

Shitting Ourselves Secretly

By the EMERGE Ensemble
La Mama HOPE PUNK Climate Festival
Access Pack



VENUE : La Mama HQ (205 Faraday St, Carlton 3053)

DATES : 5th and 6th of September

SHOW TIMES : 11:30am-12:30pm, 2:00pm-3:00pm

DURATION : 60 minutes, no intermission

AURAL RATING : 50% Has both sound and visual components, but sight isn't essential to be able to engage with the event.

VISUAL RATING : 50% Partly subtitled or includes dialogue, background music and/or sounds, so Deaf and hard of hearing audiences can have some engagement with the event.

SENSORY FRIENDLY : All performances as described below.

**Doors to La Mama HQ will open shortly before start times.
Go to the box office to check-in and receive a raffle ticket.**

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Creatives

Anka Strauss Kosanović (she/her)

Bronte Lemaire (any/all)

Daro Sim (they/them)

Elizabeth Lea Brooks (they/them)

Georgie Rootsey (they/them)

Hannah Hartnett (she/her)

Hazel Pigrum (she/her)

Matias Nuñez (he/they/she)

Max Pickering (he/him)

Nethuli Bandara (she/her)

Roos Rijnbeek (she/her)

Sarah Warren (she/her)

Sofia Abbey (she/her)

Stella Wordsworth Hill (she/her)

Willow Wakefield-Tromp (she/her)

Yakinthi (she/they)

Zack Lewin (he/him)

Content Advice

Content warnings: climate anxiety, loud sudden sounds, sexual themes, swearing, low-pressure audience interaction, themes of (in)fertility.

18+ show

Technical things happening in the space:

There will be some projections throughout La Mama HQ displaying pre-recorded and live videos and text. The creatives will use body language to indicate where to look. However, it is completely okay to miss these moments as it will not be absolutely necessary for you to see them to experience the work as intended.

There will also be music played through speakers throughout the performance.

Verbal Content Advice

There will be both uncaptioned scripted and improvised speech. This means every show may use different spoken words.

Swearing, profanity, and sexual language will be used.

Visual Content Advice

Sexual themes and sexually suggestive body language.

The Venue



Courtyard. Performers will be here. The show will start and end here. These doors will be open, and where you enter on the day.



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Entry steps to the venue



Accessible lift



La Mama Bar and Box Office



Walkway to accessible all-gender bathroom and all-gender bathroom.



All-gender accessible bathroom.

Half way through the performance, performers will use this bathroom for about 5 minutes.



All-gender bathrooms.



Entrance to theatre



Emergency exit



Stairs leading to upstairs room
(two flights of stairs)



Door to upstairs room (outside view)



Door to upstairs room (inside view)



Lift to balcony and access to upstairs room (includes audible instructions). To the left of the bar/box office.



Lift to balcony and access to upstairs room (includes audible instructions). Exit and turn left to see door to upstairs room.



Door to upstairs room from balcony.

Places not used by audience



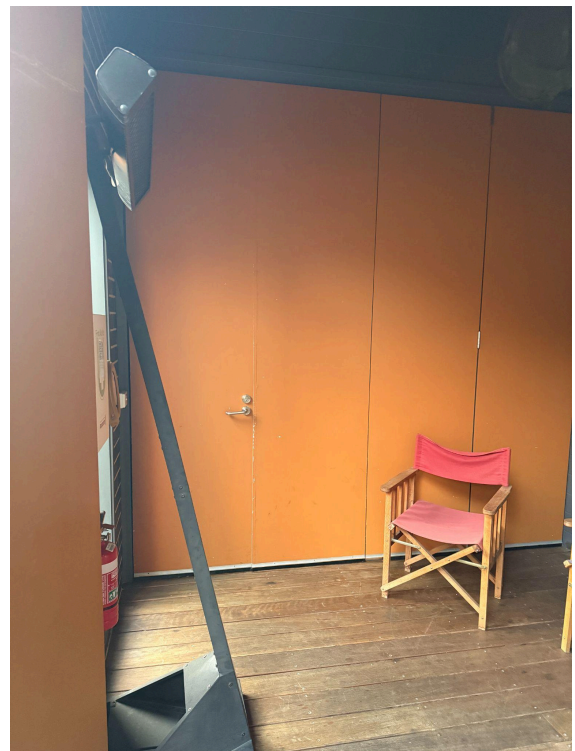
Stage door



Stage stairs



Upstairs room stairs



The Hub

Where will I be going?

