

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



This guide is designed for audience members who like 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 Box Office at Tramway.



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

[Sarah Hopfinger - Pain and I](#)  
[\(\[tramway.org\]\(http://tramway.org\)\)](http://tramway.org)


All tickets bought online are digital and will be sent as a PDF attached to your email

The performance is recommended for people aged 16 and older

## When and Where

Performances are on **Wednesday 8 November** and **Thursday 9 November**.

### NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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			

The dates marked **YELLOW** on the calendar are days the show is on.

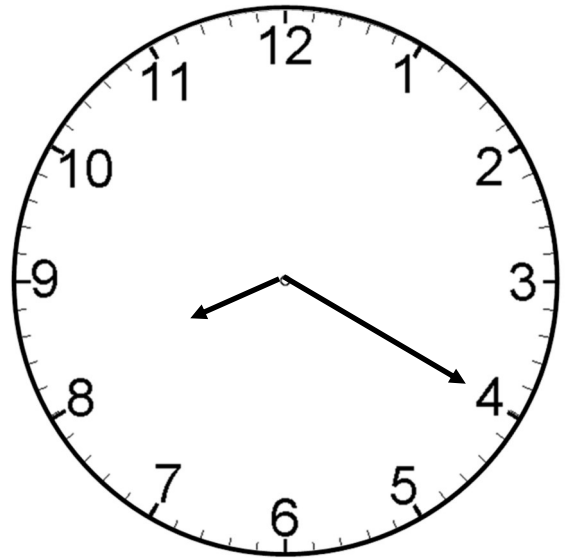
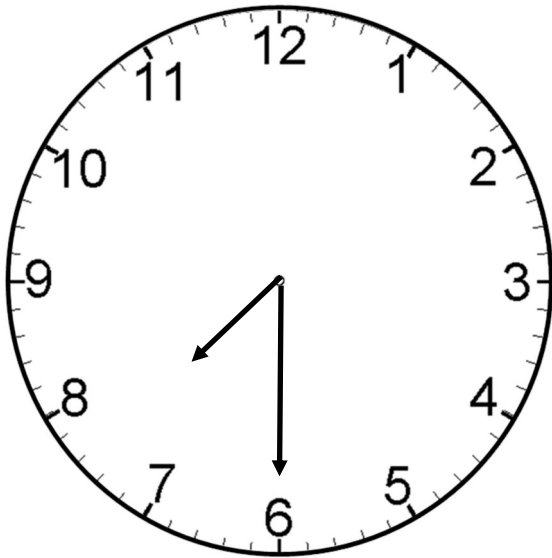


This symbol means the show has a sign language interpreter

**The performance will last 50 minutes**

**The performance starts at 7:30 PM**

**and finishes at 8.20 PM**



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

If you arrive before the doors open you can wait in the CAFÉ BAR area on the ground floor, or in the QUIET SPACE upstairs in the Upper Foyer

As you walk into the performance space the Front of House staff will ask to see your ticket before you enter.

Your ticket will be in your email inbox if your bought your tickets online

The venue is called **Tramway**. The address is:  
25 Albert Dr, Glasgow G41 2PE

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

This is what Tramway looks like from outside.



More information on how to travel to the venue is provided on Tramway's website. You can find this by clicking this link:

[Visit us | Tramway](#)

For information about the building accessibility click this link:

[Access | Tramway](#)

**If you have any questions about the venue please  
call Tramway on 0141 276 0950**

# Arriving at Tramway

The performance will take place in a small studio theatre in Tramway called Tramway 4 or “T4”.

T4 is located inside a large venue called Tramway.

Tramway is a big building with two theatre venues, two galleries and a café bar and gardens inside it.

At times, the building can be busy, especially before performances.

## Arriving at the Venue



This is what the venue looks like from the outside on Albert Drive.

Enter through these doors.

# Arriving at Tramway

As you enter through the big arched doors of Tramway, you will pass through another set of Glass Doors. These doors will open automatically



