



Bush Theatre

**MY
FATHER'S
FABLE**

**Self-care guide
& content warnings**

What is this document?

This document contains information about ways to look after yourself before you watch, while you're at the theatre or after the play.

It also contains detailed information about the show in order to describe what you should expect when attending. This includes information about the content warnings, the space, lighting and sound, and further access information.

Please note that by discussing the content of the show, the below information will contain key plot points and descriptions of what happens in the performance.

We hope the information and resources in this document will help audiences experiencing the show, and support planning if you are concerned about your visit.

All of the information here was accurate when we put this guide together. As the production is in development, the details may change and we will update as soon as possible.

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What is self-care?

Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

Thank you to Clean Break for bringing their care practices, including Self-Care Guides, to the Bush Theatre during our co-production of *Favour* (2022) Clean Break is a theatre company working with women with lived experience of the criminal justice system or at risk of entering it. **cleanbreak.org.uk**

“The concept of self-care comes from the Black Feminist movement. Self-care is important because it’s about recognising that we experience discrimination and oppression because of how others react to who we are, or what we’ve experienced.” - Clean Break

In writing this document, we were inspired by recent approaches taken by several other companies, especially the Nouveau Riche and Royal Court teams.

About the show

The below information contains key plot points.
Skip this section if you want to avoid spoilers.

My Father's Fable is a family drama where secrets are revealed and generations clash as a young Black woman, Peace, navigates her relationship with her partner, mother and her recently-discovered half brother. It grapples with family, heritage and connection to the past.

Peace didn't know what she needed when her father died. Then she found Bolu, the half-brother from Nigeria she didn't know existed. He messages her on Facebook and they build a relationship online. Eventually he decides to come to England to visit. Filled with grief and a thousand questions, his arrival feels like something clicking into place for Peace. Despite her mother's concerns and encouraged by her partner Roy, Peace invites Bolu to England.

But questions about this stranger's intentions and his mysterious past hang heavy in the air. Favour works her way into staying at Peace and Roy's house too, supervising Bolu. Desperate to keep her fractured family – and herself – together, Peace must face the fact that the answers she desperately seeks might just lead to everything falling apart. Bolu teaches Peace Yoruba phrases and encourages her to engage with her heritage.

Eventually Bolu gives Favour an ultimatum, and it is revealed that Peace is in fact not Favour's daughter - she was taken by Favour and Peace's dad from her mother in Nigeria and brought to England when she was a baby, and her name changed. This means she is Bolu's full sister. Peace decides she will go travelling with Roy, finally leaving her mother's side and reclaiming her original Yoruba name.

Content guidance

This show contains:

- Use of strong language
- Discussion and themes of death and grief
- Depiction of alcohol consumption and drunkenness
- Themes of and description of abuse of children, controlling and coercive behaviours
- Themes of colonialism and depiction of discriminatory behaviour
- References to mental illness

Lighting and Sound

This show also contains:

- Pulsating and flickering lights
- Haze effects

This production lasts approximately 2 hours 15 minutes, including a 15 minute interval.

Helplines & Support

Mind

Provides advice and support to empower anyone experiencing a mental health problem.

[mind.org.uk](https://www.mind.org.uk) or 0300 123 3393

Home Girls Unite

Online and offline support groups for daughters of immigrant families.

[homegirlsunite.com](https://www.homegirlsunite.com) or 07557 339258

Family Lives

Provides targeted early intervention and crisis support to families. [familylives.org.uk](https://www.familylives.org.uk) or 0808 800 2222

Nafsiyat

Provides short-term intercultural therapy in over 20 different languages, to individuals, groups, and couples.

[nafsiyat.org.uk](https://www.nafsiyat.org.uk) or 020 7263 6947

Hub of Hope

UK-wide mental health service database. Lets you search for local, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support. [hubofhope.co.uk](https://www.hubofhope.co.uk)

Samaritans

Provides 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

[samaritans.org](https://www.samaritans.org) or 116 123

Self-care suggestions

Watch with someone

Bring a friend or someone you trust to watch the play with you.

Talk to someone

If you find the content distressing try talking to someone you trust, or try one of the organisations suggested above.

Breathe

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.

Find some nature

Look out of the window or go for a walk if you can; experiencing nature can help us feel grounded.

Shepherd's Bush Green is only a minute's walk away, and the Bush has a terrace with outdoor seating.

Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much.

Leave the auditorium, walk away, take a break. Do what feels right for you.

Self-care suggestions

Try a grounding exercise

Grounding exercises are things you can do to bring yourself into contact with the present moment.

There are many ways you can do this. Here are some ideas:

1. Notice 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.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands or drink some water.



The performance space

This show will take place in the Holloway Theatre, which is the larger of our two performance spaces. Access to the Holloway Theatre is on the ground floor and the floor is level. There is step free access to row A in Blocks A and B, and row C in Block B. A wheelchair space is available to book for every show.



Please note that due to the intimate nature of the performance space latecomers may not be admitted, and we cannot guarantee readmission once the performance has begun.

This production is in Thrust configuration - meaning there are seats on three sides of the stage. There is a maximum seated capacity of 182. The front two rows of Block B are stepped down from ground level, and there are sunken pits in front of the other two blocks around the stage. There is additional leg room in Row C of Block B. The set shows a living room and kitchen of a domestic house with a sofa, dining table and chairs and a central doorway upstage.



Access information

The Bush Theatre building has two theatre spaces – the Holloway Theatre and the Studio – as well as our Library Bar. There are two entrances to the building:

The first entrance is via the Bush terrace to the right hand side of the building, accessible via a ramp suitable for wheelchair users and buggies or via three steps. There is a red automatic double glass door.

From here the Box Office is to the left and the Library Bar and Gianni and Michael Alen-Buckley Script Library are beyond the Box Office around the corner. The Holloway Theatre entrance is just beyond the bar and to the right of the Script Library. The Studio is immediately to the right, down a corridor with floor-to-ceiling windows.

Access information

If you enter through **the front entrance** on Uxbridge Road through the porch up some steps, the theatre's Library Bar is straight ahead on the right, the Script Library is to the left, and the Box Office and Studio to the right. The entrance to the Holloway Theatre is straight ahead on the left.

The toilets are situated on the first floor and are accessible via stairs or the lift. There is also an **accessible toilet** on the ground floor beneath the stairs which access patrons have priority to use.

The Bush Theatre aims to be as accessible as possible in everything we do. The whole building is accessible for wheelchair users, a hearing loop is available, and Assistance Dogs are welcome at every performance.

Discounted tickets for disabled bookers and free tickets for essential companions are available.



**If you have any
questions or
would like more
information, don't
hesistate to get
in touch with our
team:**

**email:
boxoffice@bushtheatre.co.uk**

**phone:
020 8743 5050**