**More information about Relaxed Performances**

‘Relaxed Performances’ are specifically designed to welcome families with children or other family members with special needs including Autistic Spectrum Condition, learning disability or sensory and communication disorders into theatres to give those who otherwise might feel excluded the chance to experience live theatre. They have a less formal, more supportive atmosphere in order to reduce anxiety levels. It is a specialist provision created to provide an opportunity for people who would otherwise find it difficult to come to see a show.

A relaxed performance is designed to provide a more comfortable experience for adults or children who may find it difficult to sit still and stay quiet for the full duration of a show, or who may feel uncomfortable when a show has a lot of flashing lights and noisy special effects. For example, changes are made to sound and lighting to eliminate surprise and soften their impact. There is a relaxed attitude to noise and moving around the auditorium during the performance and a designated 'chill-out' area in the foyers for people to use if being in the auditorium becomes overwhelming.

The houselights will be left at a low level during the performance avoiding sudden blackouts and darkness which may cause anxiety or stress. There will also be fewer special effects, flashing lights and audience participation, helping to create a more calm and relaxed experience. There will be a less formal atmosphere and a relaxed attitude to noise and movement. Elements of the show will be adapted, dampening the sensory overload without compromising quality.