

Relaxed Performance Pack

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Welcome

Thank you for booking tickets to a relaxed performance, brought to you by Northern Ballet. Our relaxed performances are open to anyone and aim to reduce anxiety around theatre visits to help everyone have an enjoyable time. In this pack, we aim to provide you with as much information as possible to make your visit to the theatre a success.

If you have questions left unanswered, please do give us a call on 0113 220 8000 or email info@northernballet.com and we will do our best to help you. Please also let us know if you have any feedback on this information pack or any other information you would have found helpful.

Our commitment to you

We want everyone to be able to enjoy the theatre, and it is our aim for relaxed performances to be as enjoyable and stress free as possible. We want you to know that you are welcome, more than welcome, we are thrilled you have booked to enjoy a Northern Ballet show. There will be an informal atmosphere at your relaxed performance which includes:

- The lights in the auditorium will remain on during the performance
- You can make noise during the performance
- You can leave and re-enter the auditorium as you need
- If you want to leave the auditorium there is a Chill-Out Space available

- The sound and lighting are adapted to reduce the volume and remove flashing lighting effects
- Ear defenders are available if the sound is too loud. These can be collected at the Box Office

We have aimed to provide more information below, but please don't hesitate to contact us on 0113 220 8000 or info@northernballet.com to ask for further information. If you would like to visit us before the show to see any of the spaces, please get in touch.

Everything you need to know – FAQs

Where does the performance take place?

This performance takes place at the Stanley & Audrey Burton Theatre, 2 St Cecilia Street, Leeds, LS2 7PA. We're just behind the BBC Yorkshire and Leeds Conservatoire buildings. You can view a [walkthrough of the building](#) ahead of your visit.

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How do I travel by public transport?

By Train

Leeds City Station, situated on New Station Street, is approximately a 15-minute walk from the theatre. For more information, please visit the [National Rail](#) or [Trainline](#) websites.

By Bus

The central bus and coach station is opposite Leeds Playhouse and a 5-minute walk from the theatre. For more information, please visit the [WY Metro](#) website.

Where can I park?

The nearest car parks are the NCP The Markets Car Park and the Victoria Leeds Car Park (at John Lewis). Both have accessible spaces but do not offer free Blue Badge

parking. These are a 5–10-minute walk from the venue and will involve crossing one or two busy roads to get to the theatre.

In Leeds, Blue Badge holders can park on street for free. Close to Northern Ballet, the Playhouse Square Car Park has accessible bays free for Blue Badge holders.

What's the entrance to the building like?

When you arrive at the building you can choose to enter the building through three different doors:

- A button activated wheelchair accessible door to the left
- A rotating door in the middle
- A door to the right

All areas of the building that you will use are level and wheelchair accessible.

Who will be there when I arrive?

As you enter, to the right will be the Box Office. You should already have your tickets, so you do not need to go to the Box Office. There will be volunteers welcoming you and handing out programme sheets. The volunteers will have received Autism Awareness Training.

The theatre seats 200 people, so the foyer might be busy with other customers.

Can I buy tickets on the performance day?

The shows are very popular, and we do expect shows to sell out before the performance day. We advise you to book in advance where you can.

If you do wish to book a ticket in person, either on the performance day or before, please be aware that our Box Office is cashless. We are able to accept card and contactless payments only.

What should we do when we arrive?

The doors will open about 20 minutes before the start time listed on your ticket. You are welcome to go in and look at the space from that time, to check out where you are sitting. You can take your seat at that point, or closer to the start time if that suits you better. You are welcome to make use of the foyer space or the Chill-Out Area at any time.

What will the foyer be like?

The foyer can become quite busy as all audience members will need to go through it. This can be up to 200 people. Many people will arrive early and wait in the foyer.

There is a Cafe in the foyer selling food and drinks.

There is a small amount of seating in the foyer, but this gets busy quickly.

There will be an area to store prams and pushchairs, although we ask that you don't leave any valuables. There will also be storage for coats. Wheelchairs can also be stored for those who would like to sit in a seat.

Before the show starts, there will be some announcements using a microphone that will let you know that you can take your seats. This could happen up to 3 times.

What's the Chill-Out Area?

The Chill-Out Area is a quiet room accessible from the foyer. It has beanbag seating, as well as chairs, and has low lighting. The room will have some sensory toys that you are welcome to use. You can use this space before, during and after the performance.

Where are the toilets?

As you walk through the entrance of the building, the toilets are on your left. There are male (cubicles and urinals) and female (cubicles only) toilets, and a unisex accessible toilet. All toilets have both hand dryers and paper towels. During Relaxed Performances, the hand dryers will be turned off. Please look at our [Building Access Guide](#) for detailed information.

