

# **The Beekeeper of Aleppo**

**Self-Care Guide &  
Content Warnings**

**NOTTINGHAM  
PLAYHOUSE**

Photo Credits: Manuel Harlan

We have created this document to support audiences attending performances of The Beekeeper of Aleppo at Nottingham Playhouse, Saturday 7 – Sat 28 Feb 2026.

We are aware that this show may be challenging for members of the audience, especially for those who have personal proximity to the topics and themes covered within the narrative: war, displacement, exploitation and discrimination. See Trigger's page for more details.

We have collated information and resources in this document with the aim of supporting audiences experiencing the show and offering help for those who might find themselves affected by the contents or have concerns about their visit.

Joseph Long, Farah Saffari, Alia Lahou and Adam Sina on stage.



# Contents

About the Show	<b>5</b>
What is Self-Care?	<b>6</b>
Content Warnings	<b>8</b>
Synopsis	<b>9</b>
Production Warnings	<b>11</b>
Production Images	<b>12</b>
Helplines and Support	<b>13</b>
Self-care Suggestions	<b>15</b>

# About The Show

Running Time- Approx 2 hours 20 mins (incl. interval)

***'I was scared of the bees at first, but now, they make me feel alive. They are like a society in complete harmony with itself. Not like people at all, but maybe what people have the potential to be'***

Following its world premiere here in 2023, and a sell-out tour, The Beekeeper of Aleppo makes a welcome return to Nottingham Playhouse.

Nuri is a beekeeper; his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo – until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape. On their terrifying journey, they must face the pain of their own unbearable loss alongside incredible danger. Above all, they must journey to find each other again. This compassionate and beautiful play is a story of connection – between friends, families and strangers.

Winner of the Aspen Words Award, Runner up for the Dayton Literary Peace Prize, and one of The Times top three bestselling books of 2020, this adaptation of Christy Lefteri's best-selling novel is by Nesrin Alrefaai and Matthew Spangler, who adapted our sell-out production of The Kite Runner.

# What Is Self-Care?

Self-care means noticing what we need and taking steps to look after ourselves, especially when situations are difficult. It is about making choices that support our wellbeing so we can live our lives as fully as possible.

Our modern understanding of self-care derives from the original publication “A Burst of Light” (1988) written by Audre Lorde, a Black intersectional feminist writer and activist. For her, self-care helped sustain the strength needed to continue fighting for change.

“Caring for myself is not self-indulgence, it is self-preservation”  
- Audre Lorde.

For this document, we have been influenced and inspired by the work of other theatres and companies, including New Diorama Theatre, Clean Break, Nouveau Riche, Sheffield Theatres, and the Bush Theatre.

Dona Atallah and Adam Sina on stage.



# Content Warnings

Age Recommendation: 14 yrs+

- War
- Violence
- Murder
- Loss of a Child
- References to Sexual Abuse
- Mental Illness
- Forced Migration
- Drowning

# Synopsis

## ***Contains Spoilers***

This production follows the story of Nuri, a beekeeper, and his wife Afra, an artist, whose serene life in Aleppo (the largest city in Syria) is thrown into chaos by the eruption of war. Their home, which was once bustling with family and community is destroyed. Ultimately, the couple are forced to confront the loss of everything they've ever known, including the tragic death of their son, Sami.

The trauma leaves Afra physically and emotionally exhausted, struggling to comprehend the magnitude of their loss. Nuri carries his grief and guilt, becoming the couple's anchor and is determined to guide them through their tribulations.

The couple set off on a hazardous journey to seek asylum, leaving behind the ruins of their beloved city of Aleppo. Along the way, they encounter other refugees, reminding them of the fragile threads of humanity that persist even in the most inhumane and demoralising circumstances.

Their escape takes them across hostile borders, where violence, corruption and exploitation are constant threats. However, their determination to reunite with their relatives stands as a testament to the enduring power of love and faith.

The couple face the challenges of adapting to new cultures, overcoming language barriers and navigating the obstacles of finding refuge. Nuri and Afra hold onto the hope of rebuilding a life shaped not only by their experiences but also by their capacity for connection and renewal.

