

Relaxed Performance Pack

Contents

- [Welcome](#)
- [Our commitment to you](#)
- [Everything you need to know – FAQs](#)

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 that relaxed performances will 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

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 building and Leeds Conservatoire. You can view a walkthrough of the building here:

what3words: ///pizza.riding.safely

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. 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 to have shows 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.

We provide a table with craft activities for children, who should be supported by their adult. 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 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. For *Little Red Riding Hood* Relaxed Performances on Fri 31 Oct and Sat 1 Nov the Chill Out Space will close at 12pm to be used for the audio described performance that afternoon.

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 [\[link\]](#).

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.

What if we need a Changing Places?

While we have a temporary changing room with a fixed-height bed and mobile hoist we know this will not meet everyone's needs.

There are a number of 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. 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 pairs of 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.

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.

How can I find out the story of the ballet?

On our website you can find a simplified version of the story.

[Read the *Little Red Riding Hood* story](#)

How many people will be on stage?

There will be a maximum of 6 people on stage at one time. Some of the dancers will play more than one character. Watch our [trailer](#) to see more.

What will the music be like?

The music is played live by 4 musicians, it is quite light and bright with lots of piano and some nature sounds

Are there any loud noises?

As the performances are Relaxed, we work hard to make sure the music is not too loud. Ear defenders are available if you need them.

How long is the performance? Is there an interval?

Our Children's Ballets don't have intervals (a break in the middle). The performance will last for about 40 minutes. If you need to take a break, you are welcome to leave the auditorium and re-enter as you need.

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. It is common at the end of a scene (when the lights go darker) or if a performer has done a really impressive move. You might also hear people enjoying the performance through laughter, or cheering for the hero or boo-ing the baddie.

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 do the crafts or have lunch in the cafe.

After the Relaxed Performance has finished, the next performance will take place at 2pm, although some people will arrive earlier for a Touch Tour before the Audio Described Performance.

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

We ask that you don't take photos during the performance as this can distract the performers as well as other audience members. There are photos of all the characters featured on our website.

We ask you 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. We understand you may need to look at the screen of your phone during the performance if you are following along with the story, we ask you reduce the screen brightness as much as you can.