

## VISUAL STORY FOR NST CITY



This is a visual resource for children and young adults with Autism Spectrum Conditions. This resource is intended to help prepare visitors for their visit to the Nuffield Southampton Theatres' City site in Guildhall Square and to help them become familiar with the surroundings and situation.

These notes are designed in such a way that you can use as little or as much as required in order to prepare yourself for a visit to NST City.

It contains information about the building and lots of images to help prepare you if you are curious (or anxious) about your visit, as well as information to help you find your way around NST City.

### Going to the theatre

A visit to the theatre can be an exciting outing, but there are also challenges in such a different environment. The following suggestions from the National Autistic Society could help you to plan ahead and make the trip enjoyable for everyone.

#### Before your visit

Tell the theatre when you are booking that you have autism or are bringing someone with autism. If there is a chance that you may need some time away from the show during the performance ask for an aisle seat so you can leave the theatre without disturbing other audience members too much.

#### On the day

- If you use tools to help with sensory issues (eg ear defenders, or fiddle toys) remember to bring them with you.
- If you have an autism awareness card take it with you so you can quietly say to a neighbour why you or the person you are with may be acting a little differently.
- When you arrive if you feel that your seat is not suitable, ask a member of staff if you can sit somewhere else, and explain why (if the show is full this may not be possible so it's always advisable to ask about seating when booking).
- If you need assistance talk to an usher and ask for help. Ushers know when the noisy and quiet parts of the show are and will be able to tell you the best time to leave or return to the auditorium without disturbing others.
- If you or the person you are with will need to go to the toilet, try to leave just before the interval starts, as toilets often get very busy during the interval. You may need to tell the usher you plan to do this before the show starts.
- They will be able to tell you when the interval will start and what stage in the performance would be a good time to leave the auditorium without disturbing other people.

## Information about NST City

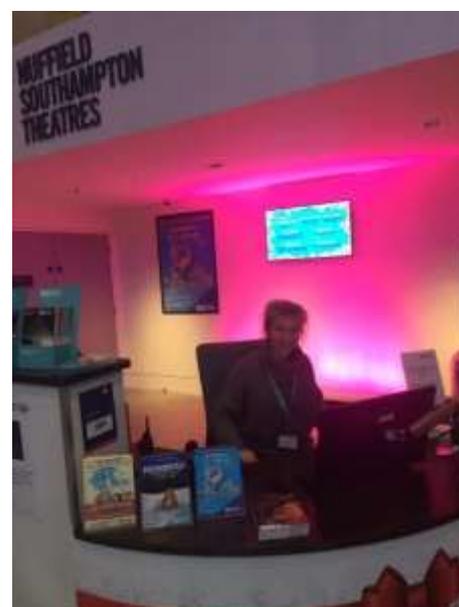


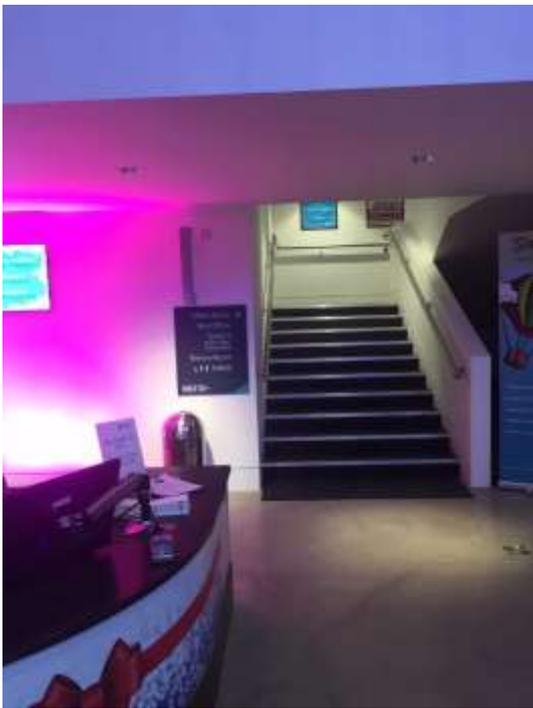
The play is being performed at NST City. Here are some photos of the outside of the theatre

NST City's main auditorium (where the play is being shown) is inside the building on the first floor. You enter the building on the ground floor through the big glass doors



There is a foyer (the area at the front of the theatre) and the Welcome desk in front of you.





