

A VISUAL GUIDE IS AVAILABLE FOR THIS PERFORMANCE.

It is available on the National Theatre of Scotland website and also from Box Office.

Please ask a member of Ticketing Services staff for more information.

If you have any feedback, please contact us at
access@nationaltheatrescotland.com

VISUAL GUIDE FOR THROWN AT BIRNAM ARTS



I am going to Thrown at Birnam Arts, Station Road, Birnam, Dunkeld, PH8 0DS.



The performance will start at 7.30pm, I should arrive a little earlier than this.

The show will last approximately 1 hour and 20 minutes and will not include an interval break.



This is Birnam Arts where the performance will be taking place.

The main entrance is at the front of the building. I will walk through the white doors to enter the venue.



This is the accessible entrance. I can find it on the right hand side of the main entrance.



This is the Box Office. I can find it at the main entrance door. This is where I can buy tickets or collect prepaid tickets for the show.

If I have an e-ticket on my phone, or already have my paper ticket, I do not need to go to the Box Office.

When I have my tickets, I can go into the theatre.



This is the Foyer. I can find it by following the walkway from the main entrance and turning right, or if I am using the accessible entrance, the Foyer will be straight ahead.

There will be light background music playing, with low lighting. There will also be staff who can help with any questions about the event. It might be quite busy and noisy with other members of the audience.



There is a Café in the Foyer where I can buy drinks and snacks before the show.

I can also take a seat here while I wait for the show.



There are toilets and accessible toilets available past the Café counter on the right hand side.



The door to the auditorium is in the Foyer.

I will not need to use the lift or stairs. All communal areas are on the ground level.

If I need directions at any point, I can ask a member of Front of House staff for help.



Auditorium/ Performance space: I will watch Thrown in this room. There will be seats facing the stage. I can pick any empty seat I want.

The lights will dim when the show is ready to start, and the actors will come on to the stage. The actors won't be able to talk directly to me during the play. They will be in character. I will need to be quiet while watching the show.



If I find sounds or lights disturbing during the show, I can ask a member of staff for earplugs, ear defenders or dark glasses at any time. I will need to return these after the performance.

If I would like to take some time out during the play I may leave at any time and take a break in the Foyer until I am ready to go back in.



At the end of the show the audience will clap to show the actors that they enjoyed the show.

When the clapping has ended, the lights will get brighter. This means the show is over.

I can now leave the theatre.

I should exit back through the way I came in.

THROWN - VISUAL STORY SYNOPSIS

Thrown is a new National Theatre of Scotland production that follows five women who form a team to compete in the ancient sport of Backhold Wrestling. They face challenges of accepting and understanding each other, following their dreams and coming together to win the championship.

Thrown is set at a local gym hall where the main characters train. At various points of the play this space transforms into: a dream WWF wrestling match, a bus stop, one of the character's home and a mini-van. The play is funny and energetic but also touches on issues such as racism, Scottish identity and belonging.

Things to know about the show:

- Loud music and sound effects are used throughout the show. There is a single gunshot sound effect, several loud and long car horn noises, and thud sound effects throughout the performance.
- One of the featured songs has swearing in it.
- Text contains swear words, heated arguments and racial slurs which are performed by the characters and in some of the voiceovers.
- There are moments of darkness onstage and some very bright, sometimes flashing and strobing, lights.
- Haze is used during the performance.
- There are instances of combative wrestling where the women are thrown to the floor.
- The show contains simulated use of hypodermic needles.
- Some characters speak in Gaelic at various points.

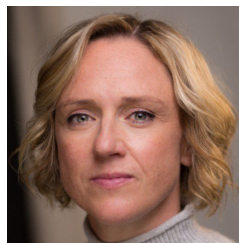
ACTORS AND CHARACTERS



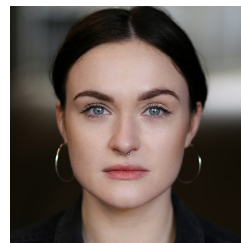
EFÈ AGWELE
Imogen



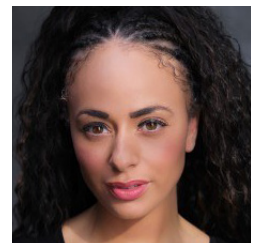
MAUREEN CARR
Helen



LESLEY HART
Pamela



CHLOE-ANN TYLOR
Chantelle



ADIZA SHARDOW
Jo

THROWN - SCENE BREAKDOWN



PRE SHOW

Before the show starts, while the audience enter, 'hype music' will be playing in the background. 'Hype music' is energetic music that gets everyone in the mood to watch the wrestling.



Chantelle has a wild fantasy of being a wrestler called The Tartan Terror with the crowds roaring and cheering her name as she takes the stage. The announcer sees the Bagpipe Bandit causing mischief and starts the fight for them to wrestle. It gets out of control when The Haggis Horror and Chantelle's best friend Jo join the fight.



Chantelle is brought back to reality by Jo who she has dragged along to their local gym hall for their first back-hold wrestling class. Jo is Chantelle's friend but she is sceptical about the class. Jo is driven by her career and shares how she is struggling to step up the ladder.

Chantelle is determined to use footage of wrestling classes to become a social media influencer so she can make money fast and get out of a difficult situation at home.

Timid and nervous, Helen arrives to the class with hopes to push herself out of her comfort zone and prove her husband Jim wrong, that she is full of life with a lot to offer.



Imogen, with her exuberant and positive attitude makes an impression on the women. Raised in England she has returned to her place of birth to absorb the culture and history.

Finally, Pamela, the coach, arrives and is delighted by the turnout of new participants at her class. Their training has officially begun



Pamela drills the women hard to learn the rules and physical demands of the sport that require technique and practice. Surprisingly, the women all take to the sport and adopt the motto: "We will be strong, loud and brutal because fear is worse than fighting".

Over the course of their training and visiting different Scottish Highland Games, Jo and Imogen bond over their shared racial experience. This drives a wedge between Chantelle and Jo impacting their friendship.



Meanwhile Imogen and Pamela argue over period pain highlighting the differences with their relationships with menstruation. This ends on a bitter note as Imogen is left feeling isolated and plays a voice note from her late twin sister.



While training, Helen accidentally sees Pamela's strapping around her chest while she changes. Pamela struggles to tell Helen that she feels neither male nor female. Despite these feelings, Pamela still yearns to birth a child making it even more difficult to understand who she is in this moment. Pamela is also in the process of taking medical treatment requiring injections, which causes terrible bruising. The pain it causes leads to her reluctantly asking Helen to help.

Helen recognises that historically women have had to hide their shame or doubt in secrecy alone, when really what she can do is be there for the women and their individual struggles. She might not understand all their struggles, and they may not always agree with each other, but she recognises that they have become a team.



In the end, all five women enter the field wearing kilts specially made for them by Helen which has a pattern with flaws kept in to reflect the women's unique perspectives and individualities.