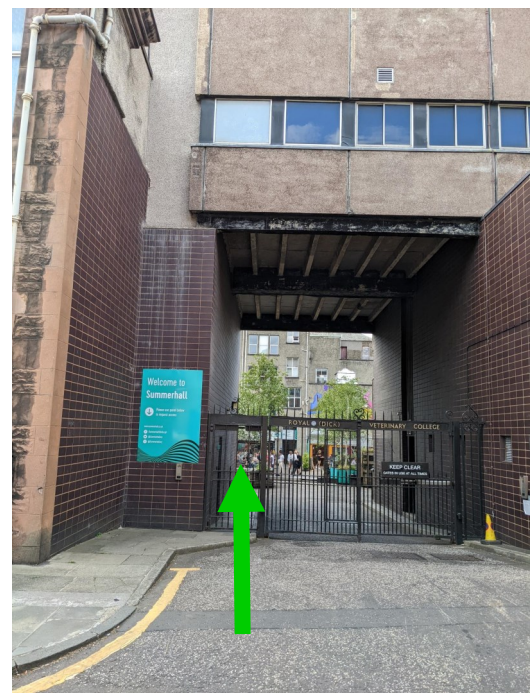
This is what the venue looks like outside from the front. The level access entrance is around the side of the building. Turn right at the front of the building and travel up the street, away from the meadows



The first turning you reach is a dead end street called Summerhall Place. Turn left on Summerhall Place, and walk up this street. Summerhall will be on your left hand side



There will be signs on the metal bars to help direct you along the way.

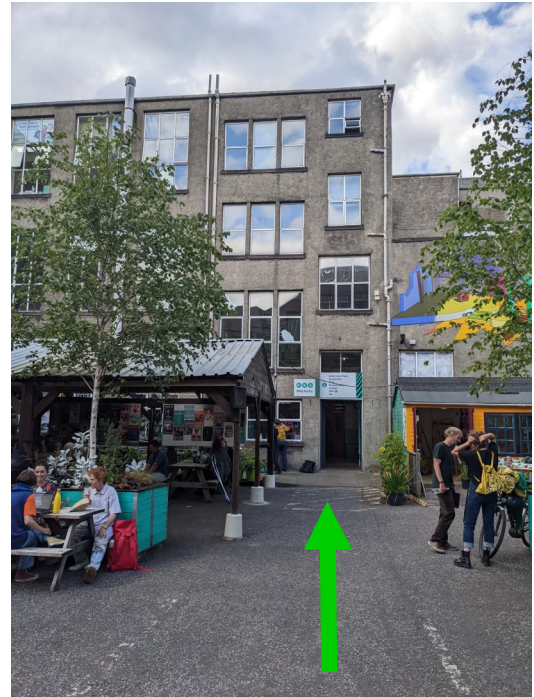


When you see these big metal gates on your left turn towards them and head through them.





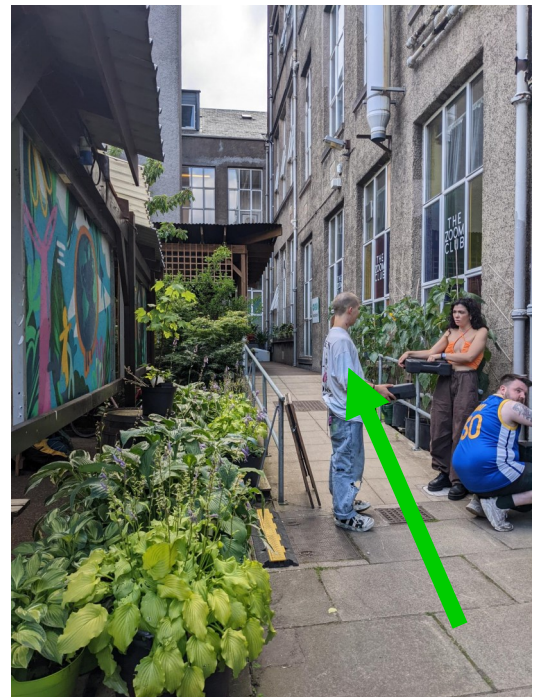
This is what it will look like when you come through the gates. This is the courtyard.



Please continue straight through the courtyard toward the door at the other end.



