audience care pack

A little information before you come, and where to find support afterwards.

what is this pack?

This pack is here to help you decide whether the themes of the show might affect you, and to point you towards support if you would like it. You don't need to read it to enjoy the evening, but we hope it helps you feel prepared.

about the show

Another Goodbye is a solo theatre show by actor and theatre maker Adie Mueller. It follows Adie's journey through losing her mum, beginning when her mum decides to go into palliative care and ending a year later when her dad sells the family home.

Through intimate storytelling, movement, sound and striking visual imagery, Adie reflects on love, grief, letting go and the questions we face when confronted with death. Gentle, honest and quietly uplifting, the performance creates a space to consider our own experiences of loss and remembrance, and opens up conversations about death and dying.

The 55-minute performance is followed by a 45 to 60 minute conversation with staff from a local hospice, a chance to continue talking in a welcoming and supportive setting.

"we don't know whether this will be the last time we'll see each other..."

on the evening

- We'll offer you a cup of tea and a blanket to take in with you, and there are brief moments of self-care built into the show.
- You are welcome to leave and come back at any point if you need some quiet time.
- In the conversation afterwards you are welcome to simply listen. There is no need to share anything unless you want to.
- If you feel upset, please speak to a member of the front-of-house or hospice team and we'll make sure you get the right support.

content guidance

The show treats these themes sensitively and gently, but you may like to know that it includes:

End-of-life care	The play opens with Adie's mum deciding to go into palliative care.
Dying	The play describes how Adie's mum's health declines during the last week of her life.
Loss and grief	The play follows Adie's journey through loss and grief, including anticipatory grief, the initial physical and emotional shock, and the process of adapting to life without her mum.

support

If the show brings up feelings you'd like to talk through, now or later, these organisations can help:

Cruse Bereavement Support

Free telephone, email and online support, plus bereavement counselling.

Call 0808 808 1677

cruse.org.uk

The Good Grief Trust

A national network with a directory of local and specialist bereavement services across the UK.

thegoodgrieftrust.org

Samaritans

Free, confidential listening support, 24 hours a day, if you are struggling to cope.

Call 116 123

National Bereavement Service

Practical and legal guidance after a death.

Call 0800 024 6121

thenbs.org