

## Diverse City Mid Life



### Relaxed Performances 19-22 Feb 2020, The Pit

How is this performance Relaxed? See further information at: <https://www.barbican.org.uk/whats-on/2020/event/diverse-city-mid-life>

### Visual Story

This visual story is to help you to prepare for your visit to see *Mid Life* which takes place in The Pit.

The Pit is located within the Barbican.

Information to help you find your way to The Pit from the Barbican's main entrance is contained within this visual story.

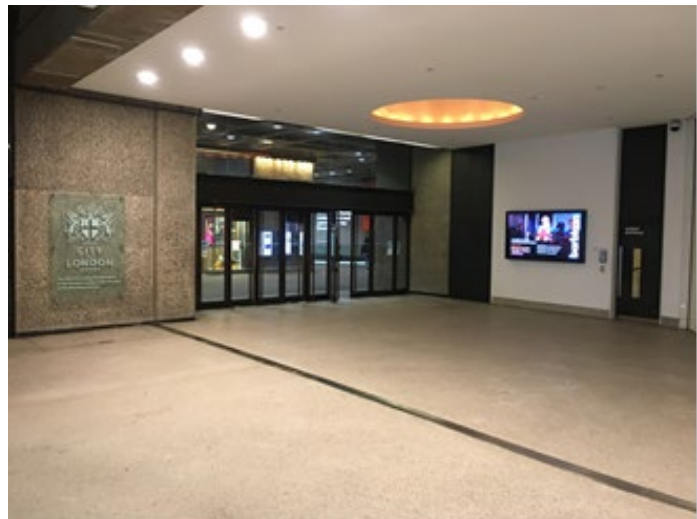
Theatre from the Barbican's main entrance is contained within this visual story.

# Getting to The Pit

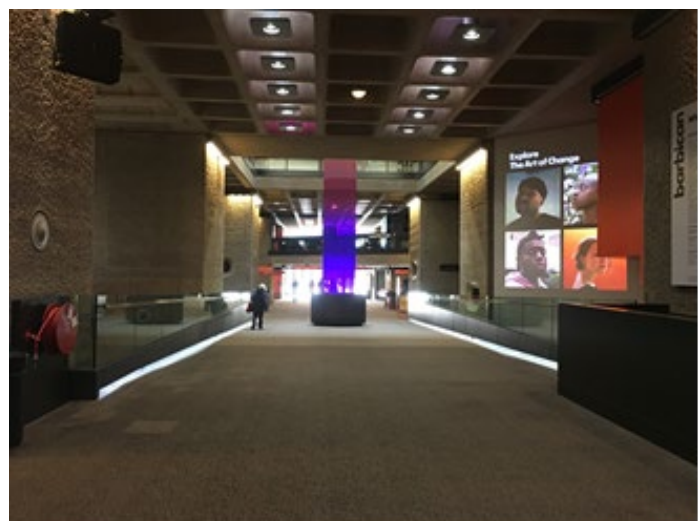
This is a picture of the Barbican showing the main entrance which is located on Silk Street.



To get to The Pit you need to go through the main entrance and walk down the big white ramp. At the bottom of the ramp, go through the glass doors on the left which take you onto the Ground Floor. Here is a picture of the doors to the Ground Floor.



The Ground Floor can be quite busy so there may be people around. You will need to walk across the bridge to get to the lifts on the other side. The bridge has a round opening halfway along to let light in from above. You can look through this hole down onto the level below.



You will need to take the lift or the stairs to get to The Pit which is on Level -2. That's level minus two, two floors below ground level.

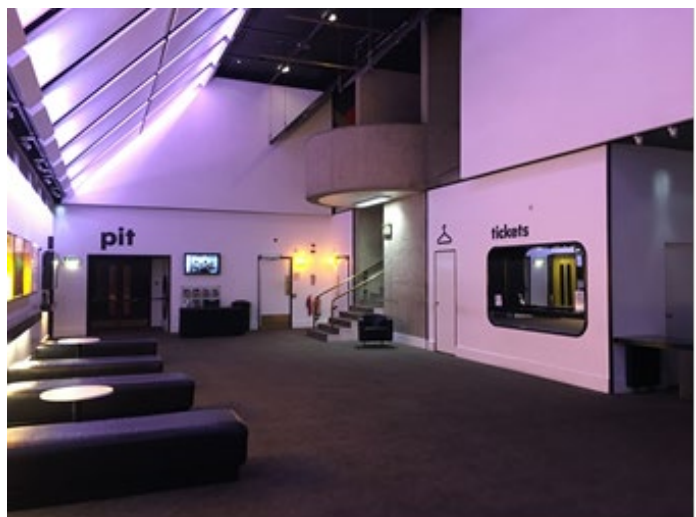
This is a picture of where the lifts are located.



Only two of the lifts go to Level -2. Please get into the lift and press the button to go to Level -2. If you prefer to use the stairs, these are located to the side of the lifts. Walk down the stairs until you cannot go any further.



Both the lift and the stairs will take you to Level -2, where the entrance to The Pit is located. This is a picture of Level -2 showing the entrance to The Pit, the toilets and the box office. The box office is where you can pick up your tickets. There may be a queue at the box office.