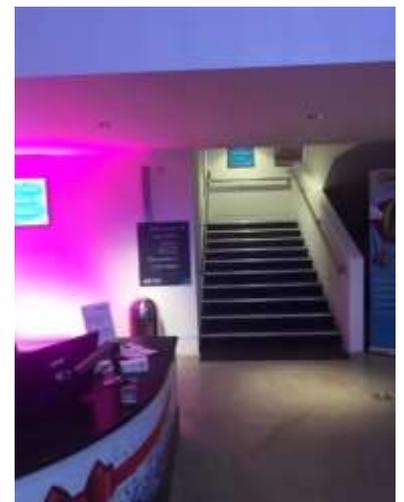
There are stairs on the right hand side and lifts on the left.



Here are some pictures of the foyer

You can take the stairs on the right to the first floor. There are five flights of stairs.

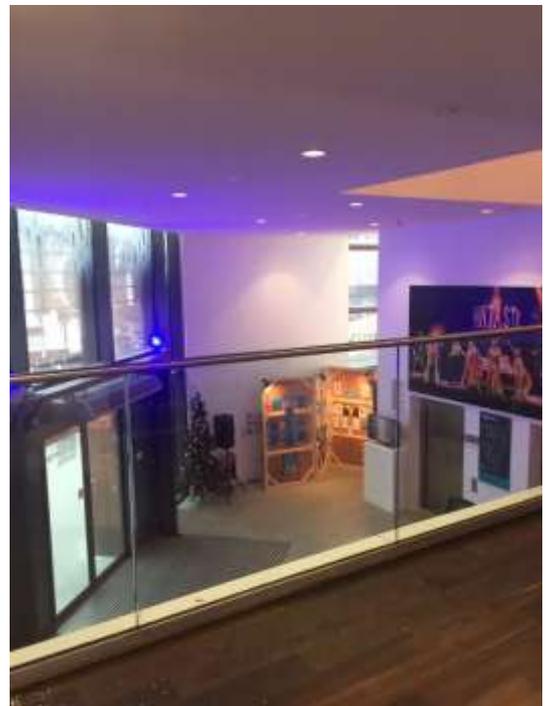
This is the first flight





This is the second flight

It leads you to a balcony that overlooks the foyer

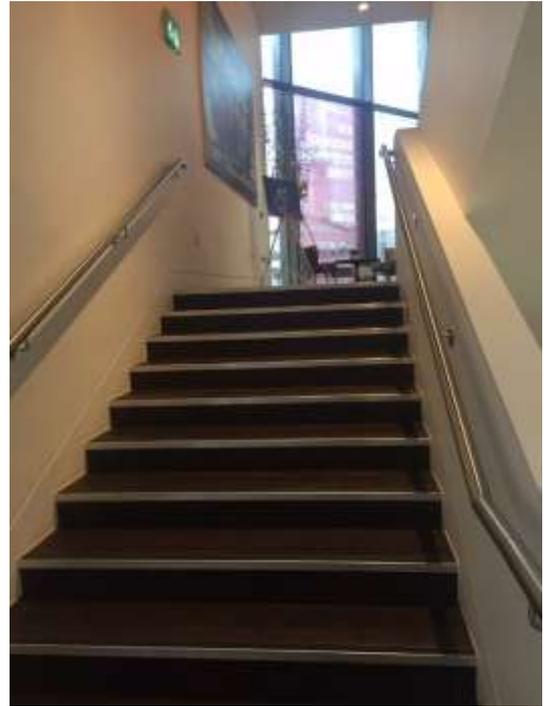


On the balcony there are some chairs and a table





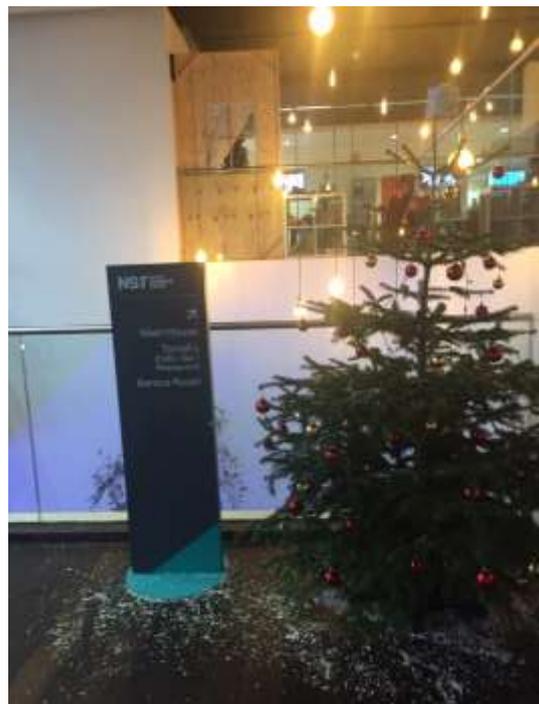
This is the third flight of stairs



