

Talking About The Fire Post-Show Care Pack



Contents:

**3. Introduction to the document/
About the show/ Content
warnings**

4. Helplines & Support

5. Self Care

6. Empowerment Resources

Introduction to the document

We have created this post-show care document as a resource to support audience members in navigating the complexities and emotional weight of the content. While the work encourages awareness and action, we aim to also provide guidance on caring for yourself after the show, with details on content warnings, self care and self empowerment.

About the show

‘From the team that created the award-winning Status and Confirmation, comes a show about a new nuclear weapons treaty – one that’s trying to give the power to eliminate nuclear weapons to the states, and people, who don’t possess them.

It’s a show and a conversation. We’ll talk about where we are, where we live, and why it’s important people like us talk about this at all.’

Run Time: 90 mins

<https://chinaplatetheatre.com/whats-on/current/talking-about-the-fire/>

Content guidance/warnings

Strong language and themes of nuclear warfare.

Helplines & Support

Mind

Offers help to anyone with a mental health problem through their information, advice, and local services. www.mind.org.uk | 0300 123 3393

Young Minds

Provides young people with tools to look after their mental health, giving them the space and confidence to get their voices heard and change the world. www.youngminds.org.uk

Samaritans

If you need to talk to someone about your experiences or someone you care about, there is advice and emotional support available from the Samaritans. www.samaritans.org | Call 116123 for free advice.

‘Dealing with Nuclear War Anxiety’

This article from ICAN offers strategies to manage anxiety about nuclear threats, focusing on self-care, mindfulness, and staying grounded in factual reassurance.

https://www.icanw.org/dealing_with_nuclear_anxiety

Self-Care:

Reach Out:

While the show encourages discussions with others about the severity of the issue, remember to reach out if you find the content distressing. Whether it's someone you know or using the support links provided above, talking to others can help.

Access Nature:

Take a break, get some fresh air, or go for a walk. This can help you feel calmer and more settled.

Positive Media Consumption:

Whilst you may feel the need to keep up with the news, be sure to engage with media such as

[@teens4disarmament](#) and [@youth4disarmament](#). These promote empowerment, conversation, and peace!

Feel Empowered:

The performance also aims to empower you to feel more in control. Please explore our online engagement resources for support, along with the links provided in this document

<https://bit.ly/TATFResources>

Empowerment Resources:

Youth4Disarmament

A youth outreach initiative established in 2019 by the United Nations Office for Disarmament Affairs. It connects young people worldwide with experts to learn about international security challenges, the UN's work, and how to get actively involved.

'The UN General Assembly reaffirmed the significant contribution young people can make to peace and security, as seen in their unanimous support of the biennial resolution on 'Youth, Disarmament, and Non-Proliferation' in 2019, 2021, and 2023.'

<https://www.youth4disarmament.org/>

Teens4Disarmament

Teens4Disarmament aims to raise awareness and engage the future generation on the risks posed by nuclear weapons. With a mission to educate youth on disarmament and non-proliferation, this initiative strives to change the world, one step at a time.

<https://www.teens4disarmament.org/>

Access Information:

3rd April 2025 at Canolfan y Celfyddydau - Aberystwyth Arts Centre

<https://aberystwythartscentre.co.uk/access/>

23rd April 2025 at Thimblemill Library - Black Country Touring

<https://www.bctouring.org.uk/thimblemill>

25th April 2025 - 26th April 2025 at English Theatre Berlin

<https://www.etberlin.de/visit/location/>

29th April 2025 - 30th April 2025 at Staatstheater Mainz

<https://www.staatstheater-mainz.com/service/barrierefreiheit>

6th May 2025 - 7th May 2025 at the Albany, Deptford

<https://www.thealbany.org.uk/visit-our-venues/accessibility/>

8th May 2025 at Creative Crawley - County Mall Shopping Centre

<https://countymall.co.uk/accessibility>

Access Information:

9th May 2025 - 10th May 2025 at Birmingham Rep

<https://www.birmingham-rep.co.uk/your-visit/accessibility/>

12th May 2025 at Tipton Library - Black Country Touring

<https://www.bctouring.org.uk/tipton-library>

13th May 2025 at Mercury Theatre Colchester

<https://www.mercurytheatre.co.uk/enjoy-your-visit/access-for-all/>

15th May 2025 - 16th May 2025 at ARC Stockton Arts Centre

<https://arconline.co.uk/access/>

17th May 2025 at Slung Low - The Warehouse in Holbeck

<https://www.slunglow.org/ourspace/>

22nd May 2025 at Lighthouse, Poole

<https://www.lighthousepoole.co.uk/visit-us/access/>

