

# **PUNCH**

## **Self-Care Guide & Content Warnings.**

We have created this document to support audiences attending performances of Punch at Nottingham Playhouse, 4 May – 25 May 2024.

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.

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.

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(LtoR) Tony Hirst, David Shields, Julie Hesmondhalgh, and Alec Boaden.



# About The Show

**PUNCH by James Graham. Based on the book Right from Wrong by Jacob Dunne.**

Teenager Jacob lives in The Meadows, Nottingham. Like his mates, he spends his Saturday nights drinking in the city, looking for a bit of trouble. One adrenaline-fuelled night in Old Market Square, he throws a single punch at a stranger – with fatal consequences. Released from prison, Jacob is lost and adrift. Searching for answers, Joan and David – the parents of his victim James – ask to meet. An unlikely connection is made, and Jacob's life begins to turn around.

Nottingham's James Graham, is one of Britain's most celebrated writers, winning multiple Olivier Awards, as well as BAFTA, Emmy and Tony Award nominations. In Punch he turns Jacob Dunne's unflinching true life account into a gripping and moving new play, that's firmly rooted in our city, energetic, entertaining and heartbreaking.

**Punch is based on real-life events.**

# **Content Warnings**

Age Recommendation: 12 yrs+

This production contains strong language and references to violence, death, bereavement, alcohol and substance misuse and mental health.

Running time: Approx. 2hr 30 mins plus interval



Julie Hesmondhalgh and Tony Hirst on stage.

# What Is Self-Care?

Self-Care is about listening to the need in ourselves to care for ourselves, especially in situations that may offer us difficulties. It is about making choices that help us live our lives as fully as we can, and making it the best version of life it can be. The concept of self-care derives from the Black Feminist movement.

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

# 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**

At the close of the show, the auditorium will stay open to provide a reflective space for 15 minutes. This space is for you to take time and process what was included in the show.

### **Talk**

We will be hosting talks outside on the forecourt, in our purpose built Talking Circles. This is a space to discuss what you saw in the show, and decompress. Our organised talks will cover themes covered in 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 Punch distressing, try talking to someone you trust or contacting one of the organisations listed above



Shalisha James-Davis on stage.

# Frequently Asked Questions

## **How has the victim's family been involved in making the play?**

We would not have commissioned this play without the prior approval of James Hodgkinson's family. We continue to respect the family's wishes at all stages of the play's production. We are committed to honour the stated wish of James' parents – Joan and David – that two lives should not be wasted as a consequence of the manslaughter of their son. We seek to support them in raising awareness about the dangers of one punch and the benefits of Restorative Justice.

## **Will Nottingham Playhouse be making a profit from this play?**

Nottingham Playhouse is a charity and so any surplus made from our activities, including this production, will be directed back into our charitable purposes. This includes our engagement programmes – we have a long track record of success in delivering transformation projects and have seen the positive impact of engaging creatively with young people at risk of falling through the cracks in society.

## **What welfare support is in place for audience members affected by this play?**

We know that the subject matter of the play is challenging. To support audiences, we are providing:

- Links to online resources about the themes in the play, available on our website and in emails sent to bookers in advance of seeing the show.
- An Audience Self-Care Guide available free of charge from this website.
- Post-show Auditorium Reflection Time, with audience members welcome to sit in our auditorium to reflect and decompress for up to 15 minutes, should they wish to do so.
- This play is accompanied by a large programme of bespoke education, participation and engagement programmes, as is all our work.

David Shields and Emma Pallant on stage.



# Helplines & Support

If you have been affected by, or would like to learn more about, any of the themes raised in PUNCH, please see below for a list of organisations who may be able to help.

## **RESTORATIVE JUSTICE**

If you'd like to find out more about the restorative justice process, you can find out more on the Remedi website

**<https://www.remediuk.org/>**

## **Restorative Justice Council**

The national, independent membership body for the field of restorative practice.

**<https://restorativejustice.org.uk/>**

## **Victim Support**

Has information on victims' rights to Restorative Justice.

**<https://www.victimsupport.org.uk/help-and-support/your-rights/restorative-justice/>**

## **Why Me**

A national charity delivering and promoting access to Restorative Justice.

**<https://why-me.org/>**

## **THE DANGERS OF ONE PUNCH**

As highlighted in the play, one punch can have devastating consequences; click on one of the following links for more information.