The fourth flight of stairs leads you to a bigger balcony that looks over Guildhall Square



When you turn to go up the fifth flight of stairs you'll see this sign





And here is the fifth flight of stairs which takes you into Tyrrells, our café and bar

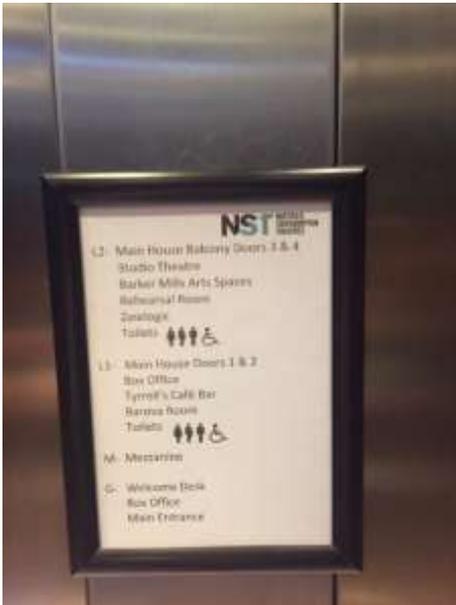


Or you might decide to take one of the lifts instead

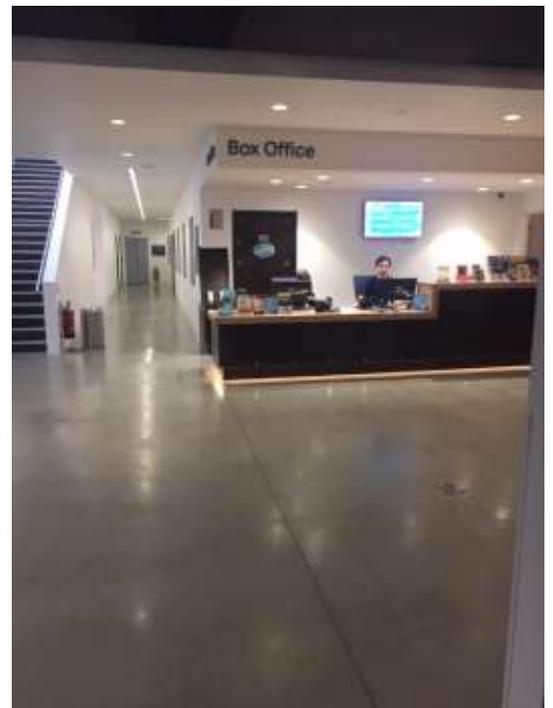
There are two lifts

The left hand lift is bigger and stops on all the floors including the mezzanine (the big balcony looking out on to Guildhall Square). You get in through these doors but you get out using the doors at the back