When you arrive at La Mama everything that says La Mama will have Le Papa over the top. The staff and volunteers may have Le Papa written on pieces of paper stuck to their t-shirts. You may see Le Papa in big letters covering the La Mama sign on the outside of the building.

You will enter upstairs and through the glass doors into the foyer area. The front tin metal doors that are usually open at La Mama will be shut and opened once the show has begun. The Le Papa (La Mama) staff and Liv Bell will be available to assist you in checking in your ticket if you cannot use the front stairs.

The bar and box office will be open where the friendly Le Papa staff and volunteers will welcome you and scan your QR ticket or ask for your name to check you off the door list. The bar will be open for you to get drinks and snacks.

You will get a raffle ticket and are free to relax until the acknowledgement of country. The creatives will come out and lead you to the courtyard where the performance will begin.

You will be led by the creatives from the courtyard and all through the spaces pictured above (not the Places not used by audience) in this order:

- Entrance of La Mama
- Space in front of the La Mama Bar and Box Office
- Theatre
- Space in front of the La Mama Bar and Box Office
- Upstairs room
- Space in front of the La Mama Bar and Box Office
- Courtyard

How to get to La Mama

Mobility maps can be found here: <https://www.melbourne.vic.gov.au/accessibility>

For help planning your tram, train, or bus trip use the [PTV journey planner](#)

PTV

- Trams
 - 1 & 6 Stop #112 Lygon St / Elgin St. Walk east along Elgin St, right onto Lygon St, and left onto Faraday St. La Mama will be on your right (5 mins)
 - 1, 3/3a, 5, 6, 16, 64, 67, 72 Stop #1 Melbourne University / Swanston St Walk east along Faraday. La Mama will be on your right. (5 mins)
- Train
 - Venue is a 23 minute walk from Melbourne Central
- Buses
 - 200, 207 Lygon St / Elgin St Walk East on Faraday St. La Mama will be on your right (2 mins)
 - 250, 251 Elgin St / Rathdowne St Walk South along Rathdowne St and turn right on to Faraday St, it will be on your right (5 mins)

Parking

- Bike spots
 - Bicycle parking is available on the forecourt of La Mama HQ
 - Closest Melbourne Bike Share station is at Argyle Square on Lygon St
- Car spots
 - Allow plenty of time to find parking
 - Paid parking is available at Elgin Street Public Parking (next to Wolf's Lair, Little Elgin St, Carlton) or Cinema Nova Carpark (333 Drummond St, Carlton)
 - Limited street parking

What if I need a break from the performance/specific assistance?

There will be two drag kings guiding the audience through the show at all times. Liv, from stage management, will also be with the audience at all times. If you need to leave, one of them will come out to check on you and ask what you need.

You can tell any of them you need to leave, take a break, or request other accommodations (like using the lift or sitting down) at any time.

Pictures of these people are below.



Nethuli (referred to in the show as 'Adrian Portelli')



Anka (referred to in the show as 'Fantastic Mr. Box')



Liv (stage management)

Sensory Friendly Performance Measures

The lighting will be different in each of the performance spaces. There will be loud sudden sounds both live and pre-recorded.

Due to the nature of the performance, we cannot provide a chill out space. If you need to, you can sit in front of the La Mama HQ bar where the friendly Front of House staff and volunteers can make you some tea or coffee and keep you company.

Everyone is welcome to behave and stim, and make noise according to their own comfort. Making noise is expected, and bringing toys and fidget items is absolutely fine.

Earphones, headphones, sunglasses or other equipment are also welcomed. There are no expectations about how to behave, and traditional theatre conventions do not apply.

This is a safe space to unmask and be yourself.

Support Resources

Show Contact:

Liv Bell (Emerge Peer Facilitator)

Email: ojbelle@gmail.com

Beyond Blue:

<https://www.beyondblue.org.au/>

Call counsellor: 1300 22 4636

Lifeline:

<https://www.lifeline.org.au/>

24/7 Crisis Helpline: 13 11 14

Reach Out:

<https://au.reachout.com/> For climate anxiety:

<https://au.reachout.com/challenges-and-coping/climate-anxiety>

QLife:

<https://qlife.org.au/>

3pm-9pm Helpline Call: 1800 184 527

Kids Helpline:

<https://www.kidshelpline.com.au/>

24/7 Helpline Call: 1800 55 1800