

۱۰ راتیں

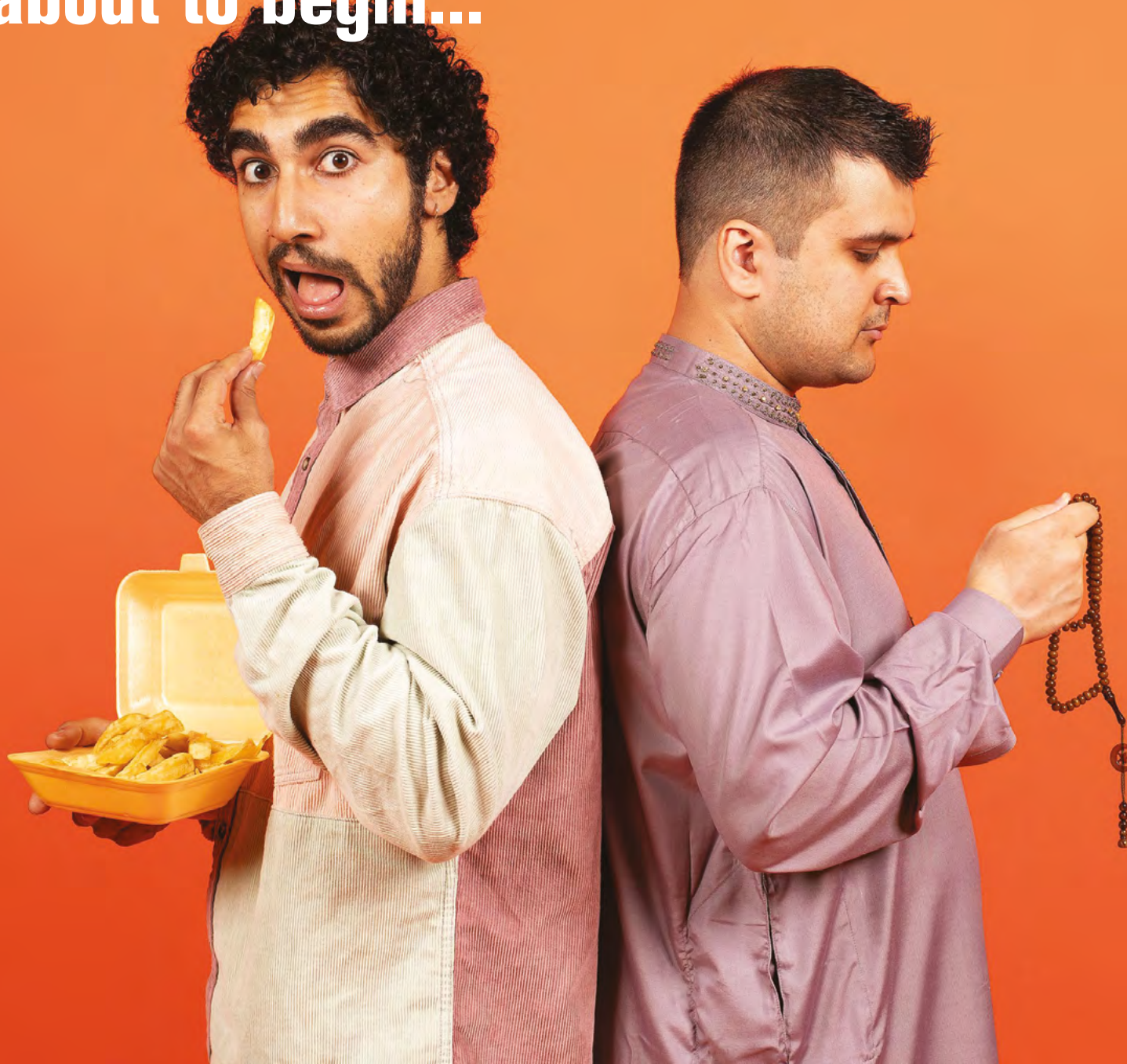
# 10 NIGHTS

## DIGITAL EDUCATION PACKAGE

A Graeae and Tamasha co-production  
in association with Bush Theatre  
October - December 2021

Bush  
Theatre   GRAEae   TAMASHA

**One man's spiritual journey  
is about to begin...**



# CONTENTS

- 04 ABOUT GRAEAE THEATRE COMPANY**
- 06 SOCIAL MODEL**
- 07 ABOUT TAMASHA**
- 08 ABOUT BUSH THEATRE**
- 09 CAST & CREATIVE TEAM**
- 10 DOCUMENTARY & INTERVIEWS**
- 11 MEET THE DESIGNERS**
- 12 PHOTO GALLERY**
- 15 SYNOPSIS, CHARACTERS & GLOSSARY**
- 16 THE SHOW**
- 17 BSL RESOURCES**
- 18 THE WORKSHOP - 10 STAGES OF REFLECTION**
- 19 THANKS & ACKNOWLEDGMENTS**

