

Audio version [here](#).

## **Composed at Exeter Phoenix Pre-Show Information**

Rosa Postlethwaite is an artist based in Newcastle upon Tyne. At Exeter Phoenix she is performing Composed a 60 minute performance that is made up of short cabaret acts. The show takes place in The Workshop which is inside Exeter Phoenix.

To get to Exeter Phoenix from the High Street: walk down Gandy Street, turn right at the end and walk up the slope.

To get to Exeter Phoenix from Exeter library: turn right, at the bottom of the ramp turn right again, and walk approx. 75 metres straight on.

Inside the Exeter Phoenix foyer there is a Box Office on the right. Where someone will give you a ticket and direct you to The Workshop.

At the entrance to the The Workshop there will be an usher who will be wearing a red lanyard.

You can speak to an usher at any time if you have any questions or requests.

## **Inside The Workshop**

You will come into a smallish square brick room.

The seating is unreserved so you can pick your own seat. Ushers can help you to a seat. There are wheelchair accessible seats in the room.

Composed is a Relaxed Performance, so you can make noise and move around as much as you need or want throughout the show.

During the performance you can leave if you want to and come back in at anytime.

There will be a room on the floor above the The Workshop that an usher can take you to if you would like to be in a quiet space.

## The Performance

The performance starts when Rosa enters the performance space. Rosa is the only performer. She wears a red suit, red shoes and red lipstick. Rosa starts the performance by explaining that this is a Relaxed Performance and what this means.



This is an image of Rosa in her red costume performing.

During the show Rosa performs different acts. Each of these acts are based on a traditional theatre ritual and involve her giving a speech or dancing. After each act Rosa leaves the performance space. Sometimes the performance space is empty for a while.

## **The Voiceover**

A voiceover describes what is happening for people who are blind or partially sighted. This voiceover will also describe things that you can imagine happen but that does not happen.

The description of actions that take place and invitations to imagine actions that do not take place will be clearly defined throughout.

## **Lighting**

The lights on the performance space will change throughout the performance.

The lights on the seats, aisles and exits will remain on at a low level throughout the show. The room will never go completely dark.

## **Captioning**

Everything spoken during the shown appears as text on a screen at the back of the performance space.

## **Loud Sounds**

There are recordings of people laughing and applause played loudly during the show.

At one point, Rosa screams for a long time. She gives a 3 minute warning before that happens.

Loud music is played.

You might want to use ear defenders at these times which are available before and during the show from the ushers. Please feel free to bring your own.

## Participation

Most of the time Rosa speaks to everyone in the room. Sometimes she might look at you when she is speaking and address you. You do not need to speak back.

There are two occasions in which the audience are asked to do a particular action.

- 1) Rosa performs a poem to music and invites the audience to rub their hands together and press their palms together. You may do this if you want but it does not matter if you do not.
- 2) Rosa gives out “feedback forms” in the middle of the performance. You can write down what you think and feel about the performance if you want. It does not matter if you do not.

## **Content/Trigger Warning**

Warning: Contains references to sexual harassment and institutional violence.

Contains loud prolonged scream and haze.

Age Guidance 14+

## **Composed Access Considerations**

- The venue is wheelchair accessible.
- The performance is a Relaxed Performance – you can make noise and move around.
- You can go in and out of the show when you want
- The show is captioned.
- Audio description is part of the performance.
- Ear defenders are available from the ushers.
- Assistance dogs are welcome. If you have an allergy to dogs please let the venue know in advance.
- There is a quiet room near the Workshop if you would like to be somewhere calm.
- If you have any questions or requests before coming to the performance please contact Visitor Services Manager, Anna-Ruth on 01392 667060 or [AnnaRuth.PeelCusson@exeterphoenix.org.uk](mailto:AnnaRuth.PeelCusson@exeterphoenix.org.uk)
- If you have any questions or requests when you are at the venue please speak to any of the staff members.