Adam Sina, Farah Saffari,  
Alia Lahlou, Helena Massoud,  
Princess Khumalo, Aram  
Mardourian and Mohsen Ghaffari  
on stage.



# Production Warnings

## **The Production Covers Themes Of:**

- War (including warzone and injury imagery)
- Violence
- Murder
- Loss of a Child
- References to Sexual Abuse
- Mental Illness
- Forced Migration
- Drowning

## **Lighting**

- Strobe
- Flashing

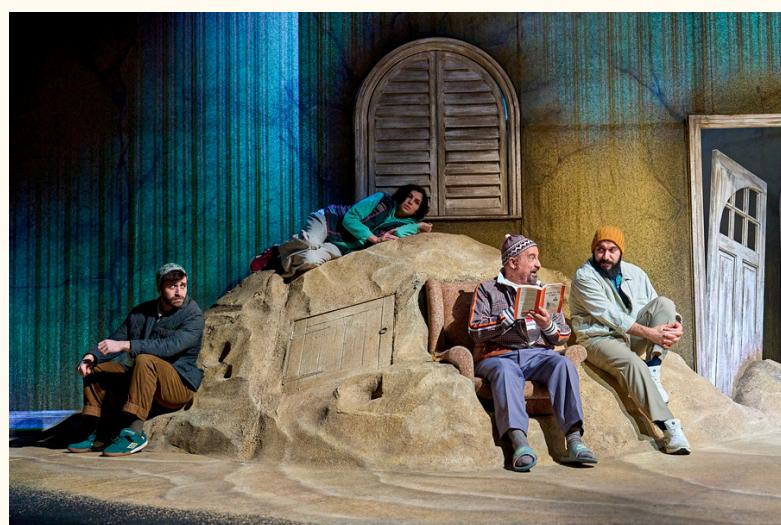
## **Effects**

- Haze

## **Sound**

- Loud Noises

# Production Images



The Beekeeper of Aleppo at  
Nottingham Playhouse 2026.

# Helplines & Support

If you have been affected by the themes raised in this production, please consider reaching out to the suggested organisations below for further support:

## **General Guidance**

<https://www.redcross.org.uk/get-help/get-help-as-a-refugee>  
<https://www.refugee-action.org.uk/>  
<https://www.refugeecouncil.org.uk/>  
<https://www.citizensadvice.org.uk/immigration/get-help/get-immigration-advice/>  
<https://www.migranthelpuk.org/>

## **Women**

<https://www.rightsofwomen.org.uk/get-advice/immigration-and-asylum-law/>  
<https://junowomensaid.org.uk/refuge-accommodation/>

## **Sexual Violence**

<https://thesurvivorstrust.org/national-helplines/>

<https://nottssvss.org.uk/>

## **Loss and Grief**

<https://www.childbereavementuk.org/>

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care/>

<https://www.nottshospice.org/service/bereavement-support/>

## **Mental Health**

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

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

## **Discrimination**

<https://saricharity.org.uk/>

<https://communitiesinc.org.uk/about/>

# Self-care Suggestions

## Before The Show

### **Read the Summary or Synopsis**

Preparing yourself by reading the summary, synopsis, or content warnings may help you decide if you are comfortable with the content, and also help you gauge if there are any points you may not be comfortable with.

## During The Show

### **Watch With Someone**

Attending the show with someone who you trust, who knows you and your connection to the subject of the play, may help with the experience. They may be able to recognise when you need help or support and can assist you.

### **Step Away**

It is important to know in yourself when it is time to step away, and there is nothing wrong with deciding that the show is not for you or is too much. The Front of House team are on hand if you want to leave.

# **After The Show**

## **Breathe**

Breathing is a good way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, then exhaling for four seconds. Repeat this as long as you need. This is called Box Breathing.

## **Ask For Help**

If you found the content of the show distressing, try talking to someone you trust or contacting one of the organisations listed on pages 13-14.

Alia Lahlou and Farah Saffari on stage.