There is a sign inside the lift that tells you where things are

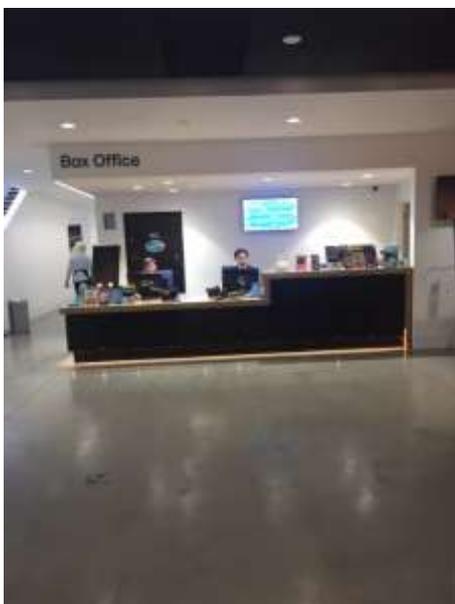
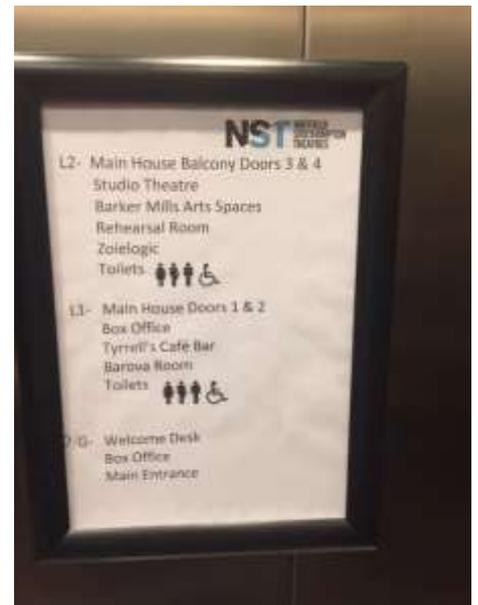


When the doors open in the left hand lift this is what you will see



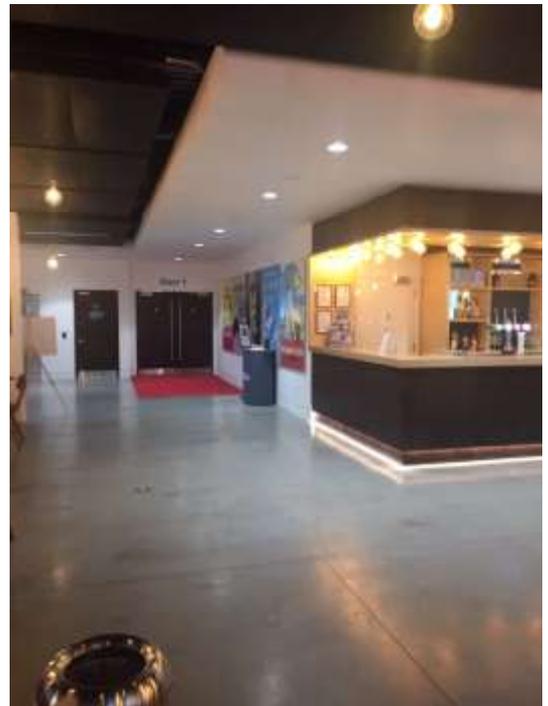
This is the other lift on the right hand side. It is smaller and does not go to the mezzanine.