When you reach the door there will a sign to the ramp entrance. Turn left and follow the sign. Please do not follow the sign to TechCube 0.



This is the ramp you will see when you turn left. Please travel up the ramp.





Continue to follow the ramp around the corner.



This door is the entrance to the building. Please enter and turn right.

**Accessible Toilet:** there is a toilet on the left when entering through this door. (follow the yellow arrow)



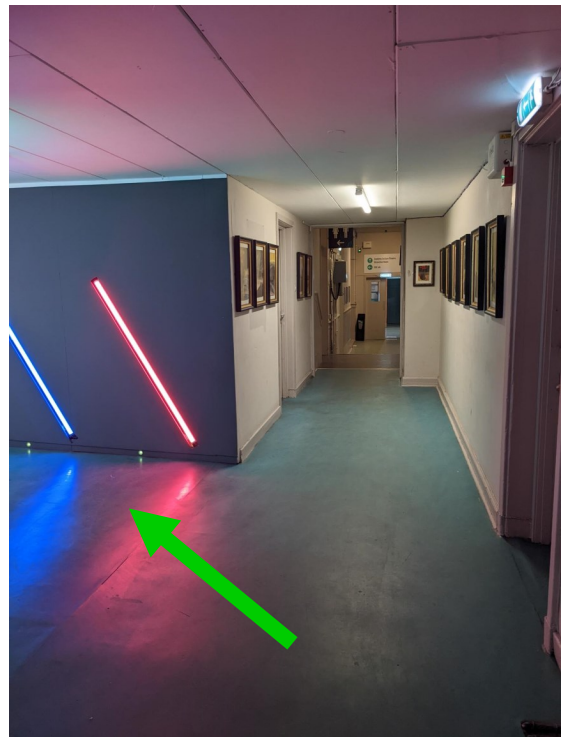
This is what you will see when you turn right. Please turn right into the long corridor.



Head down this corridor till you reach the set of double doors at the end.



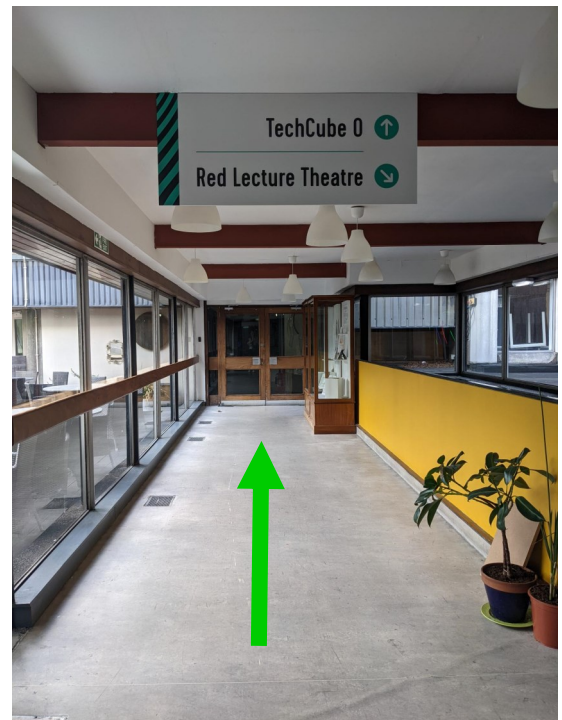
This is what the end of the corridor will look like. Once you reach this turn right.



Then please turn left into the corridor of neon lights.



Please go down the corridor of colourful lights and through the double doors at the end. The doors will probably be open already.



After the corridor of colourful lights there will be another corridor. You will see a sign for TechCube 0, follow this to the end of the corridor.





At the end of the corridor there will be a set of double doors. Please go through these.



