

# RISING: REWARDS FOR THE TRIBE

## RELAXED

## GUIDE

DATES TUE 31 MAY – SUN 5 JUNE  
VENUE CHUNKY MOVE STUDIOS  
DURATION 65 MINUTES

WARNING THIS PERFORMANCE CONTAINS  
SUDDEN LOUD MUSIC, STROBING EFFECTS  
AND MILD COARSE LANGUAGE



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# RISING PHILOSOPHY

## WHO THE SHOW IS FOR

A Relaxed Performance is designed to meet the sensory needs of neurodivergent individuals, including autistic people, ADHD people, anxious and depressed people, traumatised people, and any other person with a diagnosed neurodivergence who needs a little more care to ensure a smooth and considered experience at the theatre. However, this is by no means an exclusive event, and Relaxed Performances are suitable for all audiences. If you are someone with a young family, have an intense or emotional demanding job, feel uncomfortable in a more traditional theatre space, or just want to see a show that isn't quite so loud, Relaxed Performances are right for you too.

## THE PRACTICAL

Practically speaking, these are the general changes we have made to this showing

- The Relaxed Performance is identical to other shows—all the same words, blocking, music and plot points are going to be performed.
- The lighting and sound have been relaxed, and the house lights, where relevant, will remain at a low level throughout the show.
- You will be given permission to move around the space, and to rock, stim, hum, and engage in other self-calming activities in the theatre space.
- If you become overwhelmed or need to step out, a designated quiet space will be available for you to go to rest in and you can come and go from the theatre as you need. The quiet space will also be available before and after the performance also.
- The doors will remain unlocked through the performance, and in some cases open.
- There will be extra staff on the day assigned to ensure the environment is welcome and safe for your needs.

# GETTING TO THE VENUE

All Access Information for the Chunkmove can be found at:

[www.rising.melbourne/venues/chunky-move-studios](http://www.rising.melbourne/venues/chunky-move-studios)

Below is a photographic journey of how you can navigate to the venue. You can also view our Venue Navigation Video at <https://youtu.be/kDgBgDi1KzU>

Getting off the tram at stop 18 you will face towards the large brown building



Cross the road and walk towards the wall with ACCA on the side



# GETTING TO THE VENUE CONTINUED...

Turning left and following this building will take you here



This is Chunky Move, and this is the front door



# GETTING AROUND THE VENUE

Below is a photographic journey of how you can navigate around the venue, but you can also view our Venue Navigation Video at <https://youtu.be/kDgBgDi1KzU>:

Inside you will find stair and an elevator. Use which ever you need to, the performance space is on the top level



Here you will be directed to the correct studio

# GETTING AROUND THE VENUE CONTINUED...

For bathrooms, look for this hallway:

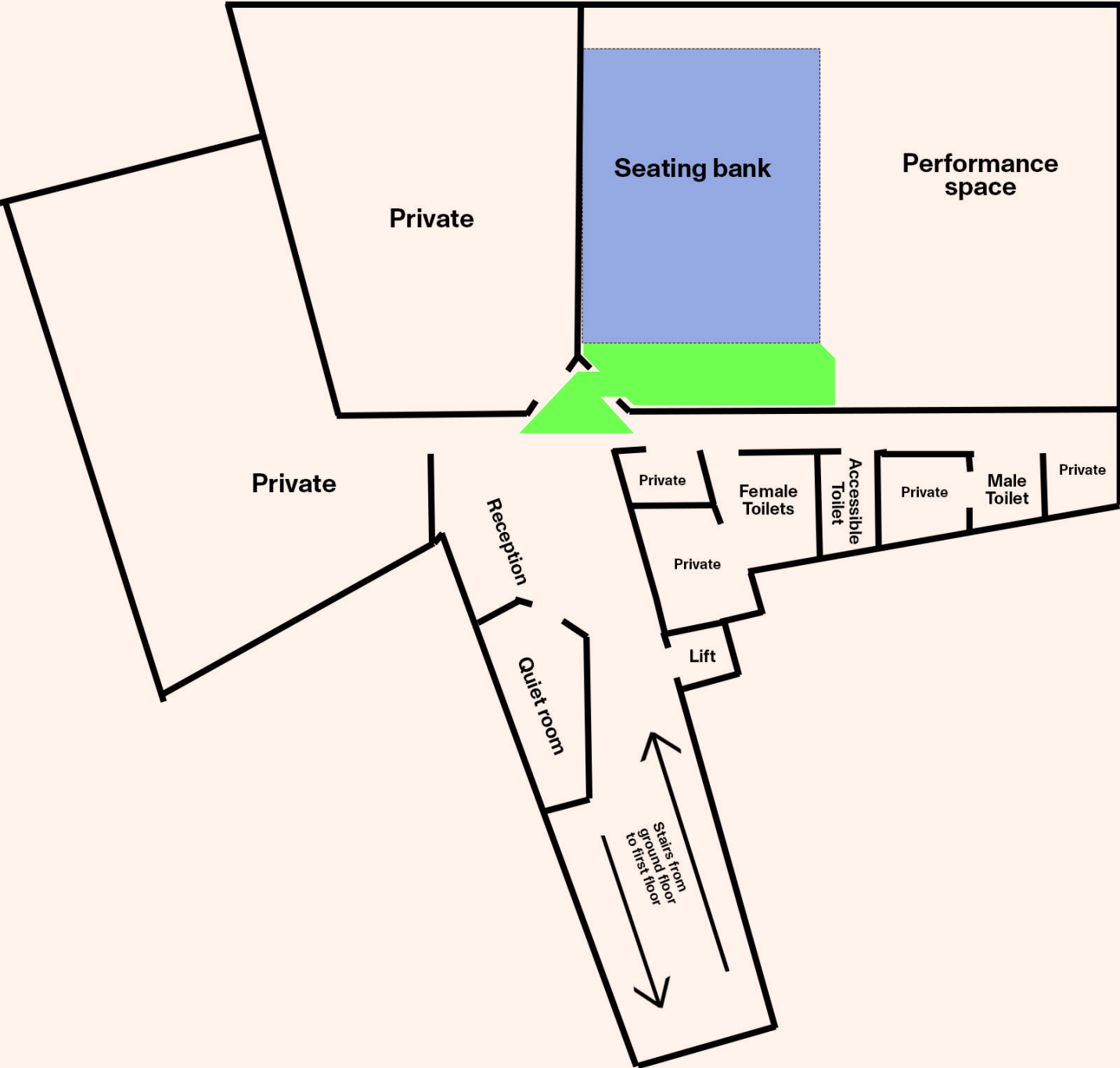


You will find accessible bathrooms on the right



# MAP OF THE THEATRE

This is a map of the space, with seats and stage labeled, exits highlighted, and spaces where you can pace are marked in green.





# CAST PHOTOS



# CONTENT & SENSORY WARNINGS

As an audience member, you will need to make an informed decision about attending the work. We have gathered the following thematic content warnings which will tell you what type of content you will be required to process, without giving away the whole show. If you require more detailed content warnings, please contact the Customer Service team on 03 9662 4242 or at [ticketing@rising.melbourne](mailto:ticketing@rising.melbourne).

There is no audience participation

There are a few moments of loud music and sharp changes in music. These will be augmented for the Relaxed Performance.

# RISING:

We at RISING are striving to improve our Relaxed Performance work.

Have you seen something you think we could improve on? Send feedback to our Access and Inclusion Coordinator at [t.middleditch@rising.melbourne](mailto:t.middleditch@rising.melbourne).

We will not be able to respond to all emails, but we will absolutely read them all.