
**Self-Care
Guide
& Content
Warnings.**

**Sound Of
The
Underground
by
Travis
Alabanza.**

**Royal Court
Theatre.**

Self-Care Guide: SOTU.

This document has been designed to support audiences attending performances of *Sound of the Underground* 19th January – 25th February 2023.

For some of us, we need more context of what we are about to see to feel safe, so we've created this document for those who would be comfortable with more information. We hope the information and resources in this document will help audiences experiencing the show, and support planning for anyone who may be concerned about their visit.

Contents

1. About the show
2. Content warnings
3. Helplines & support
4. Self-care suggestions
5. Thanks & about self-care

About the show

“Ladies, Gentlemen, and then all the legends that have realised gender is a trap – introducing the Sound of the Underground.”

Out to the electric night, where the bassline jumps in the backstreet light. The true sound of the underground is tearing duct tape, frenzied costume fixes, lighting up cigarettes, jangling tips and a whole lot of chaos. This is not your average night at the theatre.

Legends of the London queer club scene come above ground to take over the Royal Court Theatre. Part-play, part-raucous cabaret, part-workers’ manifesto, join eight underground drag icons as they spill the tea, free the nipple and fight the shadowy forces that threaten their livelihoods. Bring some change. Tip generously.

Travis Alabanza’s first play for the Royal Court spotlights London’s iconic underground club culture and questions what it means to get your money’s worth when it comes to art. Written by **Travis Alabanza**, co-created and directed by **Debbie Hannan**.

Age recommendation: 16+.

This show contains haze, strobe, flashing lights, sudden light changes, sudden and loud noise, strong language and nudity.

Content warnings

- Sexual imagery
- Description of a homophobic and transphobic incident
- Interaction with audience / direct address to audience
- Discussion of pay disparity and financial hardship

Helplines & support

There are references in the show to the ongoing cost of living crisis and the effect that capitalism has on the queer community.

If you're affected by the show's themes and need support, or just want someone to chat to, you can call **LGBT Foundation** on **0345 3303 0303**.

If you don't need immediate support but would like to learn more about services that may be available for yourself or someone you know, we'd recommend looking into the organisations **MindOut**, **Stonewall** and **LGBT Foundation**.

LGBT Foundation

<https://lgbt.foundation>

MindOut

<https://mindout.org.uk>

Stonewall

<https://www.stonewall.org.uk>

Self-care suggestions

If you're concerned about attending the show, there are a few things we'd suggest that might help.

Before the show

Read the content warnings before deciding to see the show.

Come with a friend

It might be worth seeing if you can book to see the show with a friend, family member or someone you trust.

After the performance

If you've found the show distressing, we'd suggest talk to someone you're with, calling a friend, or contacting one of the support services listed on the previous page.

Thanks & about self-care

In writing this document, we were inspired by recent approaches taken by several other companies. We are grateful to everyone whose work has informed our own approach, but especially the Self-Care Guide created for Nouveau Riche's production of *For Black Boys Who Have Considered Suicide When the Hue Gets Too Heavy* by Ryan Calais Cameron at New Diorama Theatre and Clean Break's production of *Typical Girls* by Morgan Lloyd Malcolm at Sheffield Theatres. As that document explains:

'The concept of self-care comes from the Black Feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced. Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.'

Finally, our thanks to you for reading this, and for coming to the show – if you choose to.