It also has a sign inside that tells you where things are

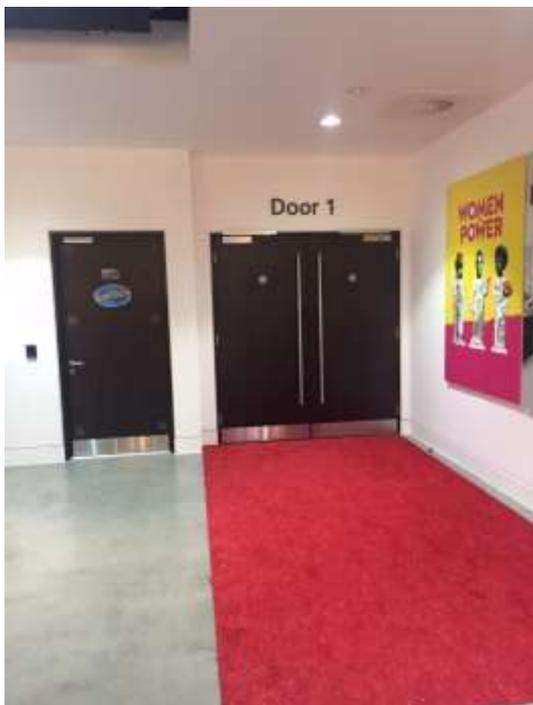


When the lift doors open in the right hand lift this is what you will see

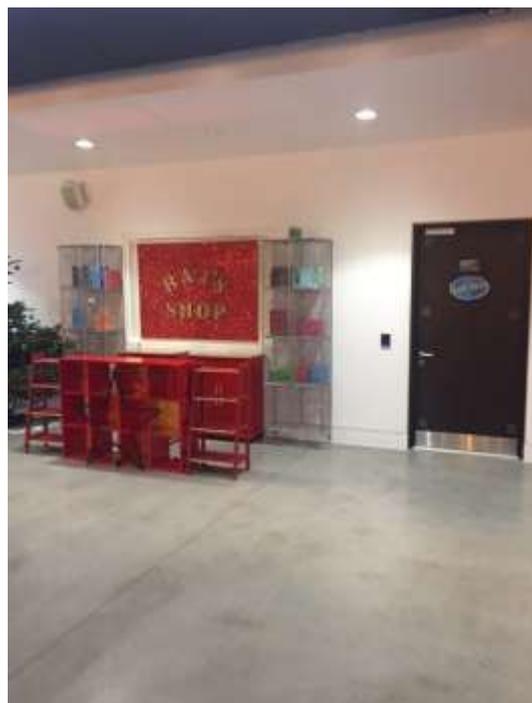
In our café and bar you can buy food and drink before the show and during the interval (the break in the middle of the play). These areas can get quite busy before the performance as everyone will be waiting to go into the auditorium to watch the performance.



If you have come up the stairs you will walk into the café.



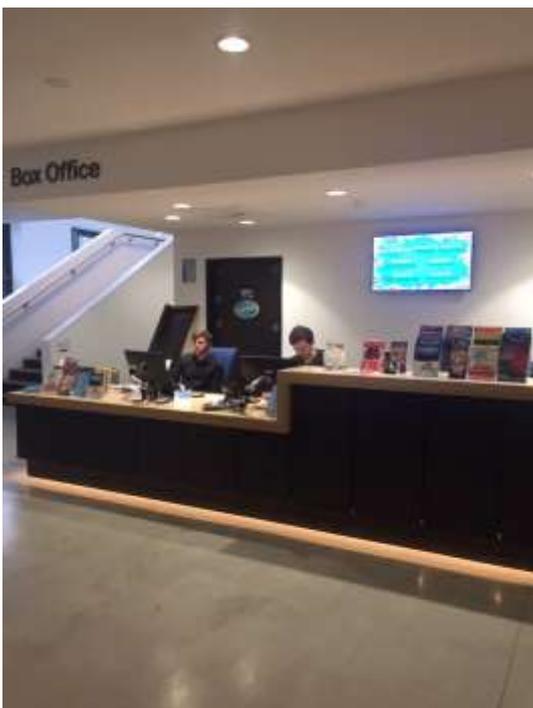
If you turn left you will see Door 1 to the Main Auditorium



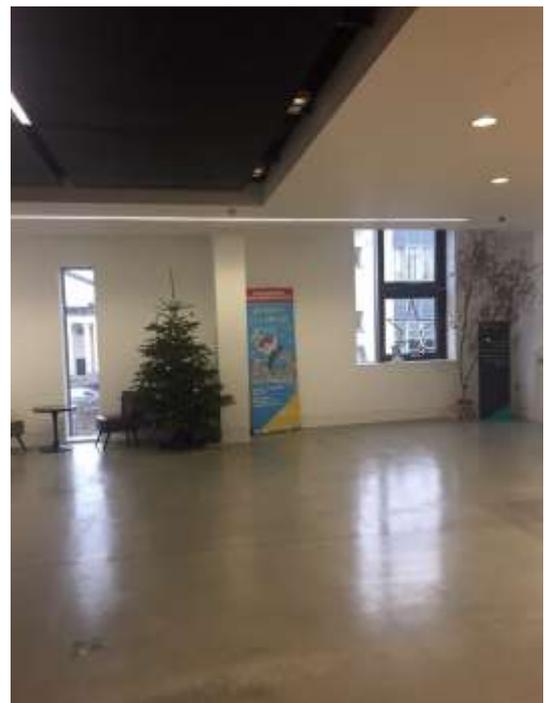
If you continue to turn left you will see a shop where we sell books and things to do with the show as well as ice cream during the interval



