

**PARK**  
THEATRE

**company**

# Grow Up





## Visual Story

Show, venue and relaxed performance  
information

This visual story is designed for visitors to the performance of **Grow Up**. This document contains **information about the venue, relaxed performances** and the **show** to help you prepare for your visit.

## Access information

<p>We want to make sure <b>as many people as possible</b> get to experience this show.</p>	
<p>To help with this we are sharing information about the <b>venue, the show, and relaxed performances.</b></p>	

## Venue information

<p>Grow Up is being shown at <b>Park Theatre.</b></p>	
<p>Park Theatre is in <b>Finsbury Park, near Finsbury Park Station.</b></p>	

This is the **front entrance** of Park Theatre.

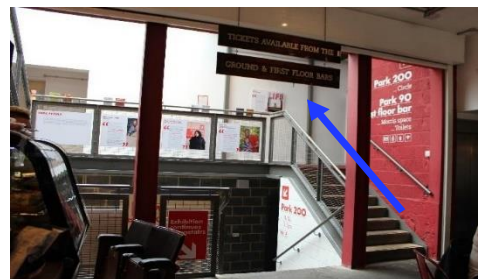


There will be **ushers** who work at the theatre to **support you** if you would like them to.

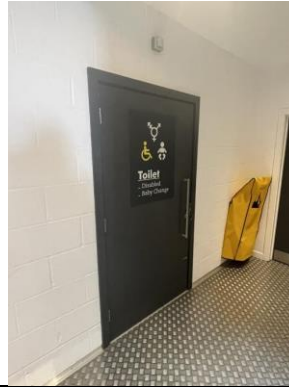


Grow Up will take place in the **Park 90 theatre**, which is on the **first floor** of the building.

You can use a lift or the stairs to get there.



There is an **accessible, gender neutral toilet** and **baby changing** on the **lower ground floor** of the building.



**More access information** about Park Theatre is available here:

<https://parktheatre.co.uk/your-visit/accessibility/>



## About the show

**Grow Up** is a new **theatre show** by **Company Three**.



**Company Three** make theatre with **young people from Islington**.



The show will be **60 minutes** long with no interval.



There are **eight young people** in the show. They are:

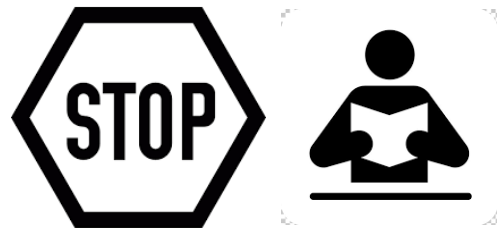
Basiru, Hattie, Ilia, Isaiah, Mylo, Renata, Shayma and Shiloh.

They each play themselves at different points in their lives.



The next **2 pages** say what **happens** in the story and describes the **set** and **costume**.

If you do not want to **spoil the surprise**, go to **page 8**.



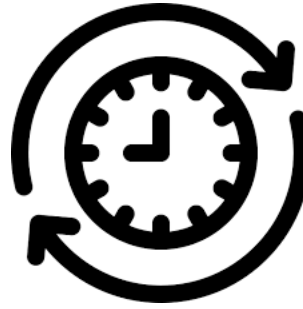
## About the story

The characters receive an **invitation** to go on a **journey** to **different moments** in their **lives**.

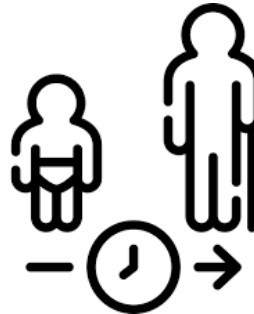


They **travel forwards and backwards** in **time**.

We see them in **the womb**, as **older people**, at a **school sport's day**, as **middle-aged** adults at **work**, and **on the beach** as **young children**.



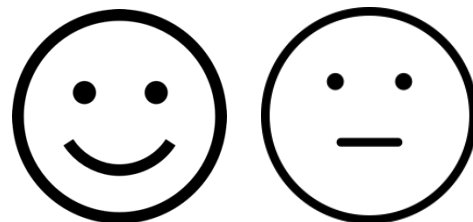
They talk about **love**, **growing up** and the **pressures** put on **young people**.



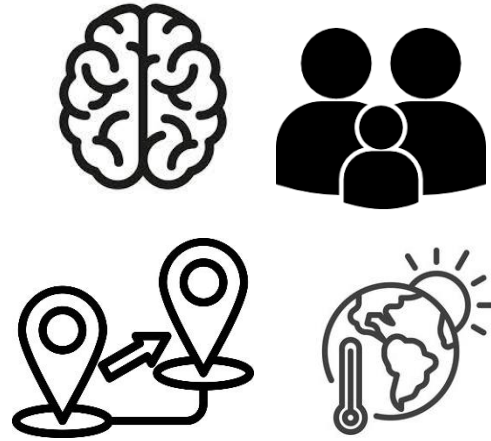
The play finishes with the group **looking at the stars** and thinking about **infinity** and the **universe**.



There are **joyful** moments, **humour** and **some serious** moments.



They talk about **moving country, family, climate change** and **neurodivergence**.



### What the play looks like

There will be **curtains behind the stage** and **rectangular blocks** on the stage that the cast will sit and climb on.

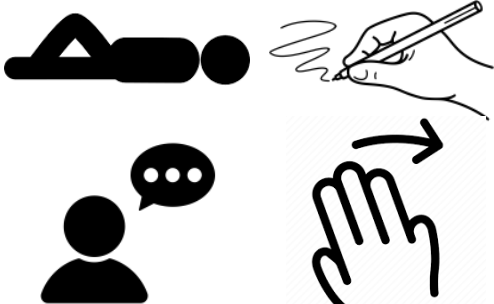


There will be lots of **ball-pit balls** that spill across the stage.



The cast will wear **colourful clothing**.



## Relaxed performance

<p>Every performance of Grow Up is relaxed.</p>	
<p>You can <b>make noises</b>, <b>move around</b> or <b>respond naturally</b> and we know that attention looks different for different people.</p>	
<p>You can <b>leave</b> and <b>come back</b> in at any time.</p>	
<p>There will be a <b>chill-out zone</b> outside the main performance space.</p> <p>The space is designed to give you <b>space</b> and <b>comfort</b> if you want to take time out from watching Grow Up.</p> <p>There will be <b>fidget toys</b> available in the chill-out zone.</p>	 



The **sound** levels of the performance will be **low** and there will be **no loud** or **sudden music** or **sound effects**.

The **lighting** will **not flicker** or **strobe** and there will be **low lights in the space** throughout the performance.

There will be a **static Mirrorball** which may cast a **small amount of moving light**.

There will be **low level haze** throughout the performance.

If you have any **questions** about the show or to discuss your access requirements, please:

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