Access Guide for Holding Light by Fallen Angels Dance Theatre

FALLEN ANGELS DANCE THEATRE

About this Visual Story

This visual story tells you about Fallen Angels Dance Theatre's show Holding Light. It can help you prepare to watch the show.

We're looking forward to welcoming you!

In this visual story you can find out more about:

- Fallen Angels Dance Theatre and Holding Light
- What to expect in the show
- The Performers and costumes
- Sensory Guide
- People who created the show
- Where to go for more support

Fallen Angels Dance Theatre

Fallen Angels Dance Theatre was founded in 2011 by professional dancers Paul Bayes Kitcher and Claire Morris.

Paul has lived experience of addiction and recovery and his practice recognises the complex barriers many face, including mental health issues, disability and neurodiversity.

Fallen Angels creates dance shows for theatres and leads dance classes.

Holding Light

Holding Light is a dance performance created by Fallen Angels dance Theatre.

Holding Light is a moving and visually striking evening of dance that shines a light on stories of addiction, recovery, resilience, and hope.

Holding Light challenges perceptions, breaks down stigma, and celebrates the transformative power of creativity and community.

What to expect during the show

Holding Light is performed in a Theatre.

Length of show: 60 minutes

There is no interval (break).

Holding light has 4 sections

- Short Film about the making of the performance (5mins)
- Become - choreographed by Alice Godfrey (15mins)
- Besides - choreographed by Russell Maliphant (13mins)
- Belong - choreographed by Fallen Angels Artistic Director Paul Bayes Kitcher (11mins)

If you think you might need to leave the theatre during the show, we suggest you sit on the end of a row.

At the end of the performance there will be a question and answer session.

Lights

These can be bright and colourful.
There are fast flashing lights in the 3rd section 'Belong'
There are no strobe lights.

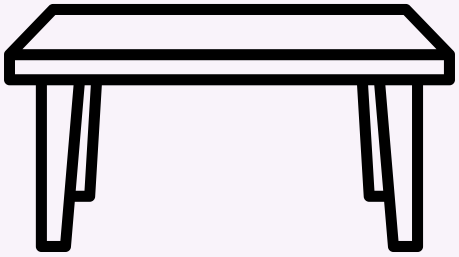
Sound and Music

There are some quiet sections of music and some loud. More details are listed in our sensory guide on page 7

Creative Audio Description

Audio description is available. Please ask a member of staff at the theatre.
Audio description describes what is happening on the stage.

Please feel free to bring your own fidgets, ear defenders and devices to support your experience.



There will be a table in the foyer with resources and information for support.
You can also as a member of staff any questions.

The Performers and Costumes

There are 10 performers on stage.

Their names are:
Jo Freeman, Arianna Sansone, Gus Sullivan, Tom Denbigh, Hayden Etienne, Chellie Hughes, Aleksei Ryaguzov, Joshua Thompson, Debbie Whipp, Nicola Williams.

These are what the costumes look like:

Sensory Guide

This section tells you more about what happens in the show including lights and sound changes and the approximate time when they happen for each section.

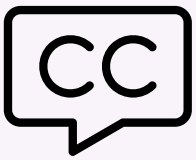
Film

This section lasts approximately 5 minutes

The film is projected on to a screen at the back of the stage.

The rest of the stage is in darkness.

The film is a short documentary about the making of Holding Light.



The film has closed captions at the bottom of the screen

Sensory Guide

Become

This section lasts approximately 15 minutes

Timing	Sensory Content
Approx 1.48 minutes:	**Sound:** Rhythmic beats fade into ethereal electronic background sound and 5 steady slow single beats. **Lighting:** A haze is used throughout this performance.
Approx 2.5 minutes:	**Sound:** Rhythmic beats come back in and build slowly.
Approx 5 minutes:	**Sound:** Beats fade out to ethereal electronic background sound.
Approx 7 minutes:	**Sound:** Sound drops to simple quiet beat. **Action and Sound:** Performers use their mouths to make "shh" sounds.
Approx 11 minutes:	**Sound:** Background sound comes back in a bit stronger. **Action:** Performers continue making "shh" sounds and add in "huh". Their choreographed movements looks like they are being hit in the stomach. This is repeated slowly and rhythmically 5 times.
Approx 12 minutes until to the end of the performance:	**Sound:** Strong and loud music. **Action:** Performers movements become physically bigger and faster to represent their feelings. They continue making the different sounds with their mouths.

Sensory Guide

Beside

This section lasts approximately 13 minutes

Timing:	Sensory Content:
From the beginning:	**Action:** Performers appear to be rolling on the floor. **Lighting:** A haze is used throughout this performance.
Approx 1.5 minutes:	**Sound:** There is a scratching sound followed by a high pitch squeak which repeats. This continues for approximately another minute.
Approx 3.5 minutes:	**Sound:** Sounds fade to silence.
Approx 11 minutes:	**Sound:** Bangs and clashes which begin irregular, becoming rhythmical.

Sensory Guide

Belong

This section lasts approximately 11 minutes

This Section contains themes of the challenges of mental health, addiction and recovery.

Timing:	Sensory Content:
From the beginning:	**Sound:** Rhythmic beat. Followed by a recorded voice speaking. **Lighting:** A haze is used throughout this performance. There are flashing lights throughout this performance and several warm-coloured lights face the performers.
Approx 4 minutes:	**Sound:** Music becomes faster. **Action:** Performers use jerky movements in time to the beat to create the feeling of tension.
Approx 8.5 mintes:	**Action:** One performer is lifted into the air by the others. This has been rehearsed and is safe for the performers.
Approx 9 minutes:	**Sound:** Recorded voice speaking returns.

The People Who Made The Show

Fallen Angels Artistic Director: Paul Bayes Kitcher

Guest Choreographers: Russell Maliphant & Alice Godfrey

Lighting Design: KJ Lighting Design

Sound composition: Feri Gyemant

Costume design and make: Alena Kudera

Audio Description: Dann Parr

Audience Access Assets: Emily O'Shea collaboration with RBO

Producer: Claire Morris

Marketing: Caitlin Madeley

PR: Sara Tieger

Stage Manager: Georgia Leech

FADT Company administration: Jennifer Kelley and Marie Gibbons

Engagement Support: Laura Mutch, Jude Miller

Film documentary: Canteen Create

Photography Credits: Point of View Photography

Artistic credit: "Here I Rise Poem" Written by Victoria Carroll

Need support?

Addiction Support

Scan for addiction support from Mind or click here

Call Frank: 0300 123 6600

Mental Health Support

Scan for mental health support from Mind or click here

Call Samaritans: 116 123

Tonight we perform in loving memory of our patron and friend Robert Fox, on behalf of everyone at Fallen Angels Dance Theatre, we thank him for his friendship, his belief in our mission and the light he brought to our community.

FALLEN ANGELS DANCE THEATRE

ROYAL BALLET & OPERA

STORYHOUSE

LIVERPOOL EVERYMAN & PLAYHOUSE

Access Guide created by Emily O'Shea

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