

# RELAXED PERFORMANCE GUIDE

## ANXIETY

PRESENTED BY PUBLIC ENERGY

CREATED AND PERFORMED BY KATE STORY



THE THEATRE ON KING  
SUNDAY NOVEMBER 27, 2022  
2:00PM

Questions? Contact Shannon LeBlanc at 705-745-1788 or email [shannon@publicenergy.ca](mailto:shannon@publicenergy.ca)

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THIS PERFORMANCE GUIDE IS DESIGNED TO PREPARE YOU FOR YOUR VISIT TO THE THEATRE ON KING AND WILL INCLUDE INFORMATION ON THE PERFORMANCE YOU ARE ABOUT TO SEE.

## PUBLIC ENERGY ACCESSIBILITY VISION:

Public Energy Performing Arts is committed to removing barriers to those who want to engage with the performing arts: as audiences, artists and administrators.

If you have questions about the accessibility of our performances, workshops or digital events, please direct them to: [admin@publicenergy.ca](mailto:admin@publicenergy.ca)

Beyond our advertised accessibility initiatives, we are happy to make additional accommodations on request.

## SLIDING SCALE TICKET PRICES:

Public Energy Performing Arts offers sliding scale ticket pricing with most shows starting at \$5. This applies to all ages, from students to seniors. We believe that cost should not be a prohibiting factor when accessing the performing arts. Thanks to our sponsors and donors for making this possible.

## LAND ACKNOWLEDGEMENT:

The land on which Public Energy works is in the traditional territory of the Michi Saagig and Chippewa Nations. Our immediate area, known as Nogojiwanong (Ojibwa for “place at the end of the rapids”), has been a meeting place and a place to tell stories for thousands of years.

Public Energy acknowledges the Anishinaabeg for their care taking of these lands and waters and recognizes our responsibility to peaceably share and care for them. We are honoured to be working with Indigenous artists and providing a platform for their voices to be heard and respected.

## WHAT IS A RELAXED PERFORMANCE?

In a performance there may be loud noises, bright lights, and other things which can be stressful for some people. In a Relaxed Performance the environment is carefully adjusted to be friendly and informal to make it accessible for anyone. Relaxed performances are particularly suitable for audiences with disabilities including autism spectrum conditions, sensory, communication or learning disabilities.

## LIGHTING AND SOUND

In a relaxed performance, the music, sound and lighting effects are adjusted (or removed) to reduce anxiety and remove the element of surprise. The lighting in the auditorium is kept low so the audience is never in the dark. Other theatre effects (eg. Strobe lighting, smoke machines, sound) may be removed or kept low.

## BEHAVIOUR

In a Relaxed Performance, there is a relaxed attitude by the staff, performers and audience to noise and movement by patrons with sensory requirements or comfort behaviours, including stimming, pacing, rocking, humming, and making other noise.

## ACCESS

The seating will be accessible for all physical abilities including wheelchair access and the theatre doors will remain unlocked at all times so people can come and go. If an audience member needs to leave, a staff member will usher them to a calming area in the lobby area.

## THE THEATRE ON KING:

The Theatre on King is an intimate black box theatre located in downtown Peterborough, on King St. just off of George St.

The Theatre on King offers the community a dynamic space for theatre and dance performances, rehearsals, workshops, readings, classes, and more. The Theatre on King is a laboratory where both professional and amateur artists can explore, learn, hone their skills, and gain encouragement and inspiration.



## GETTING TO THE THEATRE ON KING

The Theatre on King's address is 171 King St. It is located on the south side of King St. between Aylmer St. and George St.

Visitors using the Peterborough Accessible Community Transit service can request that they be dropped off at the back entrance of The Theatre on King

## CITY TRANSIT RIDERS:

There are bus stops located on the corner of King St. and George St. on the south-west corner and on Aylmer St. and King St. on the north-east corner. From Aylmer St. and King St. turn right after exiting the bus and walk to the corner of King St. and Aylmer St. Cross King St. and turn right [east]. Continue walking on King St. until you reach The Theatre on King.



## DRIVING AND PARKING:

### CHERNEY PROPERTIES LOT:

There is parking directly behind The Theatre on King. This parking lot is only to be used after 5pm and on weekends. The alley to the lot is on the south side of King Street, alongside The Theatre on King at 171 King St. Drive up the alley, and park in any available space. We ask that the space directly behind TTOK be left free for accessibility.

The entrance to the theatre is here, directly off the parking lot.