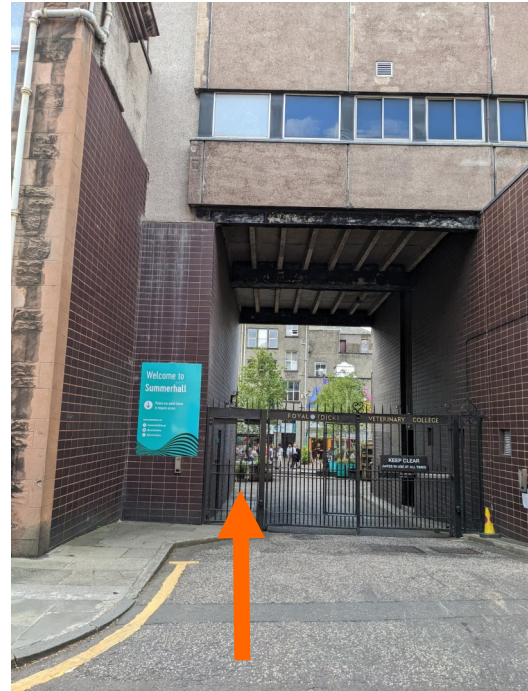
After the doors there will be another corridor, at the end of this is the door to TechCube 0.

## Route to the Bar

The bar is located in the courtyard. There are three different routes to the courtyard.



This is the courtyard. The Dick Bar is on the right.



You can access the courtyard with step free access from the side entrance on Summerhall Place



To access the courtyard from the building, go the main entrance, walk past the staircase and out the glass doors. There are several steps down to the courtyard

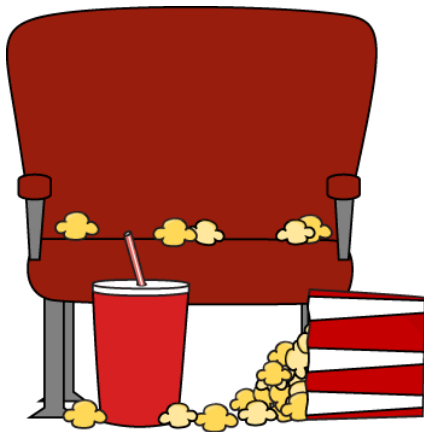
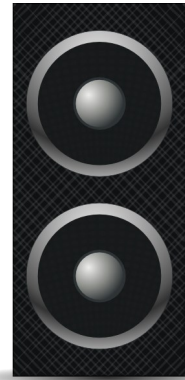


For step free access to the courtyard from the building, reverse your journey and use the same ramp back into the courtyard.

# The Performance Space: TechCube 0

**All performances are semi relaxed.** This means that the lights above the audience seating never go fully dark and audience members are welcome to move, enter and exist as needed.

There will be two large speakers rigged facing the audience above the front of the stage. This means that the sound is much louder in the front rows of audience seating and quieter in the back row.



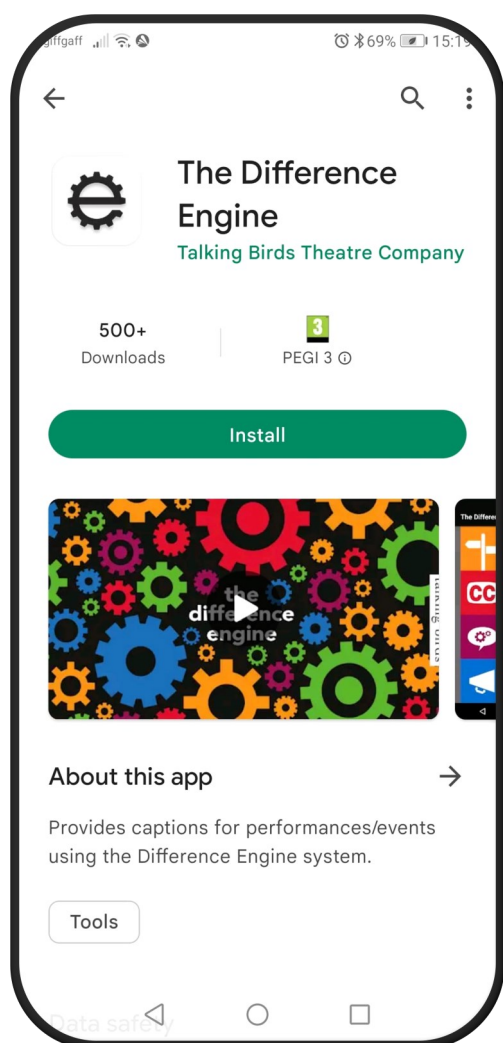
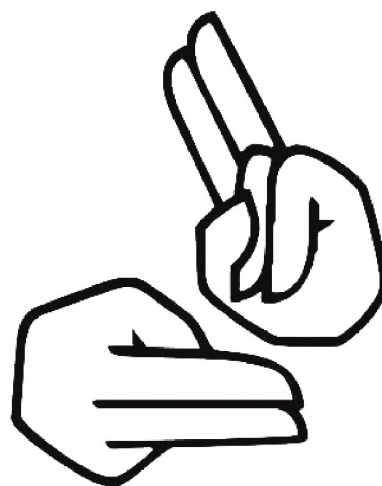
**Seats are not assigned for the audience so you may choose where to sit when you arrive.**

