



Self-Care Guide & Content Warnings.

NOTTINGHAM
PLAYHOUSE

Photo Credits: Pamela Raith

We have created this document to support audiences attending performances of Eureka Day at Nottingham Playhouse, Sat 25 Oct - Sat 15 Nov 2025.

We are aware that some parts of this show have 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.

Contents

About the Show	5
Content Warnings	6
What Is Self-Care?	8
Self-Care Suggestions	9
Helplines and Support	12



About The Show

In the heart of the San Francisco Bay Area, Eureka Day Elementary School is an institution that prides itself on ensuring every voice is heard, and every child is welcome. But friendships are challenged when an outbreak of mumps reveals that not everyone is on board with the school's vaccine policy.

The regional premiere of Jonathan Spector's Tony Award-winning razor-sharp comedy sees the school's Executive Committee of well-meaning parents and teachers fall apart, as their progressive paradise crumbles and meetings are derailed by parental hysteria.

This laugh-out-loud play will strike a universal chord, showing how even the most enlightened communities are just one epidemic away from complete turmoil.

Content Warnings

Age Guidance 12+

Triggers and advisories

Contains strong language, sexual references and references to the death of a child. Also contains discussions of vaccination and public health controversies that some audiences may find sensitive.

Running time: Approx 1 hour 40 mins (no interval)



**Matt Gavan 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.



**Jonathan Coy, Jenna Russell
and Kirsty Rider 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:

BEREAVEMENT SUPPORT

Zephyrs

We support families following pregnancy loss, or the death of a baby or child.

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

Child Bereavement UK

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

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

HEALTH

Information on current NHS Vaccination Guidance

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

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.

In-House Staff Support

Mental Health First Aiders

These staff members are a trained point of contact for any employee experiencing 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

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

Harry Smith

Harry is located on the Mezzanine in the operations office. You can contact them on 0115 873 6211 (ext 211) or email harry.smith.01@nottinghamplayhouse.co.uk

In-House Staff Support

Laura Wolczyk

Laura can be found backstage and can be contacted on 0115 873 6220 (ext 220) or email laura.wolczyk.01@nottinghamplayhouse.co.uk

Sarah West

Sarah can be found in the Participation Office on the Circle Foyer. You can contact her on 0115 873 6247 (ext 247) or email sarah.west.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 with any ideas.

Free NHS Talking Therapy

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

