

FIRST TOUCH – SUPPORT ORGANISATIONS

The performing arts have the power to move, excite, challenge, inspire and affect us.

If your engagement with FIRST TOUCH has triggered something for you or otherwise affected your mental health or wellbeing, please seek support.

Here are details for some suggested support organisations.

Support for Survivors

It's estimated that that one in five adults have experienced at least one form of child abuse. This can have devastating impacts on a person's life and that's where Support for Survivors step in to help.

Since 2016 they've supported adult survivors of child abuse – be it sexual, physical, incest abuse, rape or neglect. They provide award-winning peer-led community support for male and female survivors to help them become part of the mainstream world again. As a Nottingham based charity they provide face-to-face services across the East Midlands.

They believe, they listen and they understand; because they're survivors too. They're here to help and you can call or email them on the details below.

0115 962 2722

hello@supportforsurvivors.org

Visit supportforsurvivors.org for more information and resources.

Samaritans

116 123

1in6

<https://www.1in6.uk/>

Childline

0800 1111

PFA Survivor Support Advocate

0800 368 8389

Local Services for face to face support can be found via:

East Midlands Children and Young People Sexual Assault Service

<https://www.emcypsas.co.uk> 0800 183 0023

Imara

<https://www.imara.org.uk>

NottsSVS

<https://nottssvss.org.uk> 0115 941 0440

Further information and support on this topic can be found:

The National Working Group

<https://nwgnetwork.org>

NSPCC

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/>

Audience Care

Here's a little something for you.

Theatre is designed to move us but sometimes when we witness a play, we can feel ungrounded or affected in ways that don't feel ok. It can leave us with feelings that are difficult to ground from. Perhaps it reminds us of past experiences, or we feel deeply along with the actors on stage. Here's a little something to help you ground again after being sat witnessing someone else's story.

Take a moment before leaving the theatre to come back to the present with:

5,4,3,2,1

Name:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Breathing:

Take this paper and lightly trace around the edges – breathing in on the long edge, pausing on the short edge, out on the long edge and pausing on the short edge. Take this cycle 5 times slowly.

Remember it's ok to feel sad, angry, frustrated or a little lost after a show.

Take a moment to reflect with the people you have come with or, if you have come on your own, reach out to one of the staff team who are here to help.

If you don't want to talk, take a moment to write or draw out your thoughts. This can ensure that they are placed somewhere and not on a repeat cycle in your head.