### KING ST. PARKING GARAGE:

The next closest option to access the Theatre on King would be to use the King St. Parking Garage located on King St. between Aylmer St. and George St. Exit the King St. Parking Garage and turn left [east]. Walk to the corner of King St. and George St, turn right [south] and cross King St. Turn right [west] and walk to The Theatre on King.

Turn right [west] and walk to The Theatre on King.

## ACCESSING THE THEATRE ON KING FROM THE CHARLOTTE MEWS PARKING LOT:

There is parking available in the Charlotte Mews which can be accessed from Simcoe St. Pedestrians can exit the Charlotte Mews parking lot through the pass through to Charlotte St. across from the Social Services building and turn left [east]. Walk east to the corner of Charlotte St. and George St. and turn right [south] cross Charlotte St. and walk one block to King St. Cross King St.



## ACCESS FROM BUS TERMINAL:

Once you have left the terminal, turn left [east] on Simcoe St. and walk to the corner of Simcoe St. and George St. Cross Simcoe St. heading right [south]. Continue walking down George St. [south] and cross Charlotte St. Continue one more block to King St. and cross King St. Turn right [west] and walk to The Theatre on King.

## THEATRE ACCESS:

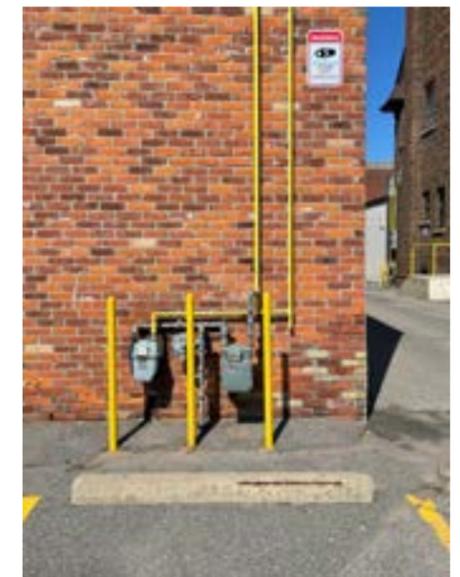
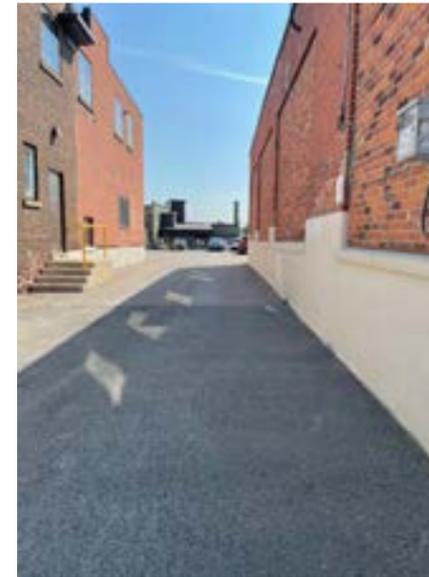
There is an entrance to The Theatre on King from the sidewalk on the south side of King St. However, this entrance is used to access the office and has a step up to it. This entrance is not used by theatre patrons.



The main entrance for The Theatre on King is down an alley on the left side of the theatre. This alleyway is well-lit and paved. There is a cement guide on the side of the building that can be used to help those with vision loss.

Walk south down the alleyway to the end of the building. There are some cement parking barriers to the right, at the end of the building. There may also be parked vehicles in the lot. Turn right, and walk past these barriers. The main entrance to the theatre is just past two parking spaces at the back of the building.

Alternatively, when you reach the end of the building, continue south the length of one parking space, turn right [west] walk the width of a parking space, turn right [north] and you will be facing the patron entrance.



The entrance has a short ramp and can be accessed using mobility devices. There is no automatic door button. The door handle is a knob which some patrons may have difficulty opening. The Theatre on King staff and volunteers regularly check to see if patrons are outside.