### **BBC News Article**

The following contains case studies of one punch deaths.

**<https://www.bbc.co.uk/news/uk-38992393>**

### **One Punch UK**

A charity raising awareness and educating people about the devastating impact one punch can have.

**<https://onepunch.org.uk/>**

## **CRIMINAL JUSTICE ORGANISATIONS**

### **Appeal**

A charity and law practice that fights miscarriages of justice and demands reform.

**<https://appeal.org.uk/>**

### **Catch 22**

Works with young people and adults providing intervention, rehabilitation and victim services in prison and in the community.

**<https://www.catch-22.org.uk/what-we-do/criminal-justice/>**

### **Prison Advice & Care Trust (PACT)**

A pioneering national charity that supports prisoners, people with convictions and their families.

**<https://www.prisonadvice.org.uk/>**

### **Prison Reform Trust**

A charity working to create a just, humane and effective penal system.

**<https://prisonreformtrust.org.uk/>**

### **The Criminal Justice Alliance**

A network of 200+ organisational and academic members working towards a fair and effective criminal justice system.

**<https://www.criminaljusticealliance.org/>**

### **The Longford Trust**

A charity that supports people with convictions to reintegrate into society.

**<https://www.longfordtrust.org/about-us/>**

## **MENTAL HEALTH SUPPORT ORGANISATIONS**

### **Campaign Against Living Miserably (CALM)**

Suicide prevention charity provoking conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and don't die by suicide.

**<https://www.thecalmzone.net/get-support>**

### **In Sam's Name**

A talking and peer support group for men throughout Nottinghamshire

**<https://insamsname.co.uk/>**

## **Mind**

A mental health charity, making sure no one has to face a mental health problem alone.

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

## **Samaritans**

Provides over the phone support for those considering suicide 24 hours a day, 365 days a year.

**<https://www.samaritans.org/>**

## **The Compassionate Friends**

Provides support for bereaved parents and their families

**<https://www.tcf.org.uk/>**

## **Under the Bridge**

Creates space and time for guys to come together. The focus is on getting out in blue spaces and doing things that help improve health and wellbeing.

**<https://www.bluetonic.org.uk/under-the-bridge-choir>**

## **YOUNG PEOPLE'S SUPPORT ORGANISATIONS**

### **Al-Hurraya**

A peer-led, culturally specific charity that provides bespoke, personalised, and culturally sensitive interventions to meet the needs of ethnically diverse communities in and around Nottingham and Derby who are experiencing a range of challenges.

**<https://www.al-hurraya.org/>**

## **Barnardo's**

Offering support to make sure children and young people feel safer, happier, healthier and more hopeful, by running over 800 specialist services across the UK.

**<https://www.barnardos.org.uk/>**

## **Base 51**

Counselling, trauma support, LGBTQIA+ groups, young leaders programme, youth club, practical support and more for 11-25 year olds in Nottingham and Nottinghamshire.

**<https://www.base51.org/>**

## **Breaking Barriers Building Bridges**

Runs a wide variety of services across Nottingham, all aimed at changing the lives of the city's young people.

**<https://4bbbb.org.uk/>**

## **Just for Kids Law**

Helps children and young people in the UK to have their legal rights and entitlements respected and promoted, and their voices heard and valued.

**<https://www.justforkidslaw.org/>**

## **Nottingham Forest Community Trust**

Plays a strategic role across Nottingham and Nottinghamshire supporting people and organisations through strong Private, Public and Third sector partnerships.

**<https://nottinghamforestcommunitytrust.co.uk/>**

## **Nottingham School of Boxing**

Using the power of sport with young people to build confidence, tolerance, discipline, respect, and teach them how to box.

**<https://www.marcellusbaz.co.uk/nottingham-school-of-boxing/>**

## **PACT's Schools Toolkit**

Information about supporting students affected by imprisonment.

**<https://www.prisonadvice.org.uk/get-help/professionals/schools/>**

## **Positively Empowered Kids CIC**

A non-profit organisation, specialising in early intervention and prevention of mental ill health in children and young people, through wellbeing events, workshops and programme such as resilience leaders & youth voice in action

**<https://positivelyempoweredkids.co.uk/>**

## **Runaway Helpline (Gang Support)**

Provides support for anyone feeling like running away or are away from home due to gang involvement.