For Relaxed Performances, there is a temporary Changing Room available next to the Chill-Out Space. This includes a fixed-height bed and mobile hoist. You must bring your own sling to use the hoist. The space does not have running water or a toilet. We provide baby wipes and anti-bacterial wipes and sprays to keep the space clean. We also provide latex-free gloves, aprons, and hygiene paper for the bed.

There is also a mobile Changing Places available.

What if we need a Changing Places?

For Expressions, we offer a mobile Changing Places toilet provided by [AccessoLoo](#). This is located in our car park, which is to the left of the building, when looking at the main entrance. The AccessoLoo is managed by an attendant who keeps it clean, but please note they cannot help with care needs.

There are several Changing Places toilets near us including at:

- Leeds Playhouse
- Kirkgate Market
- Victoria Gate Shopping Centre

To find more facilities near us visit changing-places.org.

Can I bring my own food?

There is a Cafe in the foyer run by Gorgeous Grub Club. They have some seating in the foyer and drinks can be taken into the auditorium if in a plastic or paper cup. They will be open from 9.30am and close at around 8pm, after the interval of the evening performance. You're also welcome to bring your own food or drink into the foyer, and your own drinks into the auditorium.

Are there any resources available?

We have ear defenders available and a selection of fidget toys. Both can be collected from the Box Office. There are also fidget and sensory toys in the Chill-Out Space. There are also booster seats available.

We also have a limited number of sensory bags available. These contain 1 resource for each performance; there is a list telling which resource matches which performance. We advise you look in the bag before the show starts so you know what to expect. Resources will include things like glow sticks, chocolates, flags and mini disco balls. Please do not eat or play with anything that could be dangerous to you. We advise an adult supports a child to use the resources. We kindly ask that bags are returned after the performance, so we can use the resources again. You are welcome to keep single use resources such as glow sticks and chocolates!

Before the performance starts, you'll also be offered a free programme which tells you more about the pieces you will see.

What if we make noise during the show?

Don't worry! We know people may need to make noise during the performance. You are welcome to leave the auditorium if you need a break and re-enter when you're ready, but our audience and performers know that some audience members may make noise during the show.

What is *Expressions*?

Expressions is a community dance platform that invites disabled dancers to perform on our professional stage. A lot of the performers are in groups that may dance together at school or as part of a club or dance school. There are often some solo performers too. Some dance for fun while others are training to be professional dancers or already are! Dancers vary in age and disability but have one thing in common – they love to dance.

To find out a bit more about who features in each show, have a look at our [Expressions webpage](#).

Expressions is quite unique as all the performers sit in the audience and watch the show they're part of! This means there will be some noise and movement as each group gets up to go on stage. It's important that only the dancers go on stage as it can be dangerous.

What will the music be like?

Each performing group/artist selects their own music. There is usually a mix of classical and instrumental, pop music, film soundtracks and songs from musicals. Sometimes there is live music but usually it is recorded music. If you would like to know more about the music in advance you can contact Sam on sam.moore@northernballet.com.

Are there any loud noises?

As the performances are Relaxed, we work hard to make sure the music is not too loud.

Will there be loud clapping at the end of the show?

Yes, usually audiences will clap at the end of the performance and sometimes you will hear clapping during the performance too.

At *Expressions*, we have a fun, party atmosphere as we celebrate the work of each performer. During the performances you might find the audience clap, cheer or sing along – you're welcome to enjoy the show however you want to. At the end of each piece, the performers usually bow and there will be clapping and cheering. The afternoon performances are usually a bit quieter than evening performances. Ear defenders are available if it is too loud for you.

How long is the performance? Is there an interval?

The performances will vary in length, and as they are made up of lots of community groups, we can't always provide a definite end time. Our expectations are:

- Wednesday, 1 – 1.50pm with no interval (break)
- Wednesday, 7 – 8.30pm with a 20-minute interval
- Thursday 1 – 2pm with no interval
- Thursday 7 – 8.30pm with a 20-minute interval

You can leave early if you need to, and you are welcome to leave the auditorium for a break and come back later.

What happens when the show has finished?

Once the performance has finished, people will start leaving their seats and going back into the foyer. As there are around 200 people in the auditorium, and only one door, this can take a little while. You're welcome to stay in your seat until everyone has left.

The foyer will be busy with people again. Some will leave straight away but others might stay to finish their drinks and chat.

Our Volunteers will be handing out paper feedback forms; if you are able, we would love to know what you thought of the performance as this helps us to make it better for next time!

Can we take photos or use our phones during the show?

We ask that you do not take photos during the performance as this can distract the performers as well as other audience members. For family and friends of the performers, those that have given media consent will receive a handful of professionally taken images of the performance.

We ask you to put your phone on silent during the performance so that you don't disturb other audience members, unless you are using it to listen to the audio description. If you are listening to the show, please use head or earphones.