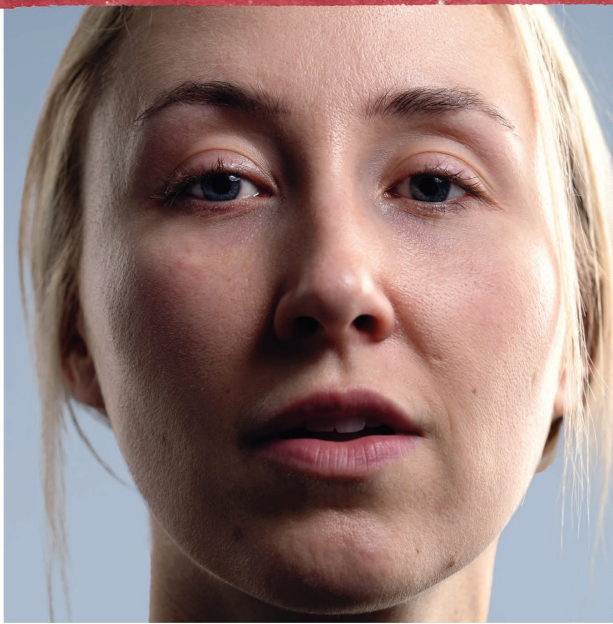




'THE MOST EXCITING STAGE ACTING BRITAIN'

The Times



DEATH OF ENGLAND :THE PLAYS

By **CLINT DYER** and **ROY WILLIAMS**

Directed by **CLINT DYER**

SELF-CARE GUIDE



Introduction

This document was designed to support audiences attending performances of ***Death of England*** by Clint Dyer and Roy Williams @sohoplace 15 July - 28 September.

We know this show might be challenging to engage with for some audiences, especially if you're affected by the content.

This document contains information about ways to look after yourself before you watch, while you're at the theatre or after the play. It also contains information about the show in order to describe what you should expect when attending.

About

**4 points of view. 3 plays. 2 families.
1 incredible theatrical experience**

These three interconnected plays are, by turns, exhilarating, profoundly moving, funny but furious, and deeply theatrical. Watch one as a standalone experience or discover the connections between two or three of the plays as Michael, Delroy, Denise and Carly navigate the joys and challenges of what it means to be British in 2024.

Death of England :Michael is a monologue performed by Thomas Coombes. The play describes the experience of a white, working-class man in London whose dad has died suddenly. Michael talks about his relationship with his father, an East End flower-stall holder and football fan and his best friend Delroy, who is a Black man. Michael's monologue describes what it means to have a racist father and a Black best friend.

Death of England :Delroy is a monologue performed by Paapa Essiedu. Delroy is a Brexit supporting bailiff who has spiralled into unemployment and drinking after being arrested and subsequently put on tag. He is in a relationship with Michael's sister, Carly. As a result of the racial profiling by the police, he is late to the birth of their child.

Death of England :Closing Time is a two hander performed by Sharon Duncan-Brewster and Erin Doherty. Carly, Delroy's girlfriend and Denise, Delroy's Jamaican mum have a joint business which is having to be sold. We learn both sides of their story through this play to try and find the reason why the business failed.



Content warnings

This show contains:

- Strong language throughout including the use of racist language
- References to slavery, racism, sexual abuse, drug and alcohol abuse, death, police brutality, the criminal justice system

Helplines & support and more information

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 know more about organisations working in the areas which the show discusses:

UNJUST

Unjust are a not-for-profit organisation specialising in challenging discriminatory culture, policies, and practices within policing and the Criminal Legal System. They are committed to holding State agencies accountable for their conduct and treatment of Black, Asian and racialised ethnic communities.

RELEASE

Release provide legal support, representation and drugs advice to people with a history of drug use or who are impacted by drug laws. They campaign for evidence-based drug policies founded on principles of public health and human rights, seeking to reduce the harms faced by people who use drugs.

Self-care suggestions

Before the show:

Read the story summary to give you a clearer and more detailed idea of what will happen to help you prepare.

Bring a friend or someone you trust to watch with you.

Breathe

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds



and holding again. Repeat this for as long as you need.

After the show

If you find the content distressing try talking to someone you trust, or try one of the organisations suggested above. Also, try finding some nature - look out of the window or go for a walk if you can; experiencing nature can help us feel grounded. Soho Square is only a minute's walk away.

Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much. You can leave the auditorium, walk away, take a break.

Do what feels right for you.

Staff can help you find a moment to re-enter, when you're ready. Try a grounding exercise. Grounding exercises are things you can do to bring yourself into contact with the present moment.

The performance space

This show will be performed @sohoplac. @sohoplac is London's newest West End theatre. It has a flexible 602 seat auditorium, laid out in the round. This means there are seats on all four sides of the stage. Seats are across three levels. The stalls is the lower level, and has between four and six rows of seats. There are two balconies, with between one and two rows of seats. Some seats are higher off the ground with arm and foot rests.



@sohoplac have a large cloakroom that can be used by all patrons free of charge, and request that bags bigger than an A4 piece of paper are checked into the cloakroom.



Access Information

There is lift access to each level of the theatre, bars and a unisex adaptable toilet on each level of the theatre. The foyer of the theatre is step free from street level. To access the stalls there are 28 stairs up from street level. To access the First Balcony there 46 steps from street level. To access the Second Balcony there 64 steps from street level. Guide dogs and hearing dogs are welcome. For comfort we recommend purchasing a seat on the end of a row. For more information: visit sohohplace.org/accessibility, call **0330 333 5962** or email access@sohohplace.org.

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 Clean Break's production of *Typical Girls* by Morgan Lloyd Malcolm at Sheffield Theatres and the one created for *For Black Boys Who Have Considered Suicide When The Hue Gets Too Heavy* at The Royal Court.

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.'***