**<https://www.runawayhelpline.org.uk/advice/gangs/>**

## **Support Through Sport**

A CIC using a range of positive initiatives as diversion and intervention programmes to support young people whilst tackling negative influences such as knife crime, gang violence, youth offending and serious youth violence.

**<https://supportthroughsport.co.uk/>**

## **Switch Up**

Empowers Nottingham's young people, children and young adults to break the cycle of offending and reoffending.

<https://www.marcellusbaz.co.uk/switch-up/>

## **The Children's Society**

A national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect.

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

## **The Mix**

Offers a range of support services for under 25s.

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

## **The Place (Nottingham)**

Offers a range of support services primarily for young people up to the age of 25 around drugs and alcohol.

<https://www.changegrowlive.org/the-place-nottingham/info>

## **YoungMinds**

A charity providing a range of support relating to young people's mental health.

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

## **OTHER SUPPORT ORGANISATIONS**

### **Alcoholics Anonymous**

Supports the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

<https://www.alcoholics-anonymous.org.uk/>

### **Broxtowe Women's Project**

A support and advice charity for women, children and young people affected by domestic abuse, supporting survivors of current and historic domestic abuse at any stage in their journey.

**<https://broxtowewomensproject.org.uk/>**

### **Change Grow Live**

A national health and social care charity which can help with challenges including drugs and alcohol, housing, justice, health and wellbeing.

**<https://www.changegrowlive.org/>**

### **Equation**

A Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality.

**<https://equation.org.uk/>**

### **Growing Against Violence**

A charity that aims to prevent youth violence and protect young people against exploitation by gangs and grooming both on the streets and online, delivering age-appropriate workshops into schools and colleges for both pupils and teachers.

**<https://www.growingagainstviolence.org.uk/>**

## **Nacro**

Helps people build independence and resilience through practical help (on topics such as Education, Housing, Justice and Health & Wellbeing) and provides personalised support and advice.

**<https://www.nacro.org.uk/about-us/what-we-do/>**

## **NHS Organ Donation**

Find the facts about the organ donation process, funeral arrangements, faith and beliefs, the opt out system, family involvement and more.

**<https://www.organdonation.nhs.uk/>**

## **The Forgiveness Project**

Collects and shares stories from both victims/survivors and perpetrators of crime and conflict who have rebuilt their lives following hurt and trauma.

**<https://www.theforgivenessproject.com/our-purpose/>**

## **With You**

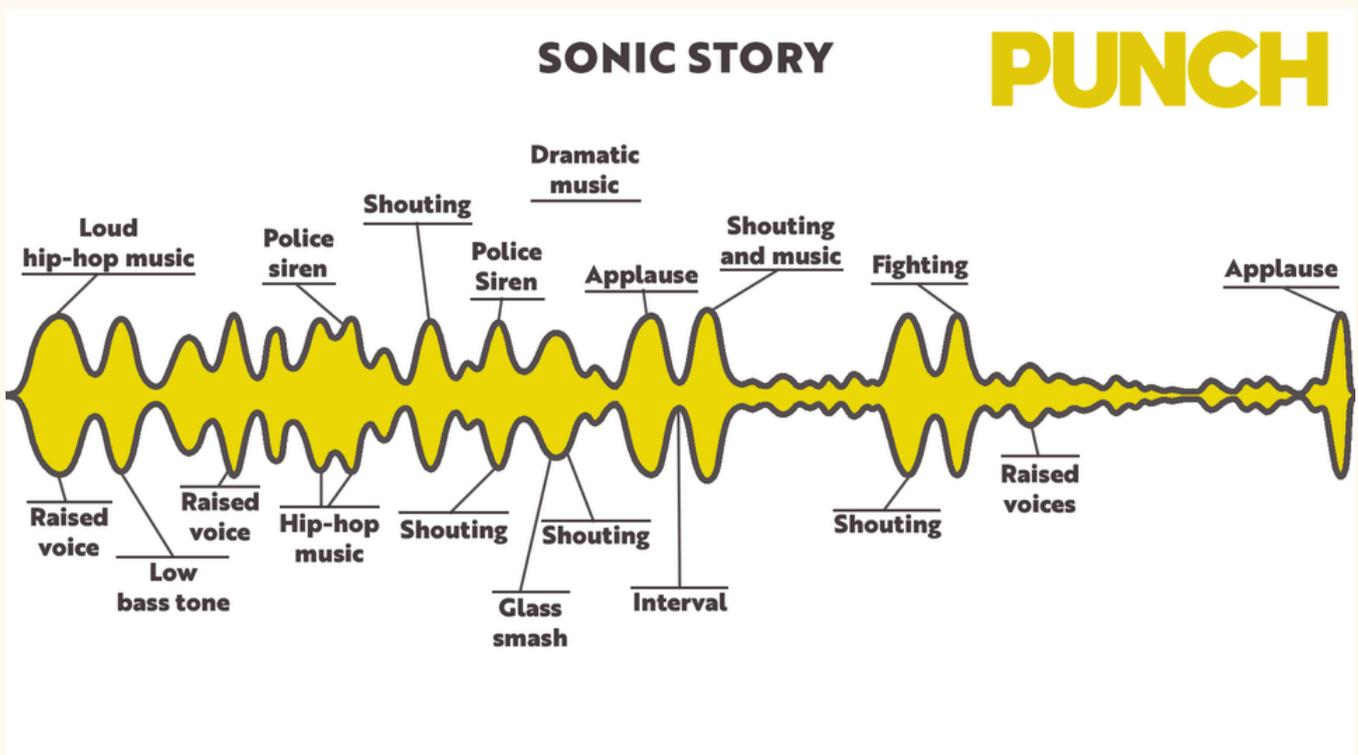
A charity providing free, confidential support to people experiencing issues with drugs, alcohol or mental health.

