



# Self-Care Guide & Content Warnings.

NOTTINGHAM  
PLAYHOUSE

Photo Credits: Ellie Kurttz

We have created this document to support audiences attending performances of A Thousand Splendid Suns at Nottingham Playhouse, Tue 13 - Sat 24 May 2025.

We are aware that this show has the potential to 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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# About The Show

**A powerful new production of *A Thousand Splendid Suns*, Khaled Hosseini's spiritual sequel to *The Kite Runner*.**

In 1992 in an Afghanistan ravaged by war, an orphaned Laila is left alone in an increasingly threatening world. Her older neighbour Rasheed is quick to open his home and takes Laila as his second wife.

Rasheed's first wife Mariam has no choice but to accept her younger, and now pregnant, rival. As the Taliban take over, life for all of them becomes a desperate struggle against starvation, brutality and fear, and the two women find themselves unlikely allies.

Former Birmingham Rep Artistic Director, and Hampstead Theatre Artistic Director Roxana Silbert directs this unflinching, life affirming drama, in which love grows and sustains the human spirit even during the hardest of times.

# Content Warnings

Age Recommendation: 14 yrs+

The production includes strobe, haze and flashing lights throughout.

The story contains sensitive content including violence, sexual assault, domestic abuse, murder, death, trauma, miscarriage, suicide, underage marriage and misogyny plus some strong and offensive language.

Running time: Approx. 2hr 26mins including interval.





# 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**

### **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 Page 12







# 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:

## **Afghanistan and Central Asian Association (ACAA)**

This is an award-winning British charity with a long history of delivering advice, support and integration.

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

## **Equation**

Equation provide support for a range of issues, promoting equal relationships free from abuse.

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

## **Juno Women's Aid**

They provide support and advice on a number of issues, including domestic abuse and sexual assault.

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



# Helplines & Support

## **Refugee Forum**

The Forum offers assistance and support for all in rebuilding their lives after displacement.

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

## **Refugee Roots**

Refugee Roots welcomes all, helping those in need find friendship and a place to call home.

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

# Spaces in the building

## **Chill Out Space**

We will have a chill-out space available throughout the show. If you need this, please ask our bar staff.

## **Prayer Spaces**

We will have male and female prayer spaces available. If you need access to these, please let our Audience Assistants know.