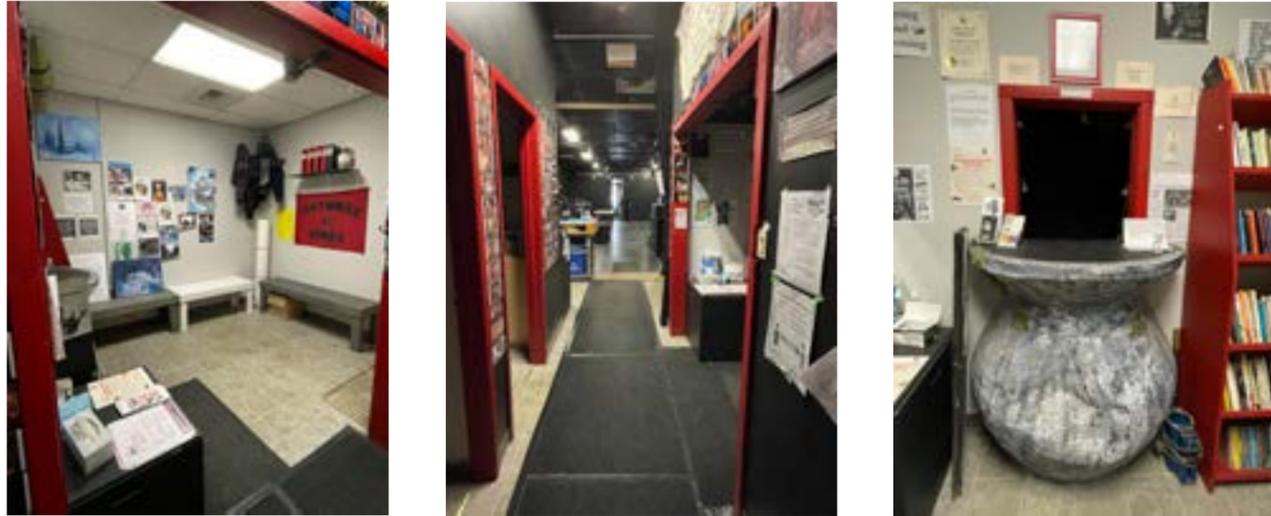
In the event a patron needs assistance with the door they may call 705-930-6194.



The ticket office is located in the theatre lobby. Once you are through the main entrance, head straight down a short hallway. The lobby is on your right [east]. The ticket counter is located on the left [north]. The counter is tall, but staff will accommodate for anyone using a mobility device.

Please be aware that The Theatre on King does not have any debit or credit card machines. This venue is a cash only venue.

Tickets can also be purchased online. Or reserved by calling 705-745-1788 (no credit card needed).



## WASHROOMS:

There are two all-gender washrooms available in the theatre. The accessible washroom is just inside the main entrance on the left wall. This washroom has no automatic door opener, but does have a lever handle.

The washroom has a toilet with grab bars to the right and behind it. It is in the right rear corner of the room. The sink is just inside the door to the right, and the garbage can is between the toilet and sink. The paper towel dispenser is to the right of the sink between the sink and the wall.

This washroom is large enough for manual and smaller electric chairs, but larger electric chairs may have some challenges entering and turning around in the space.

The other washroom is past the accessible washroom on the left; this is not an accessible washroom.



## THEATRE SPACE AND STAGE:

There is a bar as you enter the theatre to the left. This bar is tall, so mobility device users may need to ask staff or volunteers to pass their drinks to them.



The seating and stage is past the bar and can seat around 40-50 patrons comfortably. There is a small ramp leading into the seating area. Seating is made up of stackable chairs that interlock. These seats have arm rests, but they are not locked down to the floor. Patron seating is set up on risers with the first row on ground level. Chairs are removable to make space for mobility devices.

The Theatre on King seating plan is versatile, it can be set up in many different ways. However, the general set up is patron seating on the left [west] and the stage to the right [east].



Many of The Theatre on King staff and volunteers have participated in the Time in My Shoes program and know how to act as a sighted guide. Therefore, if the seating plan has changed for a particular show a staff member or volunteer will be able to assist patrons to a seat.

## WHAT CAN I BRING?

We want to make this as relaxed an environment as we can, so patrons are welcome to bring along:

- Noise reducing equipment patrons may need to feel comfortable
- Comfort toys
- Mobility equipment (venue is wheelchair accessible)
- Essential electronic devices (eg IPads, phones etc) – maximum screen size of 10 inches

and it is preferred that the volume be turned off and the screen brightness decreased. Please discuss with staff if this is not possible.

## SENSORY KIT:

During all Public Energy performances, a sensory kit will be available for guests. This kit includes:

- sunglasses or a visor
- a stress ball,
- ear plugs
- a fidget spinner
- and may contain a venue map.

We ask that the items be returned at the end of the performance; however, you can keep the ear plugs. All other items will be sanitized and reused at future relaxed performances.