**<https://www.wearewithyou.org.uk/>**

Alec Boaden as Raf.



# Lighting & Sound



# In-House Staff Support

## **Mental Health First Aiders**

These staff members are a trained point of contact for any employee experiencing a mental health issues. They are not trained therapists, but can offer support and guidance with non-judgmental listening.

### **Patricia Davenport (PD)**

PD is located in the Stage Management Office on the first floor Production Corridor. You can contact her on 0115 873 6217 (ext 217) or email [patricia.davenport.01@nottinghamplayhouse.co.uk](mailto:patricia.davenport.01@nottinghamplayhouse.co.uk)

### **Amanda Bruce**

Amanda is located in the Production Office on the first floor Production Corridor. You can contact her on 0115 873 6202 (ext 202) or email [amanda.bruce.01@nottinghamplayhouse.co.uk](mailto:amanda.bruce.01@nottinghamplayhouse.co.uk)

### **Sharon Cross**

Sharon is located in the HR office on the mezzanine. You can contact her on 0115 873 6207 (ext 207) or email [sharon.cross.01@nottinghamplayhouse.co.uk](mailto:sharon.cross.01@nottinghamplayhouse.co.uk)

### **Wellbeing Group**

If you have any suggestions for initiatives or activities to help improve staff mental health and wellbeing at Nottingham Playhouse, we'd love to hear them. Please email the internal staff Wellbeing Group at [wellbeinggroup@nottinghamplayhouse.co.uk](mailto:wellbeinggroup@nottinghamplayhouse.co.uk) with any ideas.

## **Employee Assistance Programme**

We have a free to use Employee Assistance Programme for all staff, provided by Care First. Care First can help you with a wide range of work, family and personal issues. It is completely confidential, and Nottingham Playhouse is never told who uses the service.

Call 0800 174319 to speak to a professional counsellor 24 hours a day, 7 days a week, 365 days a year. There are also lots of resources online at [carefirst-lifestyle.co.uk](http://carefirst-lifestyle.co.uk). Simply log in with username NPT001 and password Playhouse1234

## **Free NHS Talking Therapy**

[Nottinghamshire Talking Therapies \(notts-talk.co.uk\)](http://NottinghamshireTalkingTherapies.notts-talk.co.uk)

## **Staff Handbook**

This contains lots of useful and important information for all Nottingham Playhouse employees, including all our policies and procedure statements, such as our Wellbeing policy, Anti-Harassment & Bullying policy, and our Grievance procedure. Find it in Company Documents on Breathe, or in the Administration folder on the internal network. If you'd like a copy sending to you, email Frances at [francesp@nottinghamplayhouse.co.uk](mailto:francesp@nottinghamplayhouse.co.uk)

David Shields as Jacob.

Emma Stone in rehearsal.

