

Springboard - Thurs 8th August 2019

Social Story

Springboard is a platform for neurodivergent performers of all kinds to share their work, experiment and try out new ideas in front of a friendly and supportive crowd, and for audiences to enjoy a night of exciting performance in an accessible and inclusive space.

Springboard is being held at a venue called 504 - [you can visit 504's website here](#). The venue's address is 504 Ridgway Road, Brixton, SW9 7EX. Doors open at 7pm but you can arrive at any time after this - just slip in quietly if an act is performing.

The venue is a 2 minute walk from Loughborough Junction train station. It is also a 13 minute walk from Brixton tube station, a 15 minute walk from Denmark Hill train station or on several bus routes.

[Here](#) is a link to the Google Maps location.

Here is a picture of the venue from the outside:



Here is a picture of the inside:



The lighting is soft but a microphone will be used. Some acts may use instruments or projectors or other equipment.

When you arrive there will be stickers like these:



Some acts include audience participation. If you don't want to be involved in audience participation, put a sticker on where it's visible and our performers won't pick you. You can choose any colour as they all mean the same thing.

Before the acts start officially at **7:30**, there will be a chance to buy a drink at the bar and have a chat with friends. If you don't want to talk to anyone then that's fine too. The bar sells a range of beers, spirits, wine and also hot drinks including herbal teas.

Our third act, Catherine, will be leaving questionnaires on chairs to use in her act. If you are happy to fill one in, please do so.

You can sit or stand. There are different types of chairs but they are all made of plastic or wood.

As you come in at 7pm, Mykedelica will be playing music in the background.



Mykedelica is a soundscape artist. His music can be quite intense but there are no other triggers. He will play for about 20 minutes.

At 7:30 the acts will begin. Miranda will introduce each act briefly before they begin.

Our next act is Sahera.



Sahera is an emerging British South Asian Muslim Deaf actress. Her native language is British Sign Language. Sahera will perform a piece about a Muslim woman who is telling her childhood to adulthood story. The piece will be entirely in BSL and will last around ten minutes. It has no associated sensory triggers.

Please BSL applaud after Sahera's act - raise your hands and rotate them side-to-side from the wrist.

Our next act is Robin



Robin Jax, AKA RobinPlaysChords and founder of Tiergarten Records, will talk about being in and around the music industry whilst autistic, before performing an acoustic version of the new RobinPlaysChords single "Miroslava". The act will last around ten minutes. It has no associated sensory triggers but Robin may swear.

Our next act is Catherine



Catherine will perform an immersive piece based on the experience of joining The Lost Library. She will ask people to fill in forms upon which the audience can pose a question. Catherine will ponder questions before issuing loans. This act obviously contains audience participation and uses a projector but no other triggers. It is non-verbal. It will last around ten minutes - a beeper will go off at the end.

There will be a break after the first three acts. It will last about 15 minutes. You can go to the bar, walk around, step out, leave, or stay seated.

Our next act is Michael



PLEASE NOTE MICHAEL'S ACT USES A STROBING EFFECT ON THE PROJECTOR

Michael is a multi-genre multi-instrumental musician and will be performing music that relates to his experience of mental health. The act will touch upon depression and other mental health issues. Some of the music in the first five minutes will be both live and electronic and quite loud. The act will last ten minutes.

Our next act is Libby



Libby will be performing a spoken word piece about her and her family's relationship with Cornwall and how they became linked with its history and it with theirs. The act will last around three minutes and has no triggers.

Our next act is Sumita



Sumita will be performing a spoken word piece with some singing and music - a jumbled unjumbling of her thoughts and diaries. There will be a projector used and some mild references to mental health. The act will last around ten minutes.

There will be a break after three acts. It will last about 15 minutes. You can go to the bar, walk around, step out, leave, or stay seated.

Our next act is Alex



Alex will be performing a participatory piece linked to ideas of passing, social scripting and neurodivergence. There is likely to be loud shouting and there is audience participation. Alex may also get water thrown on him. He will not choose anyone who does not want to participate. The piece also covers mental health and the topic of overstimulation. It is around ten minutes.

Our next act is Hamja

Hamja's act is still being confirmed. If he performs, we will edit this social story with the details. If he doesn't, we may have an alternative act and will edit the story with details about the new act. If Hamja cannot perform and we don't book a new act, we will move straight from Alex to Francesca and Steve. **We will tweet to alert people to any changes that are made to the running order.**

Our final act is Francesca and Steve



Francesca and Steve will be performing music on tin pots and pans and they will also sing. It is likely to be very loud throughout. They may stop and start again suddenly. We have ear defenders, but you may prefer to bring your own. There may be an opportunity to play the instruments yourself. There are no other triggers and the act will last around ten minutes.

After the last act, we will begin to put the chairs away and people will start to leave.

Other things:

You can get up at any time to stretch your legs, stim, use the loo, buy a drink or get some air.

People will audibly clap after each act.

There will be buckets for donations at the door and on the bar. If you want to donate to us, you can. This night is a pay-what-you-can night so there is no obligation. All money goes towards new projects.

We will have ear defenders - if you need a pair at any point then please come and ask us, or if you have any questions, queries or issues:

KATYA



MIRANDA

