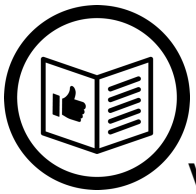
Disciples



Visual Story

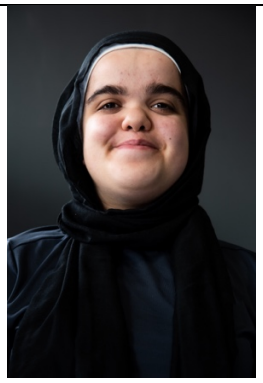
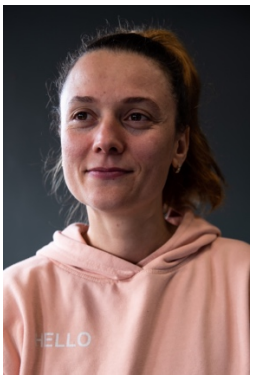
This document will give you a detailed description of what to expect from **Disciples** at Northern Stage. Included is:

1. Pictures of the cast in and out of costume
2. Show notes and helpful information
3. Practical Synopsis
4. Contact Details

1.The Cast

There are five performers in the show. They wear the same costumes throughout.

Emma McCaffrey She/They 	
Sally Clay She/Her 	
Laura Fisher They/She 	
Rana Bader She/Her	

	
Irina Vartopeanu She/Her 	

There is a live choir in the performance. They appear near the beginning of the show. They will look similar to this:

2. Show Notes

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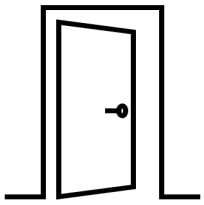 </td>
<td>Relaxed Performance

A relaxed performance will take place on:

Wednesday 8th November @ 7:30pm

This will mean:
• An open-door policy: you can come and go as much as you want or need to.
• Quiet Space available on the mezzanine level.
• A culture of acceptance and respect for however you want to experience the show.
• Movement and noise are welcomed should you need or want to.
• Pre-show information packs are available online and at the welcome desk</td>
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<td>Content and Trigger Warnings
The production includes themes of: Feeling of out of place, ignored and excluded from the current world we live in. It explores a range of emotions including rage, frustration and sadness but also joy, power and faith.

There are moments where characters display feelings of distress. There is one moment where a character will bring a box on stage and smash it.

There is another moment where Emma performs a physically dramatic movement based on her own personal experience.</td>
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	Times The show is at 7.30pm with no scheduled interval. It runs for 1hr 10 minutes.
	Music and sound There is live and recorded music used throughout the performance. Instruments played live are: - Harp - Ukulele There is also vocal noise including speaking, shouting and audible breathing.
	Lighting The lighting shifts throughout the performance. The main colours are - Blue - White - Golden Yellow - Pink There is one section of the show (20mins in) where the lighting flashes bright white. It happens 7 times, with 20-25 second gaps in between each flash. There are no strobe lights used in this performance. Spotlights are used in this performance but only on stage. The do not shine towards the audience. There is a black out at the end of the performance. This means the stage will go completely dark.

The set looks like this throughout the performance:

3.Practical Synopsis

There is a set of stairs on stage and two captioning units, one stage right and one stage left. The backdrop is white with Perspex panels hanging at different heights. You can see reflections in these panels but they are not mirrors.

Irina walks onto the stage and sits on the stairs. Irina is Deaf and will use British sign language to tell the story. She is joined on stage by 3 more performers; Rana, Emma and Laura. They all sit on the stairs.

Sally enters stage right and plays the harp. She is joined by a choir of people from stage left who start to sing. They are holding black books with music in them. They finish singing and exit stage left.

The 5 performers come to the middle of the stage and speak. Music plays and the stage becomes darker. The performers walk in time slowly across the stage and back again. The stage is very dark. The performers continue to walk.

The lights gently come back up and the Sally and Irina speak to the audience. The lights come back up fully and the performers play charades. Irina and Rana come to centre stage. They tell the story. Irina moves stage left and Rana stays centre stage.

Sally comes downstage and begins to play the ukele and sing. Emma and Rana sit on the stairs. There is a Perspex screen behind Sally which you can see her reflection on. Laura and Irina move together across the back of the stage. Sally finishes singing.

All of the performers come on stage. Rana, Sally and Irina sit down. Emma stands and Laura rests on their stick. They all speak to the audience.

The lighting gets darker. Emma runs towards the caption screen on stage left. Music plays. Rana and Irina move. Emma runs centre stage. There is a Perspex screen in front of Rana. The music is loud and the lights change colour between blue and yellow. The music slows down, Emma, Rana and Irina lie on the floor.

The lights change. There is a spotlight down stage right, the rest of the stage is in darkness. Laura, Emma and Sally sit down stage left. Irina sits on the stairs on stage in the dark.

The lighting changes. Lights come up on the stairs and Irina as Sally joins her. The rest of the stage is dark. Sally speaks. Music begins to play. A bright spotlight appears centre stage. All of the performers hold white heavy linen bags. The performers all move individually. Rana and Laura perform a movement sequence together. Everyone else is still.

The music continues. Sally and Irina begin to move. Emma collects all the white bags from stage and puts them on top of the stairs. Emma, Rana, Laura and Irina form a line at the back of the stage and move together. There is shadows on the back wall of the stage due to the lighting. You can see Sally folding a blanket at the front of the stage while the other performers move to the floor. The stage gets darker.

The lights come back up. Laura is sitting on a stool and Irina is sitting on the stairs.

Emma comes centre stage with a white square and a stick. They stand in a spotlight and hit the square with the stick, destroying it. This section of the performance is violent but no one is harmed. There is music playing throughout. Emma looks at what they have done and hands the stick to Laura. Emma sits beside Irina on the stairs. Rana joins them.

Stage management clear away the broken square. Laura sits at the front of the stage. Emma sits on the stairs. Irina walks towards Emma carrying more of the white linen bags. She puts them at the top of the stairs and sits down. Sally plays the harp while Laura speaks. Emma moves in front of the stairs. They are visibly distressed and fall to the floor. They get up and continue to move and make noise. The harp is playing throughout. Emma walks to the back of the stage and the harp music stops

Irina pulls all of the white bags down to the bottom of the stairs from the top. She then slowly pushes them along the floor. Music plays. Sally walks to Laura and takes her hand. They dance together down stage right. Emma sits at the top of the stairs.

Stage management clear a stool from the front of the stage. Irina, Rana, Laura and Sally move to centre stage. Emma joins them speaking. The lighting gets brighter. You can see the clear Perspex panels hanging from the ceiling. The performers move and breathe together. When the performers lie on the floor, music starts and the lights on stage change colour for yellow to pink. The performers move together. During this section of the performance there is

individual vocalisation. This can get loud and can sound like shouting. Rana speaks. The music stops and lights change from pink to golden yellow. The music starts again. The performers are spread around the stage. There is movement

The music stops. Sally and Laura move together, Sally with her cane and Laura with her stick. They stand together.
Music starts. Emma, Rana, Sally and Irina sit on the stairs. Laura dances. She finishes off stage and walks back towards the stairs. All the performers sit on the stairs. Rana speaks.

The stage goes to blackout. This is the end of the performance.

The full company will bow and leave the stage.

4.Contact information

If you would like any more information about Disciples please don't hesitate to get in touch with Barbie Lyon, General Manager, Stellar Quines Theatre Company (barbie@stellarquines.co.uk / 07951 046 446)