**The BOX OFFICE is on the LEFT of the entrance as you arrive.**

**If you still need to buy a ticket, you can buy one here.**

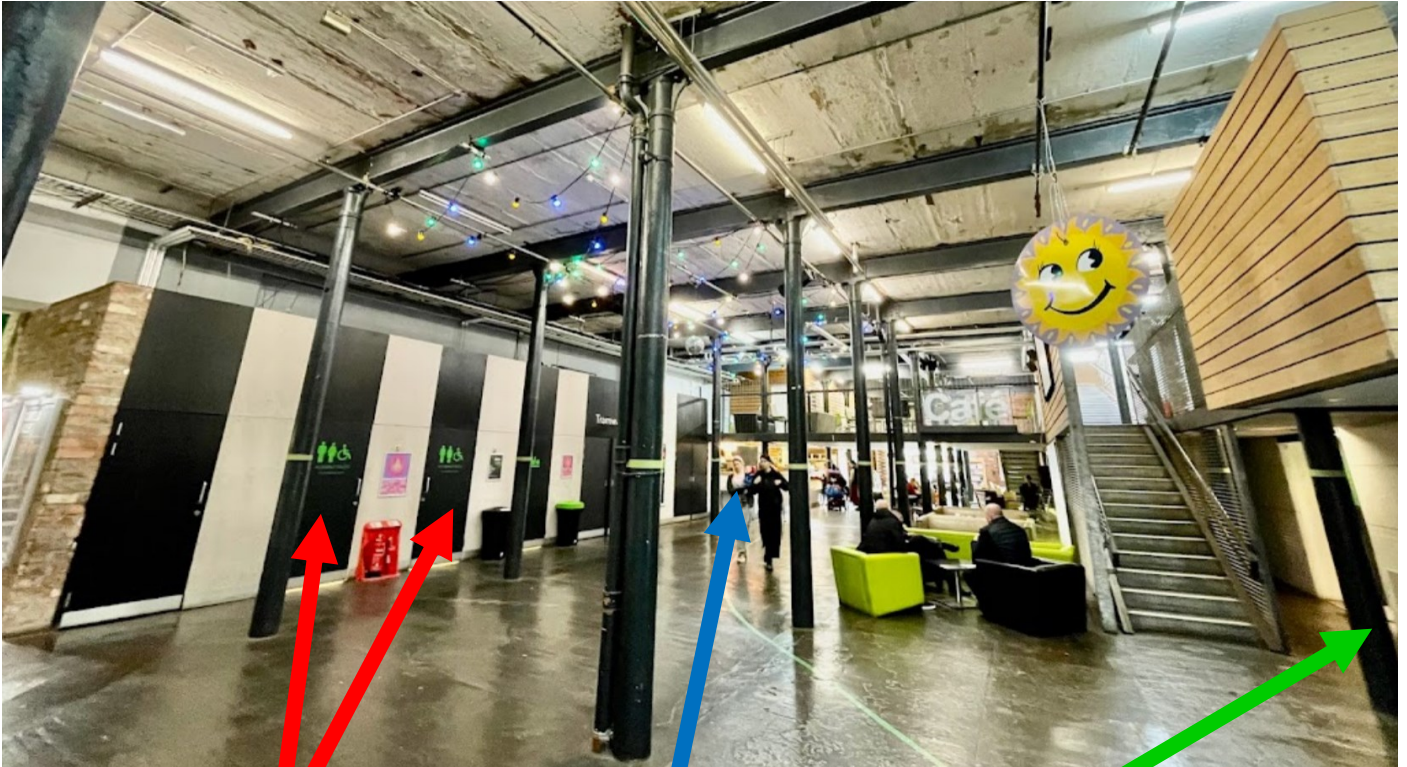
The Performance is in Tramway 4 which is on the Ground Floor of the Building. There are no stairs between the entrance and the performance venue.

To get to Tramway 4, follow the large corridor from the entrance towards the Foyer and Café Bar.

There will be Tramway staff at the Box Office and outside the venue T4 to help you find your way around the venue

# Foyer, Café Bar & Toilets

This is what the Foyer and Café Bar area looks like.



**Accessible Toilets:** there are two all gender **ACCESSIBLE TOILETS** on the Ground Floor.

**Toilets:** There are **ALL GENDER TOILETS** on the Ground Floor Including cubicles, and cubicles with urinals.

These toilets are found along this corridor, beside the metal stairs.

