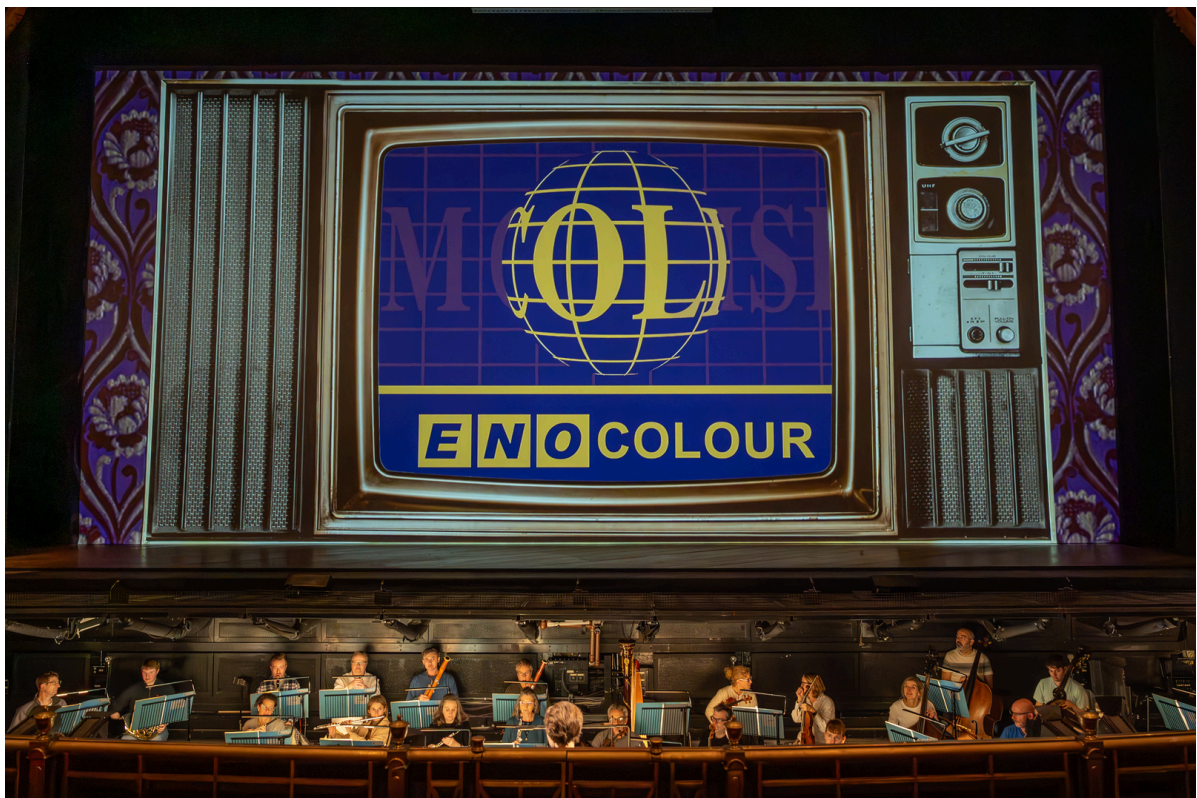


Relaxed Performance Guide



Prepared in Winter 2024

What to Expect from a Relaxed Performance



At ENO Relaxed Performances, **we welcome audiences to come as they are**, encouraging everyone to relax and respond to the show in their own ways, which often includes making noise and moving freely.

Our Relaxed Performances are **suitable for those with various access needs**. Light and sound elements are **altered** and the house lights are on throughout the performance.

Chill spaces are provided on multiple levels with comfortable places to rest, weighted blankets and low light. The show is available to watch live outside of the auditorium on a screen downstairs.

There is an **open-door policy**, meaning if you need a break, you can go in and out of the auditorium as much as you like.

A **Sensory Guide** including a **Sonic Story** is available if you would find this helpful. Additionally, a **Visual Programme** containing a character breakdown, synopsis and visit timetable is also available.

Get Involved



For Relaxed Performances, we open the doors early so you can **get to know the space**, find the things you need and take part!

We encourage you to **get involved** with show-specific **activities**. You can see some props and try on some **costume pieces**.

There is a **pre-performance speech** to **meet the Orchestra** and hear individual sections play their instruments.

After the show, **cast members will be in the foyer** to say hello!

Chill Spaces



Chill spaces are **for anyone who needs a break** from the performance for any reason.

The chill spaces have **different kinds of seating**: armless chairs, bean bags and bar stools. There are sensory lights that can be turned on or off and weighted blankets to help you relax.

One chill space is an open area, where you may see staff and other audience members.

There is also a TV where you can watch the live performance.

There are **multiple chill spaces for every show** to help cater to different kinds of needs and information is provided on the day of the performance.

Please respect others when using the chill spaces - you never know why someone needs a break, and sustaining this space is important for all.

Good to Know

There will be signs around the building to help you find where you want to go.

If you need further assistance, please speak to one of our ENO Helpers - they will be wearing purple or blue shirts and are here to assist you.



We welcome any feedback that you are willing to share!
Please send your thoughts to engage@eno.org