

Declaration Tour Pack



Art with
Heart



Declaration

Instinctive, curious, bold and bouncy; Sarah is a mighty proud square peg, which wouldn't be such a problem if the hole wasn't so damn round.

Sarah grew up feeling different. Her childhood Doctor thought it was sugar. Her current Doctor thinks it's ADHD (Attention Deficit Hyperactive Disorder). Sarah still feels different, so what will a label do? Will it change the way you see her and the way she sees herself?

Declaration explores performer Sarah's experience seeking diagnosis for ADHD in her 30s; a complex, frustrating and isolating process. Developed in consultation with medical professionals, ADHD and mental health support groups, *Declaration* offers a fresh, fun and frank perspective on ADHD.

For a piece about mental health and diagnosis, *Declaration* is surprisingly upbeat. Packed with comedy, storytelling and conversations with audiences, it features DIY superheroes, oversized props, bell-ringing and a group singalong of the Proclaimers 500 Miles.

Declaration rises above the crowd. A towering performance by Emmott

Manchester Theatre Awards

Creative Team

Performed by: Sarah Emmott

Written, Produced & Designed by: Sarah Emmott and Rachel Moorhouse

Lighting Design: Greg Akehurst

Movement Direction: Deborah Pugh

Costume Design: Christine Emmott

Set & Props Build: Richard Walker & Meriel Pym

Video Design: Luca Rudlin, People Staring

Sound Design: Karen Lauke

Mental Health Practitioner: Steph Walker



Workshops & Tech Spec

Technical Specifications

Declaration is staged in the round. We can be flexible, occasionally adapting to thrust, however it is rather special in the round.

- **Playing space:** 3m x 3m minimum (some flexibility)
- **Projection:** Requires projection on 2 sides. We tour with projectors
- **Running Time:** 70 minutes
- **Age Guidance:** 14+, due to language and adult themes
- **Availability:** Single or multiple night runs
- **SPACE wellbeing room:** We will need a suitable room close to the performance space for around 50% of audience capacity to use. The room must have power supplies, tables and chairs. Our preferences are for windows and natural light. We will need access to this room all day.

ADHD Awareness Training

Alongside *Declaration* we deliver free day-long ADHD Awareness training sessions in partnership with national charity, the ADHD Foundation for those working with young people.

The training equips participants with the knowledge and skills to effectively support the needs of children and young people with ADHD, covering classroom strategies, coping mechanisms, building resilience and nurturing constructive environments.

Workshops

We can deliver bespoke creative workshops for community, youth and education groups, as well as offering a series of professional development training sessions for emerging artists. Information available upon request.



SPACE, our wellbeing room

Declaration tours with SPACE, a wellbeing room curated and hosted by mental health practitioner Steph Walker. SPACE offers audiences a cup of tea, chat, wellbeing tips and activities, as well as signposting to wellbeing initiatives and services. It is a space where people take time to take care of themselves.

SPACE is a vital component to help safeguard vulnerable audiences and is available to access before, during and after the performance.

For SPACE we will need a suitable room close to the performance space for around 50% of audience capacity to use. The room must have power supplies, tables and chairs. Our preferences are for windows and natural light. We will need access to this room all day.

SPACE is hosted by Steph Walker, an experienced Project Worker, Crisis Counsellor and Course Leader.

Steph has 15 years experience of mentoring and supporting adults and young people with a variety of every-day to complex emotional, practical and educational needs.

Steph employs a comprehensive, integrated approach to health and wellbeing; rooted in the philosophy that each person is an individual with distinct personal experiences, histories, understandings, goals, needs and tools for coping. As such, Steph's practice is holistic, relaxed, open, flexible and friendly.

In five years of thinking about the post-show offer to audiences, SPACE is among the best I've encountered: a model of practical generosity



Audience Development

Our Creative Director Rachel has a background in Audience Development and will work closely with marketing departments to create a bespoke plan. We appreciate venues have limited capacity; therefore we employ an Associate Producer whose sole focus is Audience Development.

To date *Declaration* has been performed to over 1,500 audience members including teachers, youth workers, medical professionals and ADHD support groups.

During our 2017 tour we attracted 63 group bookings from community, education, youth and professional sectors. 47% of our audiences were age 14-35 and 20% self-identified as neurodiverse, deaf or disabled.

We're passionate about working with venues to attract new audiences and we were delighted that for 44% it was their first visit to the venue and for 13% *Declaration* was their first theatre experience.

Declaration is fun and accessible with wide appeal. Alongside those with a personal or professional interest in the subject matter we have identified the following Audience Spectrum segments:

- **Metroculturals:** *Declaration* has proven popular with younger, socially active and culturally engaged audiences.
- **Commuterland Culturebuffs:** A good proportion our audiences fit an older, more affluent demographic, looking for opportunities for self-improvement and to learn.
- **Experience Seekers:** A large section of our audiences are regular arts attendees, local artist networks and students.
- **Facebook Families:** ADHD affects many families, *Declaration* helps parents/ carers to understand the experience and needs of children and adults living with ADHD.



The thing that makes your company stand out was that this wasn't just a performance it was a complete care package for your audiences

**Janet Strong,
Bishop Auckland Town Hall**

Our approach

We subscribe to the social model of disability which says that disability is caused by society's set up, rather than by a person's impairment or difference, therefore are active in trying remove any barriers for people we work with.

70% of those with ADHD will have a secondary neurodevelopmental difficulty such as dyslexia, anxiety or ASD (Autism Spectrum Disorder). Therefore we created a number of resources with this in mind.

Visual Guide

We provide a visual guide for people who might be anxious about attending the theatre, traditionally people with ASD, sensory and communication disorders, or a learning disability. This has been approved by The Lowry's access team and audience members with ASD.

Front of House

We provide ear defenders and colour lanyards for audience members to indicate if they want to interact with the performer or not.

House Rules

We open the house 15 minutes before the performance starts, during this time Sarah, the performer will talk to audience members as they take their seats. This time is to help audiences adjust to the theatre, the set and Sarah.

We put 'House Rules' up in the front of house areas to make audiences feel as welcome and comfortable as possible. These rules are akin to the rules of a relaxed performance;

'If you need to leave the theatre at any time, you can. You can re-enter the theatre at anytime too.'

Touch Tour

We worked with Extant, Britain's leading professional performing arts company of visually impaired people to develop a touch tour, which can be replicated.



Who are Art with Heart?

Art with Heart are a not for profit CIC based in Salford who have been creating high quality, accessible artistic experiences for audiences and participants since 2010.

Associate Artists at The Lowry, they engage thousands of people locally and nationally each year. Led by Sarah Emmott and Rachel Moorhouse, Art with Heart have over 20 years combined experience delivering Performance, Participation and Education projects.

The work of Art with Heart is a must see, the positive change they are making is incredible

The Reviews Hub

What do we do?

We make work for the here and now which responds to the world we live in and questions what it means to be part of society. We provide platforms for under-represented voices and work to open conversations, provoke debate and challenge perceptions.

We provide creative experiences in the form of performances, projects, exhibitions, workshops and training to support people to unlock their creativity, discover their voice and test their values.

We always consider physical, mental and economic accessibility for audiences and participants and subscribe to the social model of disability.

We have been commissioned to create work for, and partnered with Museum of London, Southbank Centre, The Lowry, Contact, Manchester City Council and People's History Museum.