The **CAFÉ BAR** is here

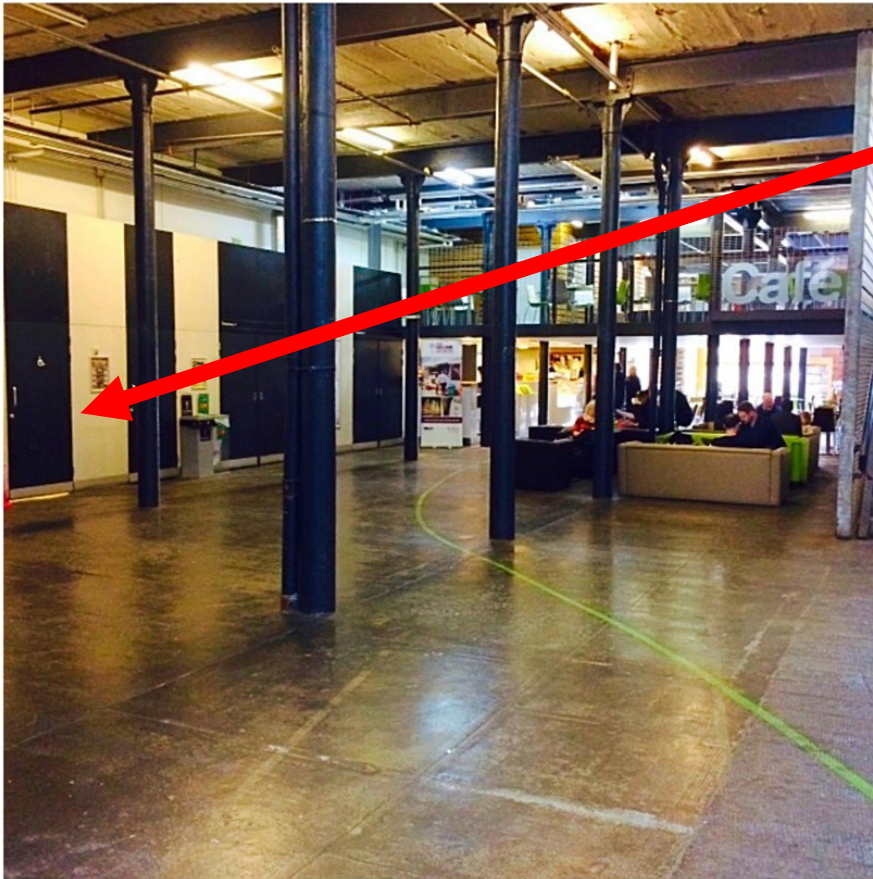


There is a **CAFÉ BAR** on the Ground Floor where you can purchase hot or cold drink as well as crisps, sandwiches and cakes. This bar serves alcohol

You might like to wait in the FOYER or CAFÉ BAR until the performance begins.

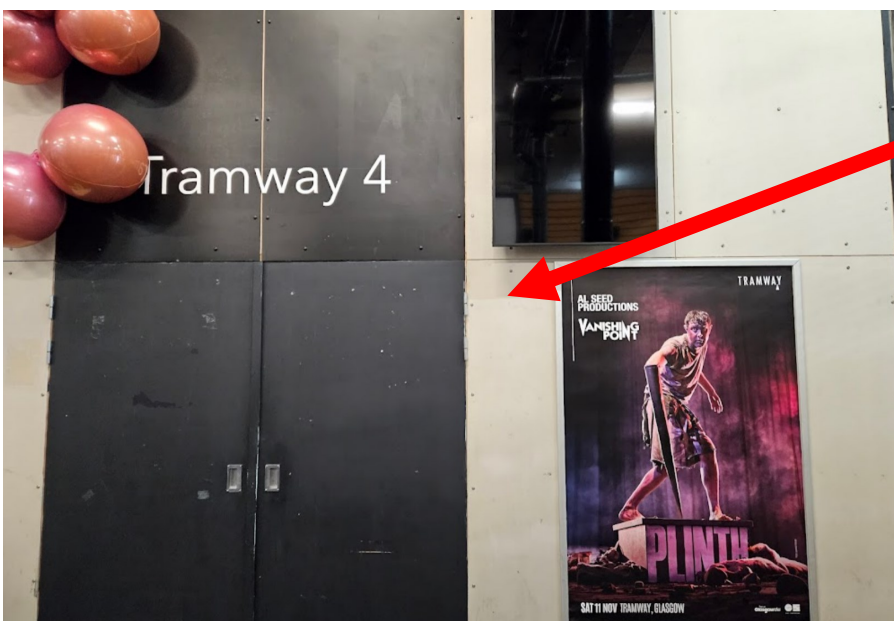
# Tramway 4 Theatre Entrance

This is what the Foyer and Café Bar area looks like.



The entrance to the theatre TRAMWAY 4 is here, in the FOYER, near the toilets and CAFÉ BAR.

There will be a table setup near this door with Sensory Kits, programmes and Ear Defenders if you would like to use any of these.



This is what the entrance to the theatre looks like.

The Front of house Staff will open the doors when its time for the Audience to come in.



# Quiet Space

There will be a QUIET SPACE open between 6:30 pm and 9 pm in Tramway Upper Foyer.

The QUIET SPACE is on the FIRST FLOOR of Tramway.

It can be accessed by STAIRS from the BOX OFFICE or the LIFT



The QUIET SPACE is a place where Audience can go at any time before or during the performance if the performance becomes too sensorially stimulating or overwhelming or if they would like to relax, rest, stretch or feel calm.