There are gender neutral and access toilets here and some seats if you would like to sit somewhere.



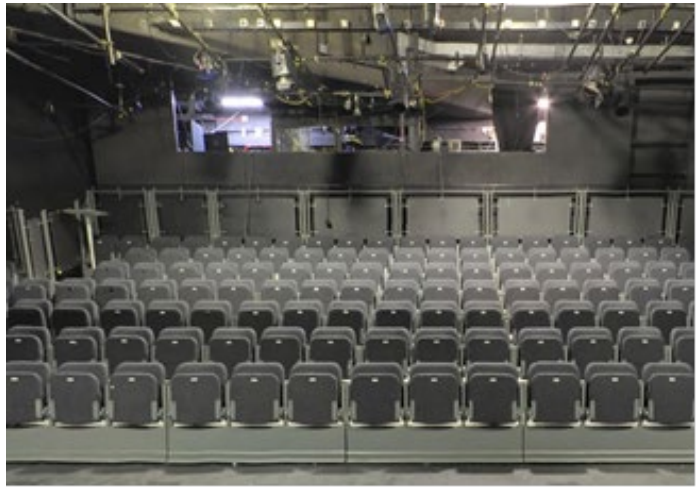
For this performance there will be a 'chill-out space' available next to the Pit if you should you need to leave the performance. You will be very welcome to come back in at any point.



When you arrive in The Pit the seats will be on three sides of the stage. The seating is unreserved so you can sit in any available seat.



The show lasts around  
1 hour 20 minutes.



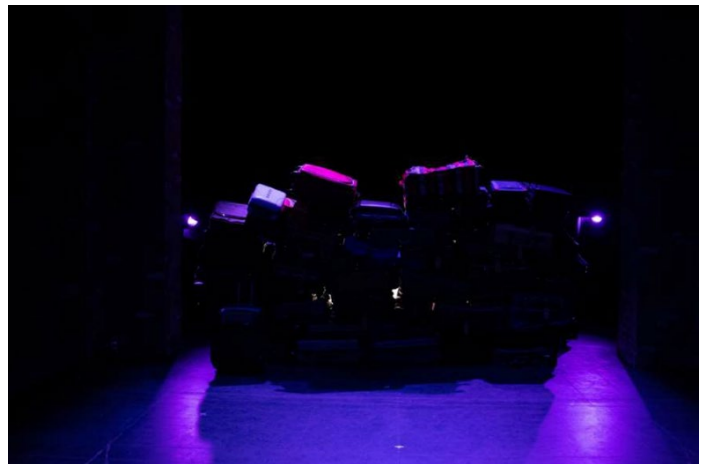
## The Show

The stage is empty and there is a  
wall of suitcases at the back.



Sometimes the lights flicker.

Sometimes sounds and music play  
over the speakers



This is Karen. Karen is 57 years old  
white, working-class lesbian. Karen  
is audio describer for Mid Life.  
Karen is a frustrated slam poet



This is Claire. Claire is a 48-year-old, middle class, straight white woman

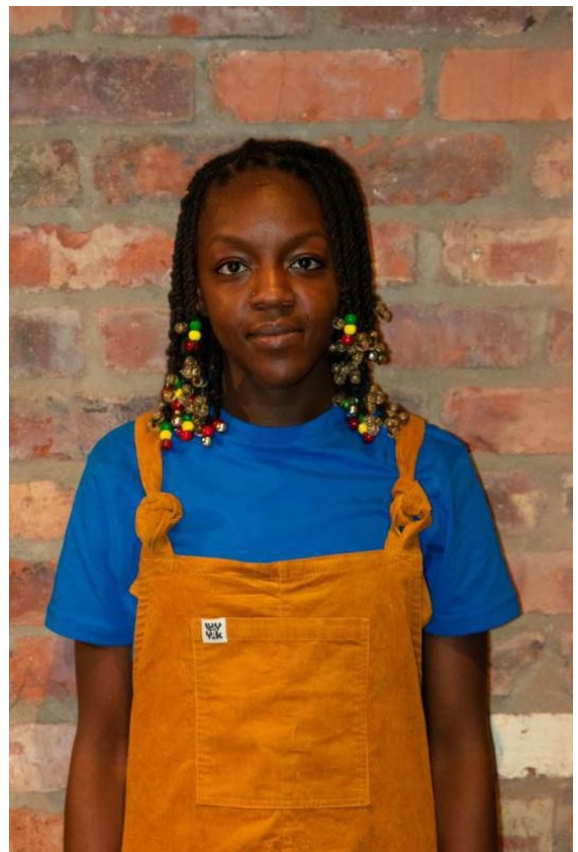


This is Jacqui. Jacqui is a 55-year-old middle class, black woman. Jacqui is the BSL interpreter for Mid Life. She is frustrated by her role.





This is Kandaka. Kandaka is a young black woman. The other women cannot always see Kandaka. She sings and dances.



Kandaka guides Claire, Karen and Jacqui through the feelings of mid life





The women feel very anxious



The women feel menopause symptoms



The women feel rage



They share how they feel about sex.





The women feel loss and grief





The women remember things that make them feel happy



All the women start to disco dance



The disco music is loud, and the audience joins in dancing.