If you continue to turn left you will see the Box Office



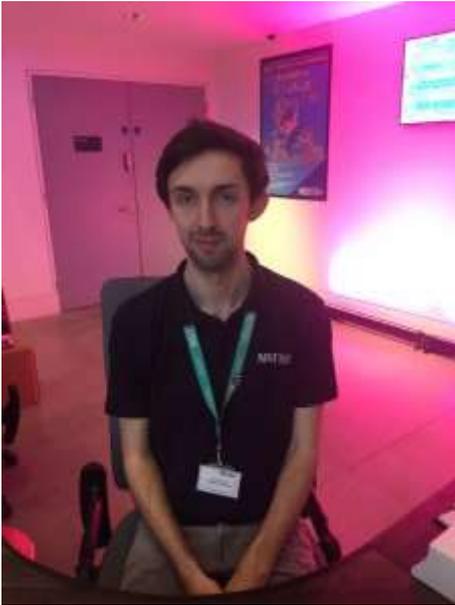
Here are pictures of the Box Office. The Box Office is a place where you can collect your tickets if you don't already have them.



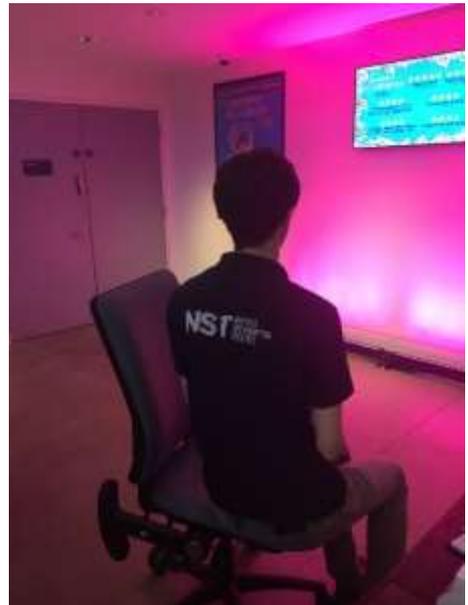
This shows you what you can see when you have the Box Office on your right hand side.

These areas can get quite busy before the performance as everyone will be waiting to go into the auditorium to watch the performance.

If you need help or have any questions there are plenty of staff members who can help you. The staff members who check your tickets and help you to find your seat are called ushers. Here is a picture of one of our ushers. There are lots of others.



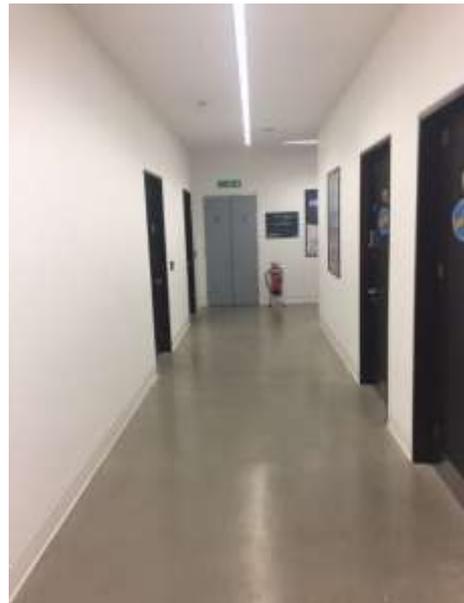
They all wear a t-shirt that looks like this



## Toilets



NST has toilets near Door 2 of the auditorium. To find them you walk down the corridor next to the Box Office. There are some stairs on your left.

