

The Meaning of Zong: Care Document

Some of the content featured in this show may be triggering to some audience members. We have outlined more information about sensitive topics covered by this show and some support resources to help you decide what's best for you.

Our duty of care to our audience is paramount. If you require further information or would like to discuss specific content or any of the warnings below please do get in touch with the Barbican box office at info@barbican.org.uk.

Content Warnings

This show contains distressing scenes, historical racial language, themes of slavery and violence and some strong language.

If you need to leave the theatre during the performance, a quiet space is available in the Latecomer's Lounge. The Latecomer's Lounge is located on the Circle Level of the theatre on the left side of the auditorium. The hosts will assist you and if you'd like to come back in at any point, we will readmit you as soon as we can.

After the performance the auditorium will be held open and you are welcome to take a few minutes to reflect before leaving the theatre.

Resources and Information

The Barbican operates a Zero Tolerance approach to racism and all forms of discrimination. If you would like to know more, please see our website: [Zero Tolerance | Barbican](#)

If you are affected by any of the issues in this play, the following organizations can provide confidential advice and support.

Race On the Agenda: ROTA

One of the UK's leading anti-racist change drivers, ROTA works closely with communities impacted by systemic racism, prioritizing mental health, education and criminal justice

rota.org.uk

SARI - Stand Against Racism and Inequality

SARI provides free and confidential support for anyone who is a victim of hate crime.

We also work to build greater understanding and respect for diversity and difference within our community.

saricharity.org.uk

Samaritans

Call 116 123 for free

The Samaritans are free to call 24/7, 365 days a year to support you with whatever you are going through.

Samaritans.org

Mind

If racism is affecting your mental health, we're here for you. Our information can help you understand the impact of racism – and choose how and where to seek help.

mind.org.uk