**There are 11 sets of yellow ear defenders available for any audience member who is sensitive to loud music.** These will be hanging on a rail at the edge of the audience seating bank which you will pass on the way to your seat. You are welcome to help yourself to a pair .





**6 of the performances will be BSL interpreted. The dates for these are 9th, 10th, 16th, 17th, 23rd & 24th August.**



**All performances are captioned. Audience members can access the captioning through an app called The Difference Engine.**

This can be downloaded from a smart phone app store such as Google Play. This allows audience members to read the captions from their phones.

# Visual Story Synopsis



This is **Sarah** who is the performer and creator of this performance. Sarah uses **she/her pronouns**. This performance is about Sarah's real life experience. She is not acting or playing a character



Some performances are being signed in BSL by an interpreter called **Rachel Amey**. During these shows Rachel will accompany Sarah on the stage.

# A Short Overview



The performance explores Sarah's relationship with her chronic pain experience. It includes playful choreography, experimental dance, intimate autobiographical text which is spoken by Sarah.

**In performance Sarah is nude and does not wear any clothes.**

Throughout the show the stage only contains Sarah, a microphone, a glass of water and, on certain days, a BSL interpreter.

The BSL interpreter will not be present at every performance, the dates the interpreter are the 9th, 10th, 16th, 17th, 23rd & 24th August.

The performance is broken down into 5 sections. At the beginning of each new section Sarah signals this by saying the section number out loud.

**The only technical changes that happen are changes in the colour and amount of light direct on the stage, and tracks of music.**

**Most of these changes have gentle transitions apart from one change in section 3 of the performance when the transition is more sudden.**





## Start of the performance

The performance starts with a dark stage. If you are attending a show that is signed in BSL Rachel will enter the stage.

The performance begins with a voice over which Sarah has pre-recorded. This will invite audience members to move, stim, snack and whatever else you need to feel comfortable and care for your body and mind during the performance. Sarah will then enter the stage with her back to the audience.



**Section 1 “The Turn Towards”:** Sarah speaks into a microphone whilst facing the back wall of the stage. Then Sarah carries out some movement before turning to face the audience and repeats the phrase “I dance with you” and her voice gets increasingly louder.

**Section 2 “The Unwinding Declares”:** This section is short. It just involves Sarah standing and speaking.

**Section 3 “The Holding Up”:** Sarah tries to explain what her pain feels and looks like. She demonstrates how big her pain is in the space. This involves dance movement and at one point she drinks and spits water up into the air. This is far away and will not hit the audience. This section also includes Sara saying “Hi” or “Hello” to people in the audience as she walks across the space. If Sarah speaks to you, you do not need to respond. During this walking Sarah walks to the right of where the audience are seated and towards the exist, out of the audience view.





Also during section 3 there is a sudden change of lights and music. The music is faster paced and louder than other music tracks. Sarah dances faster too.

#### **Section 4 “The Downward Triumph”:**

Sarah returns to speaking before carrying out a choreography of caring movement.



#### **Section 5 “The Going On Returning”:**

Sarah kneels and directs speech towards individual audience members. If she speaks to you, you do not need to respond. Sarah will also change position in the space lie down in some of this section.

Towards the end of this section Sarah returns to her starting position in which she faces the wall. After moving to the music in a similar style to how she does at the beginning of the performance Sarah will face the back wall and speak into the mic addressing the audience.

After this, the lights on the stage will then dim and the music will slowly come to an end. This signals the end of the performance.

The lights will come up again and Sarah will take a bow. Rachel the BSL interpreter will also bow

Audience members may choose applaud at this point.



**Once the performance itself has finished, please do not leave...**



### **After the Performance**

Sarah will return to facing the audience to speak about the project.

In your *Pain and I* programme you will find a QR code. You can scan this to view the digital score created as part of this project.