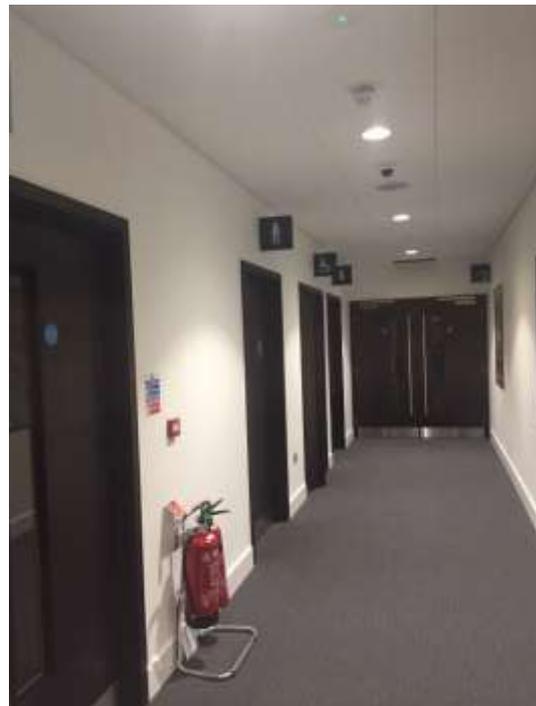


These are photos of the corridor. The one on the right shows what it looks like half way down and the photo on the right shows the end of the corridor.

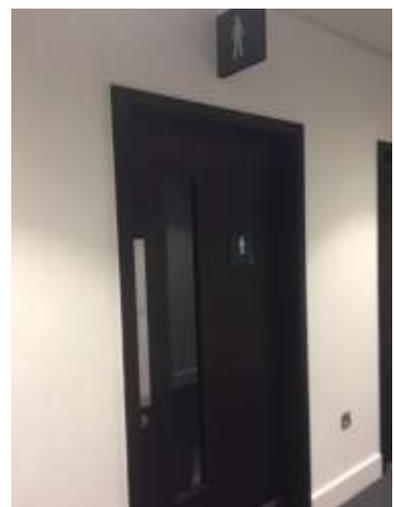
There is a sign at the end of the corridor that says 'Toilets'

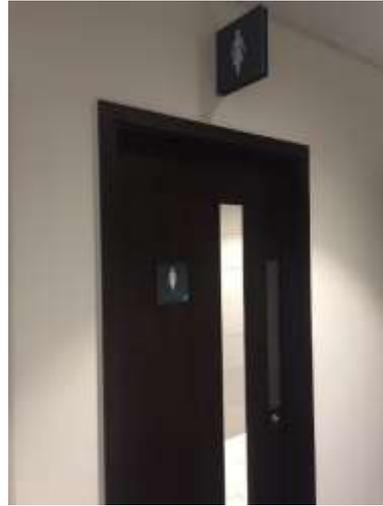


When you turn to your right you will see these doors. Go through them into the corridor



You will see the toilet signs above the doors





If you carry on along this corridor you will see a sign for Door 2 to the Main Auditorium