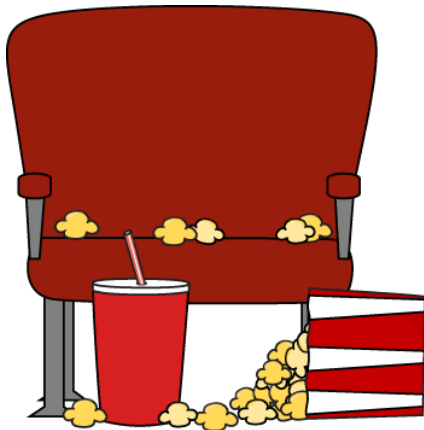
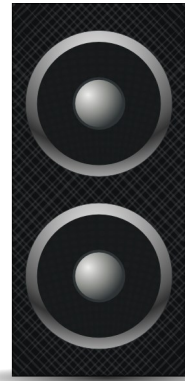
The QUIET SPACE will have some couches, beanbags, yoga mats and cushions . There will be no music playing in the Quiet Space.



# The Performance Space: T4

**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 large speakers in the theatre. This means that the sound can get loud at times.



You can choose where to sit when you arrive. There will be theatre seats and some bean bags to choose from.

The seats are on a tiered seating bank with steps going up it.

If you would like to reserve a wheelchair space or seat in the front row, please inform the **TRAMWAY BOX OFFICE**

There are **Sensory Kits** available for anyone who might be sensitive to sound or light. These include **Ear Plugs, Ear Defenders, Dark Glasses and Fidget Toys.**

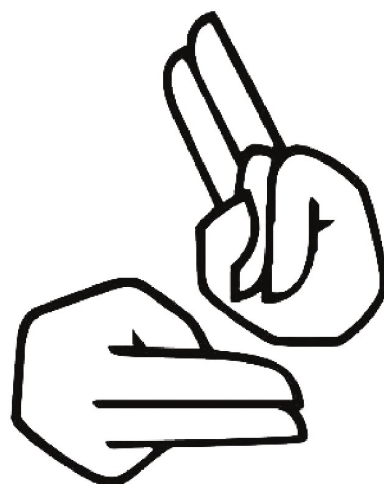
You can collect a Sensory Kit from a Table by the entrance to the theatre, as you enter.

You are welcome to help yourself to a Sensory Kit to use during the show.

Please return these to the Front of House Usher at the end of the show, or leave them on your chair.



**The performance of Pain and I on Wednesday 8 November will be British Sign Language interpreted.**



British Sign Language interpretation is a mode of access for some people who are deaf or hard of hearing. BSL uses gestures, movement and facial expressions to communicate instead of spoken language.

The sign language interpreter for Pain and I is Rachel Amey. Rachel will be repeating all of Sarah's words in Sign Language as Sarah says them.



She will move around the stage with Sarah while she interprets.

# 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 perform with Sarah on the stage, moving around and sometimes interacting with Sarah.

# 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 some days, Rachel the BSL interpreter.

The BSL interpreter will not be present at every performance.

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 main technical changes that happen are changes in the colour and amount of light 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. The performers will enter and the lights will get brighter on stage.

The lights in the theatre will dim but not go fully dark.

The performance begins with a welcome from Sarah. She 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.



**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.

She repeats the phrase “I dance with you” and her voice gets louder and louder.



## Section 2 “The Unwinding Declares”:

This section is short. It involves Sarah standing and speaking about her body and living with chronic pain.

When Sarah says “you” she is talking to her pain as if it was a person.



### **Section 3 “The Holding Up”:**

There is a quick change of lights when Sarah says “Three– The Holding Up’ and the stage gets brighter.

Sarah then tries to explain what her pain feels and looks like. She demonstrates how big her pain is in the space. This involves dance movement.

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 into the audience seating bank up to the back of the seats.

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 wildly and fast too.



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

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

Some of these moments include Sarah moving with her eyes closed, turning around with her arms out and touching her face or hair.

They might seem unusual or strange. They are about Sarah’s relationship to her body.





### **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 and thanking you for coming.

After this, the lights on the stage will then dim and the music will slowly fade out to silence.

**This is the end of the performance.**

Audience members might clap at this point.

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

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.

If you have any questions about the content or access of *Pain and I*, please contact the projects Access Coordinator **Laura Fisher** on

**[laurafisher\\_performance@outlook.com](mailto:laurafisher_performance@outlook.com)**

For access enquiries about **Tramway**, please contact the Box Office on  
**0141 276 0950**

This Access Guide was created by Laura Fisher & Shona Powell McKay.