

---

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

---

**Cuckoo *by*  
Michael Wynne.**

---

**Royal Court  
Theatre.**

---

# Self-Care Guide: Cuckoo.

This document has been designed to support audiences attending performances of *Cuckoo* 6 July.—19 August. 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 of us 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

*'I do love some David Attenborough, but even he can be a bit of a miz bag now, always going on about climate change ... You don't want to think about the end of the world before you go to bed on a Sunday night.'*

Doreen and her two grown up daughters sit at the table – eating fish and chips, distracted by their phones.

Upstairs, 17-year-old Megyn has locked herself in her grandmother's bedroom and refuses to come out. And no one is entirely sure why...

**Michael Wynne's** dark comedy explores the safety of home and the different ways we cope in our increasingly uncertain world.

Age recommendation: 14+.

---

# Content warnings

- Strong language
- Reference to suicide in a dismissive way from a particular character
- Reference to terrorism and a terrorist attack
- Reference to grief and death of a father/grandfather
- Reference to child abuse
- Climate change/Climate anxiety

---

# Helplines & support

There are references to suicide in the production.

If you're affected by the show's themes and need support, or just want someone to chat to, you can call **Samaritans on 116 123** any time 24/7 for free.

If you prefer to text, the UK has a free 24/7 service: just text **SHOUT to 85258**.

There are references to war, conflict and generational trauma in the production.

If you don't need immediate support but would like to learn more about mental health and services that may be available for yourself or someone you know, we'd recommend looking into the organisation **MIND** <https://www.mind.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.

## **During the performance**

You're welcome to leave the auditorium at any point. The venue's bar will remain open during and after the show. A staff member will help find an appropriate moment to re-enter, if you'd like. 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 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.