If you go through these doors you can get to Door 2

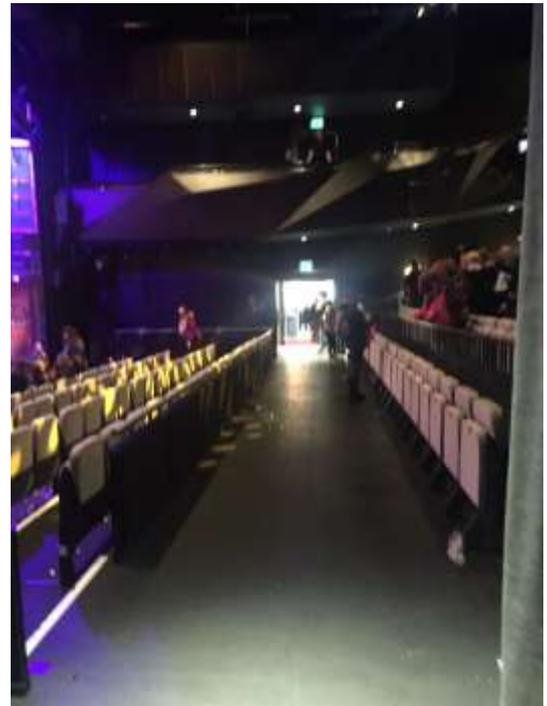
Here is Door 2 to the Main Auditorium



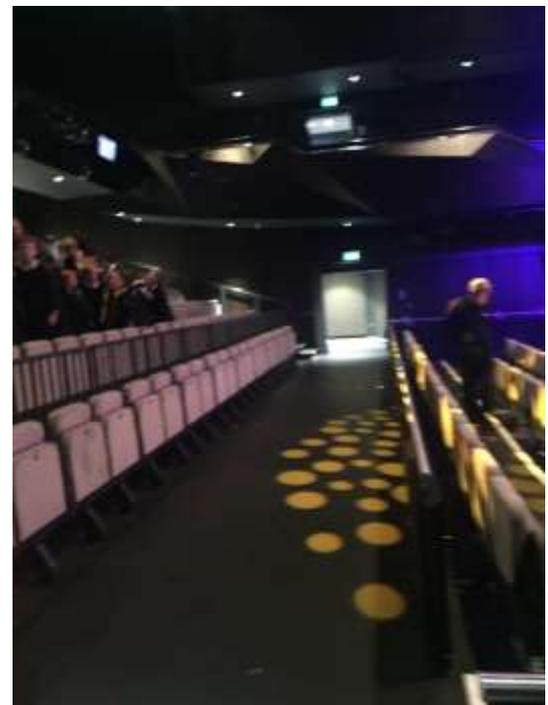
## Inside the Auditorium



The auditorium is the part of the theatre where the audience sit when they are watching the play. Here are some pictures of the auditorium (this will be full of people when the performance starts).



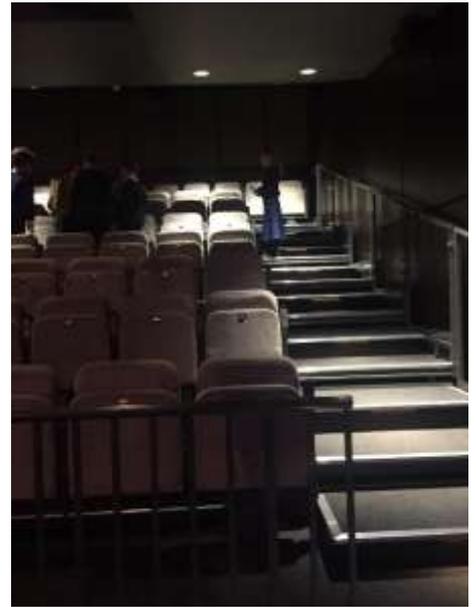
This is looking in from Door 2



This is looking in from Door 1



There are different levels in the auditorium. You may be sitting very close to the stage or you may be further back and higher up and looking down on the stage.



You will have some time before the performance to find your seats and get comfortable before the play begins.

The stage is the area where the actors perform the play to the audience.

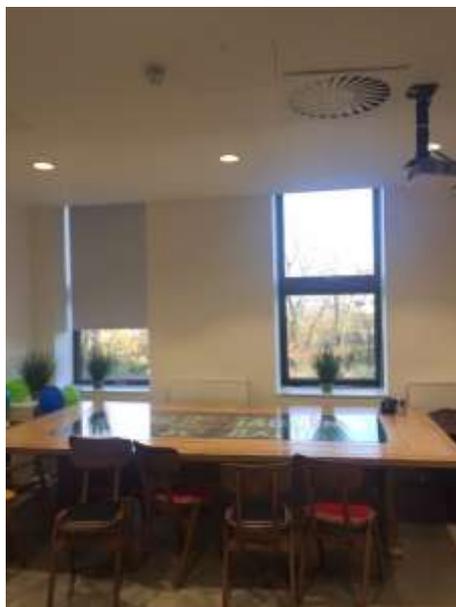
**Remember if you are in the audience you are not allowed on the stage**

## Good to know

### Chill-Out Area

If you want to leave the auditorium at any time during the performance, there is a chill-out area that you can visit. You can relax here if you need a little break before going back in to watch the performance. You can ask the ushers where the chill-out area is and they will show you the way.

Here are some pictures of it:



### Familiarisation Visit

If you want to visit the theatre and see your seat before the performance, you can arrange a visit.

To organise this please email Clare White: [clare.white@nstheatres.co.uk](mailto:clare.white@nstheatres.co.uk)

or Tracey Cruickshank: [tracey.cruickshank@nstheatres.co.uk](mailto:tracey.cruickshank@nstheatres.co.uk)

