

Woodhill

Pre Show Wellbeing Pack

Woodhill is likely to be a very challenging play to watch, particularly if you are affected by the themes that it covers. It is a hard-hitting piece of theatre and we therefore advise every audience member to familiarise themselves with the themes of the show, so you are as prepared as possible.

This pack has been put together to support you before watching the performance. There is also a post-show wellbeing pack available on our website at lungtheatre.co.uk/woodhill

What is in this pack?

1. Themes of *Woodhill* and content warnings
2. During the show
3. LUNG and the North Wall Theatre's Mental Health First Aid Kit
4. Additional Support
5. A link to the visual story of the show, which you can also find [here](#)

Use this pack in the way that is most useful to you. Some people may want to use selective sections whilst others want the most detail possible, that's totally up to you. The sections are numbered as above. We advise everyone reads section 1.

If you would like any additional information before the show please email info@lungtheatre.co.uk.

1. Themes of *Woodhill* and Content Warnings

Content Warnings: Contains themes including self harm, suicide, addiction, racism, child loss and extreme violence. Contains vivid movement and descriptions that audiences may find distressing and upsetting. Contains strong language and strobe lighting.

Woodhill is a Verbatim play about death in prison.

Verbatim means using people's real words. Everything you hear in the play has been said by someone in an interview with LUNG, put into a script, and then recorded by voice actors.

The performers on the stage dance and move to the audio recordings. The entire piece is scored to music.

The play follows 3 central families, who have been meeting with the LUNG team for the last year to make the show with us. We are honoured to be working with them.

If you require more detailed content please see our visual story.

2. During the Show

Aisle seats are reserved for people who feel they may need to step out during the show. If this is you, please take an aisle seat when you enter the auditorium. If you need support finding an appropriate seat, please ask a member of LUNG or front of house team.

During the performance, if you feel affected or overwhelmed, you are welcome to leave the auditorium at any point.

There will be members of the LUNG and front of house team there to support you if you would like, or you are welcome to have some quiet time on your own.

You are then welcome to re-enter the space at any point if you would like to.

3. LUNG's Mental Health First Aid Kit

LUNG and the North Wall Theatre Oxford worked with a focus group of young people to put together a Mental Health First Aid Kit for *Woodhill*. This is a resource to support you as you watch the show. Please feel free to add in your own things.

Breathing

Breathe in for four seconds, hold your breath for four seconds, breathe out for four seconds, hold your breath for four seconds. Repeat this for as long as you need. Focusing on your breath can calm the body down and clear your mind.

Mental Grounding

These are exercises to bring your mind into the present and focus your thoughts. Some mental grounding exercises include

1. Categories: pick a categories, like types of cereal, colours, cars or tv programmes, and list as many items in that category as you can think of
2. Numbers: count backwards from 100, choose a number and try and find 5 ways you could make that number, or try running through a times table in your head
3. Memory: look at a picture for 5 seconds, then try to recreate the image in your mind in as much detail as possible without looking. Mentally list all the things you can remember seeing.

Physical Grounding

These are techniques to connect you with your senses and ground you back in your physical body, to help you move through your distress. These include:

1. Water: put your hands in water. Try warm water first, then cold water - experience the sensation. Wash your face. Drink water. Notice the experience of interacting with the water and how it feels
2. Senses: This can be adapted depending on what senses are available to you. Note five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
3. Move: [here](#) are some stretches you could try, you could go for a walk, jump up and down, wiggle your fingers and toes and focus on how your body feels.

After the show

After the show, it's important to look after yourself. In our mental health first aid kit after the show we have. Here are some suggestions from our young people:

- Journal your thoughts
- Walk in nature
- Talk to a friend
- Drink some water
- Do yoga
- Sleep
- Listen to music
- Drink your favourite drink
- Eat food that makes you happy
- Watch some comfort TV
- Find a quiet, safe space
- Have a groove / dance
- Visit pets (and have a chat with them)
- Wear comfy clothes
- Read a good book
- Play piano
- Remind yourself that this feeling will pass
- Count backwards
- Get into bed and watch a childhood film
- Make a cup of tea
- Tell yourself a joke
- Spend time with your siblings / family
- Have some time alone if you need it

4. Additional Support

Below are some organisations that can provide additional support.

Cruse Bereavement Care

Cruse Bereavement Care provides support after the death of someone close including face to face, telephone, group support, as well as bereavement support for children.

Phone: 0808 808 1677 (England, Wales and Northern Ireland) or 0808 802 6161 (Scotland)

Website: www.cruse.org.uk

Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

Phone: 0115 944 1117

Website: www.uksobs.org

Samaritans

Samaritans works to make sure there's always someone there for anyone who needs someone. Whatever you're going through, call them for free anytime.

Phone: 116 123

Website: www.samaritans.org

National Suicide Prevention Alliance

The NSPA is an alliance of over 1,700 individuals and public, private, voluntary and community organisations in England who care about suicide prevention and are willing to take action to reduce suicide and those affected by suicide.

Website: www.nspa.org.uk

Agenda

Support and protection for women and girls at risk of abuse, poverty, poor mental health, addiction, homelessness and contact with the criminal justice system.

Phone: 020 3883 7792

Website: weareagenda.org

Unlock

Provides a voice and support for people who are facing stigma and obstacles because of their criminal record.

Website: unlock.org.uk

Victim Support

Confidential information and support for people who have been affected by a crime.

Phone: 0808 1689111

Website: victimsupport.org.uk

BACP

The British Association for Counselling and Psychotherapy.

Phone: 01455 883300

<https://www.bacp.co.uk/search/Therapists>

Specialist Advice

If your loved one has died in police or prison custody, immigration detention or in mental health settings support is available. You can also find out more about how to campaign alongside families and others to access the truth, hold those responsible to account and effect meaningful change to prevent future deaths.

INQUEST

INQUEST is the only charity providing expertise on state related deaths and their investigation to bereaved people, lawyers, advice and support agencies, the media and parliamentarians.

Phone: 020 7263 1111 (option 1 for new enquiries, option 2 if you have a caseworker)

Website: www.inquest.org.uk

5. *Woodhill* Visual Story

If you would like a detailed outline of the content of *Woodhill*, you can find our visual story of the play [here](#).