

ANTIGONE [ON STRIKE]

WRITTEN AND DIRECTED BY ALEXANDER RAPTOSIOS

CARE PACK



What is a Care Pack?

A care pack is designed to give you information to know if you will be affected by any of the themes covered throughout the show, and suggestions as to where to get help and resources. We will highlight potentially difficult subject matters, and point you towards places of resource that will be able to help. We will also highlight our accessible performances.

About the show

When Esmeh was 14, she ran away from her East London home and joined the Islamic State in Syria. Now the war is over, she finds herself stranded in a refugee camp and her citizenship cancelled by the UK's Home Secretary. Her sister Antiya launches a hunger strike to bring her home causing a media frenzy that engulfs her and the Home Secretary's family in a dangerous PR game no one is sure how to play.

Set in an interactive media studio where you vote and affect the story's direction, this is a new play inspired by Sophocles' classic tragedy Antigone and the real stories of the young women who became the so called 'ISIS Brides'.

How is it Interactive – Boundaries:

In this immersive experience, your votes will determine how the story unfolds, challenging the concept of democracy and free will. Please note: while you will help guide the direction of the story, no one will be forced to participate if they feel uncomfortable. Respect for others' boundaries is essential, and if you wish to abstain from voting or participation, you may do so at any time.

Access performances :

Captioned

Tue 11 Feb 19.00 & Thu 20 Feb 19.00

BSL Interpreted (Lixi Chivas)

Thu 13 Feb 19.00

Following each accessible performance, there will be a space held in the Upstairs Bar for [Access Members](#) to discuss the performance and share their experience.

For more information check Park Theatre website at

parktheatre.co.uk/your-visit/accessibility

Self-care

This production contains sensitive themes including radicalization, islamophobia and self-harm. These may be difficult topics for some, and we encourage anyone affected to take breaks or seek support if needed. The portrayal of these issues is intended to provoke thought and dialogue, but we acknowledge the emotional impact they may have on you.

Some of the topics covered in tapped might be distressing for some audiences, and looking after yourself is always the first priority. Attached is a content warning overview so you can see at a glance if there is anything you might find difficult.

Reach out to someone – if you are struggling reach out to a friend, family member, or see below for contact information for confidential and anonymous support 24/7.

Ground yourself – If you are able to, place your feet on the floor to help ground you. Take deep, slow breaths in through your nose for four counts, hold for four, then release your breath slowly out of your mouth. Repeat this exercise a few times.

Take care of yourself – Drink a glass of water. If you are able to, take a walk outside in nature. If possible, turn off your phone and take five minutes for yourself.

When we panic it can be easy to spiral. A simple exercise to follow is tune in to your senses:

- Notice 5 things you can see around you
- Notice 4 things you can touch
- Find 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Finally, you are the expert on you! If something isn't right for you, you are always able to walk away. Put yourself first, and do what's right for you.

Content Warning

Radicalization:

Radicalization refers to the process by which individuals adopt extreme political, social, or religious ideologies, sometimes leading to violence or terrorism. This issue is explored in the context of Esmeh's character and her involvement with ISIS. It's important to understand the complex social, psychological, and political factors that can contribute to radicalization. If you or someone you know is experiencing feelings of isolation, anger, or alienation, there are organizations that can provide support:

- **Educate Against Hate** offers trusted resources to help safeguard students from radicalisation, build resilience to all types of extremism and to promote our shared values. www.educateagainsthate.com

Islamophobia:

Islamophobia is the prejudice, discrimination, or hostility directed against Muslims, often fueled by stereotypes or misunderstandings. In the play, the media's portrayal of Esmeh as an 'ISIS bride' is a stark example of Islamophobia in action. If you or someone you know is experiencing Islamophobia, there are organizations available to help, including:

- **Tell Mama** is an independent, non-governmental organisation which works on tackling anti-Muslim hatred. tellmamauk.org
- **The Muslim Council of Britain** has long been at the forefront of championing British Muslim communities, advocating for equality, inclusion, and positive societal change. mcb.org.uk

Self-Harm:

Self-harm can be a coping mechanism for those dealing with intense emotional pain. It's crucial to acknowledge that people suffering from self-harm or suicidal thoughts need support. If you or anyone you know is struggling with these issues, please reach out for help. If you or someone you know is experiencing self-harm, please contact:

- **Samaritans** can be called free any time, from any phone, on 116 123. Round the clock, 24 hours a day, 365 days a year. This number is FREE to call. You don't have to be suicidal to call them. They can also be reached by email on jo@samaritans.org samaritans.org
- **Mind** is a safe space for you to talk about your mental health. Their advisors are trained to listen to you and help you find specialist support if you need it. Support line on 0300 102 1234. They are open 9am to 6pm, Monday to Friday (except bank holidays). mind.org.uk
- **National Self-Harm Network** support individuals who self harm to reduce emotional distress and improve their quality of life and Support and provide information for family and carers of individuals who self harm. nshn.co.uk