## CALM SPACE

A calm space will be available for anyone who needs a break from a performance. The calm space at The Theatre on King is the front lobby. Staff or volunteers will be available to guide you from the performance to the calm space which will be curtained off to allow some privacy. There are three benches available to sit, and there is also access to the washrooms



## THE THEATRE ON KING AND PUBLIC ENERGY VOLUNTEERS:

Public Energy or The Theatre on King staff and volunteers will be in the lobby prior to the show. You can recognize Public Energy volunteers by badges, which have the Public Energy logo on them.

The Theatre on King volunteers will be positioned behind the bar, and at the box office. You can ask any volunteer for assistance before, during or after a show.



## EMERGENCY PROCEDURES FOR THE THEATRE ON KING:

The Theatre on King has smoke detectors but does not have visual indicators. If the alarm does go off, staff will inform any deaf or hard of hearing patrons of an emergency.

The Theatre on King does have emergency lighting.

In the unlikely event of an emergency, please stay calm and follow these instructions:

Exit the theatre to the right and out the main entrance to the parking lot behind the theatre. Please remain in this space until Emergency Response Teams arrive and give you further instructions.

In the event guests need to exit through the staff office to King St. please be aware that this exit has a step down and that this area is difficult to traverse because of office equipment and other obstacles. If a patron uses this exit, they should walk to the left or right of the theatre for 100ft. and wait for instructions from the Emergency Response Teams once they arrive.

If you are experiencing a medical emergency yourself during a show, please ask for help and a Public Energy or The Theatre on King staff or volunteer will assist you in whatever way they can either by assisting you directly, or by contacting Emergency Services. Our staff and volunteers are here for your safety.

## ABOUT THE SHOW

### PERFORMANCE TIME

The performance will begin at 2:00pm and is approximately 70 minutes in length.

There will not be an intermission.

### ABOUT THE STORY:

Kate Story's skillful reimagining of the epic poem *Beowulf* is a funny, touching and honest exploration of her own life story. growing up as the daughter of a famous Newfoundland lexicographer [maker of dictionaries].

*Anxiety* examines the history of the English language and the roots of white supremacy as Kate seeks to understand her place in a modern world seemingly gone mad.

Telling her tale with generous doses of humour, music and physical theatre, Story performs every role: her mother and father, young and old versions of Beowulf, the monster Grendel, Grendel's mother, the dragon and even a cameo appearance by JRR Tolkien!

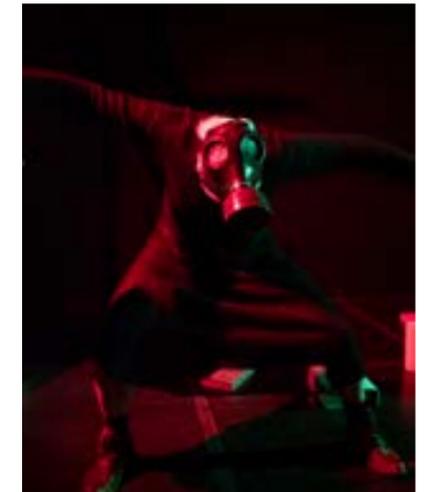


## PERFORMANCE INFORMATION:

This is the actor in the show, Kate Story



*Anxiety* is a one person show, there will be only one person on stage telling the story, and acting out all the roles.



## CONTENT WARNINGS:

Swearing  
Descriptions/pictures of violence or warfare  
Discussions of Racism, Classism, Sexism  
Death or dying  
Serious injury  
Depictions of Violence  
Expressions of Anger

## TECHNICAL EFFECTS – LIGHTING & SOUNDS EFFECTS:

Black Out? Yes  
Special effects? No  
Low lighting? Yes, at times  
Audience lighting during show - the house lights will be left on at a low level  
Sudden loud sounds? at times music comes in suddenly, but the volume will be lowered  
Background music? Yes  
Singing? Yes

## OTHER INFORMATION:

Show duration: 60-75 minutes  
Is there an intermission? No  
Is it ok for the audience to make noise during the show? Yes  
Is it okay for the audience to leave if needed? Yes  
Is there audience interaction and participation? No  
Does the performer go into the audience? No

## END OF THE SHOW

Some people might like the play, and some might not like it.

It is all right to feel happy or sad after the theatre performance.

At the end of the play, people may clap. It is an opportunity to show appreciation of the play. You can clap at the end of a performance if you like it.

Other people may clap too, this may make a loud sound.