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

**Word-Play *by*
Rabiah Hussain.**

**Royal Court
Theatre.**

Self-Care Guide: Word-Play.

This document has been designed to support audiences attending performances of *Word-Play* 20 July—26 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.

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About the show

'We've got another 10 minutes before shit really hits the fan.'

In the Downing Street Press Office an emergency meeting has been called. The Prime Minister has been ad-libbing on live tv (again) and his words are going viral. There is a flurry of accusations and demands for an apology; but as the team debates what to do next, it's already too late. His words have found their way to dinner parties, bus journeys and newspaper columns across the nation – and not everyone is angry.

Rabiah Hussain's new play, directed by **Nimmo Ismail**, explores how language seeps into public consciousness and reverberates with far reaching consequences that will last for generations.

'History always ripples on. Even if we don't realise it.'

Age recommendation: 14+.

This production contains pulsing lights and strong language.

Content warnings

- Islamophobic language
- Violence and threat of violence against Muslims
- Dismissive attitude towards Islamophobia/Denial of Islamophobia
- Incitement of racial prejudice
- Interrogation
- Hostile Environment

Helplines & support

There are references to anti-Muslim hate and Islamophobia in this production.

If you need further support and information on this topic, we would recommend taking a look at **Tell MAMA** who provide a free counselling service as well as a range of advice and support for those who experience anti-Muslim hatred or Islamophobia: <https://tellmamauk.org/>

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**.

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.

At the end of the performance

The auditorium will stay open as a reflective space for 15 minutes. Feel free to stay and take your time. If you've been affected by any of the issues raised in the show, we'd suggest talking 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.