

NOTTINGHAM PLAYHOUSE PRESENTS

MAXINE PEAKE



THE LAST STAND OF
MRS. MARY WHITEHOUSE
BY **CAROLINE BIRD**

Self-Care Guide & Content Warnings.

**NOTTINGHAM
PLAYHOUSE**

Photo Credits: Helen Murray

We have created this document to support audiences attending performances of The Last Stand of Mrs. Mary Whitehouse at Nottingham Playhouse, Fri 5 - Sat 27 Sep 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.



About The Show

In the 1970s, one twinkly old lady wielded extraordinary influence, fighting against what she believed was the UK's moral decline. Armed with only a typewriter in her garden, this seemingly harmless grandmother took on the BBC and the 'godless media' in a culture war that divided the nation.

Caroline Bird delves into Whitehouse's most explosive battle—her infamous blasphemy trial against Gay News, which revealed the shocking power behind her sweet smile. It will challenge your beliefs about freedom, censorship, and explore one woman's formidable resolve to push back the tide.

This play is a work of fiction inspired by real events. Some characters and scenes have been imagined, or conflated from various sources including diaries, court records and interviews.

Content Warnings

Age Recommendation: 14 yrs+

This show contains haze, fast flashing lights, graphic sexual language, homophobia and references to suicide, death and the death of a child. Religious imagery is used in a way some may find offensive.

Running time: Approx 2 hours 40 mins (including interval)



Samuel Barnett
in rehearsals

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.



Samuel Barnett & Maxine Peake in rehearsals

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:

LGBT+ SUPPORT ORGANISATIONS

Notts LGBT+ Network

A safe space for people looking for information, advice and help relating to LGBT+ issues, including sexuality, gender identity, sexual health and emotional well-being.

<https://www.nottslgbt.com/>

MENTAL HEALTH SUPPORT ORGANISATIONS

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/>

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>

Campaign Against Living Miserably (CALM)

Suicide prevention charity provoking conversation, running lifesaving 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>

YOUTH SUPPORT ORGANISATIONS

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/>

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/>

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/>

BEREAVEMENT SUPPORT

Child Bereavement UK

Helps families to rebuild their lives when a child grieves or when a child dies.

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

Spaces in the building

Chill Out Space

We will have a chill-out space available throughout the show. If you need this, please ask a member of the welcome team or bar staff.