

**Visual Guide**



## What is a visual guide?



A Visual Guide has information and pictures to prepare you for the performance.

## This Visual Guide includes:



- Who is in the show?
- Information about the show
- Access information
- What happens in the show?
- Useful numbers for support
- Ways to get in touch with us

## What is the show?



Not Your Circus Dog Collective and  
Access All Areas present

**NOT F\*\*KIN' SORRY**

**Who is in the show?**



**Stephanie Newman**

(She/Her)



**Emma Selwyn**

(They/She)



**Adam Smith**

(He/Him)



**Housni Hassan (DJ)**

(He/Him)

## About the show



The performance lasts for **one hour**.  
There is no interval.



### Emotional Content Warnings

The show includes

- Swearing
- Sex.  
This is talked about but not shown
- Descriptions of sexual acts
- Talking about hate crime
- Violence.  
This is talked about but not shown
- Talking about people  
being hurt or killed
- Actors stripping to underwear
- Stereotypes about disabled people.



### Sensory Content Warnings

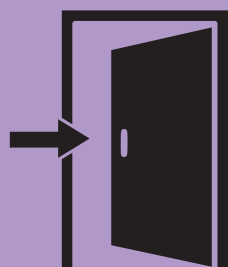
- Music
- Shouting
- Some audience participation  
including dancing. You do not  
have to do this if you don't want to.



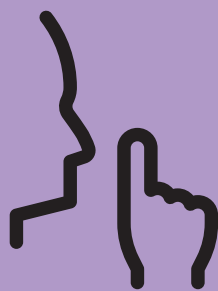
The show will happen in a **relaxed performance**

This means

- You can **move or make noise** if you need to
- You can go to the **quiet room**
- The **sound** will be at **lower levels**
- The **house lights** will be on
- There will be **no** sudden **bright lights** or **flashing**.



You can leave and come back at **any time**.



There will be a **quiet space** available.



If you have **ear defenders**, you can bring them with you.

There are also **ear defenders** and **fidget toys** at Box Office.

## What happens in the show



When you come into the auditorium, you will be given **4 green tokens**.

The actors tell you that you can put your green tokens into their bucket if you like what they are doing in the show.



### **Audience interaction**

As the audience comes in the actors move around the room

They might speak to you and say hello as you walk in.



### **Loud music**

The show starts with the 4 actors on stage in coats

**Shame, Shame, Shame** song plays

The actors dance and take off their coats.



## Stereotypes about disabled people

The actors introduce themselves and the show.



Adam performs a solo song,  
**Leave Your Hat On.**



**Swearing**  
**Mentioning eugenics**  
**Slur against disabled people ('retard')**

The actors play the game **Countdown**.  
**Stephanie** is the presenter

**Two volunteers** from the audience are invited on stage to play the game.



**Slur against disabled people ('retard')**

We hear the voices of some comedians making fun of disabled people

The actors pretend they are saying these things.



**Swearing**

**Stephanie** does a dance.



**Mentioning disability hate crime  
Death**

**Emma** hosts a show called 'Where are they now?'

**Emma** talks about **disability hate crime**

They talk about people who have died.





### Violence

DJ dances to  
**Another One Bites The Dust**

DJ pretends to be hit and punched.



### Audience interaction

**Adam** gives Love Heart sweets to the audience

**Adam** gives his own heart to an audience member, **the heart isn't real**



### Audience participation Talking about sex Nudity

All the actors stand in a line and slowly take off their clothes

They are just wearing their underwear

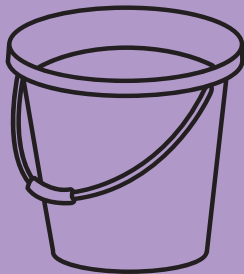
The actors talk about **sex and their fantasies**. The actors tell the audience they want to have sex with them or marry them.



**Audience participation**

**DJ** performs a dance to  
**I Wanna Be Loved By You**

The other actors join in.  
You can join in too if you want.



**Audience participation**

The actors collect  
tokens in their buckets

They come into the audience



**Swearing**

The actors talk about how many  
tokens they have in their buckets

The actors dance to the song **F\*\*k You**

You can join in if you want to.



The show is finished

The actors will bow.

## Getting help

The logo for Samaritans, featuring the word "SAMARITANS" in white capital letters on a green rectangular background.

**SAMARITANS**

If you feel **upset** and need to talk to someone, you can **call**

**Samaritans**  
**116 123**

The logo for Mencap, featuring the word "mencap" in white lowercase letters inside a red speech bubble shape, with the tagline "The voice of learning disability" in green below it.

**mencap**  
The voice of  
learning disability

If you need **information** about **learning disability** you can go to

**[www.mencap.org.uk](http://www.mencap.org.uk)**

The logo for the National Autistic Society, featuring a stylized 'O' made of overlapping blue and orange shapes, followed by the text "National Autistic Society" in blue.

**National  
Autistic  
Society**

If you need **information** about **autism** you can go to

**[www.autism.org.uk](http://www.autism.org.uk)**



# ACCESS ALL AREAS



To see all venue details click here  
to go to our website

[www.accessallareasproductions.org/  
production/not-fkin-sorry/](http://www.accessallareasproductions.org/production/not-fkin-sorry/)

[www.the-hale.com/notyourcircusdog](http://www.the-hale.com/notyourcircusdog)



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[www.thenounproject.com](http://www.thenounproject.com)