# ABOUT GRAEAE

## Pronounced - 'Grey-Eye'

**Founded in 1980, Graeae is the original disabled-led theatre company, and remains firmly rooted at the forefront of its field in the UK.**

**Graeae is a force for change in world-class theatre, breaking down barriers, challenging preconceptions, championing diversity across the sector and boldly placing Deaf, disabled and neurodivergent artists centre stage.**

## MEANING BEHIND THE GRAEAE NAME

The Graeae were three sisters in Greek Mythology. Their names were Deino, which means 'dread', Enyo which means 'horror' and Pemphredo which means, 'alarm'. Between them they share one eye and one tooth. They were grey, old and worn out and they took it in turns using their shared eye and tooth.

The Graeae had a secret, they knew the locations of the cave where the Gorgon Medusa could be found, and The Hero Perseus wanted this information. One day, whilst the sisters were passing their eye around to one another, Perseus grabbed it and stole it, refusing to give it back until they told him their secret. He was desperate to know where Medusa was because he had been sent on a quest to find her and behead her. Of course, they told Perseus their secret, but we cannot be sure if the sisters ever got their eye back!

Graeae Theatre Company is named after the three sisters because the company is grounded in working together and sharing resources.

Image: Peter Blake Illustration of the Graeae Sisters and Perseus

**Click [here](#) to the animated version of the story.**

**Artistically led by Jenny Sealey, Graeae is known for the compelling creative integration of sign language, captioning and audio description, which engages brilliantly with both disabled and non-disabled audiences.**

**Graeae is all about access, whilst cultivating and championing Deaf, disabled and neurodivergent artists at all stages of their careers.**

**Championing accessibility and providing a platform for new generations of artists, Graeae leads the way in pioneering, trail-blazing theatre both in the UK and internationally.**

Image: Jenny Sealey MBE, CEO and Artistic Director of Graeae.

**Click [here](#) to find the Graeae Showreel.**

## WHERE IS GRAEAE?

It is no surprise that Graeae's home at Bradbury Studios in Hackney, East London, sets the benchmark for inclusive practice. The award-winning building, the first of its kind in the UK, has creative access at the core of its design. From tactile flooring to sensitive heating systems, the Graeae offices and studio space are sophisticated and urban... a world away from the kind of institutional buildings often associated with access standards.

## ACCESS

Graeae is committed to inclusive working practice for the artists and staff with whom they work with, and an accessible theatrical experience for its audiences.

Graeae achieves this through collaboration and consultation with Deaf, disabled and neurodivergent artists and staff. For each project and working situation, the company provide bespoke access solutions, for example confirming wheelchair-accessible venues for productions and

Image: Bradbury Studios, home to Graeae Theatre Company.

To learn more about Graeae, pop over to their website [graeae.org](https://graeae.org)

 <https://twitter.com/graeae>

 <https://www.facebook.com/graeae/>

 <https://www.youtube.com/user/graeaeatrecompany>

 <https://www.instagram.com/graeaeatrecompany/>

For more amazing videos about Graeae's work, visit their digital Library here  
[\*\*Graeae.org/beyond-online\*\*](https://graeae.org/beyond-online)



workshops, coordinating the provision of access support workers and British Sign Language interpreters, or arranging adaptive technology to facilitate the creative process.

Access is a basic right and requirement, a continually evolving methodology that enhances the theatrical and professional landscape. Accessibility enables theatre practitioners and audiences to create, engage with and enjoy our work.

# SOCIAL MODEL OF DISABILITY

**The Social Model of Disability is a way of understanding how people become disabled by inaccessible surroundings and attitudes, rather than by impairments or conditions.**

For example, a train station with information boards but no audio announcements will stop a blind passenger from receiving information that everyone else can access. This is what disables that passenger - not the fact that they are blind.

The Social Model is an alternative to the Medical Model, which works on the idea that it is people's impairments or conditions that disable them, and the answer is to "fix" disabled people so they are no longer disabled.

People can be disabled in a range of ways - by inaccessible environments, by people's attitudes and behaviours, and by the way society is set up. Understanding this helps us change things to be more accessible.

The Social Model is also part of what language is used. Rather than a person "having a disability", a person is disabled. This reflects how disability is a result of outside influence.

# INCLUSIVE LANGUAGE

It is so important to be mindful of the language that we use, ensuring that it is in line with the social model of disability and that it is respectful.

**You can find out more about Access and the Social Model below**

**<https://graeae.org/about/access/>**





# TAMASHA

**...causing a commotion since 1989!**

**Tamasha's mission is to create a home for a new generation of ethnically diverse artists, enabling them to create the most powerful stories and move, provoke and inspire audiences across the UK.**

Whilst throwing the spotlight onto the stories that are otherwise kept in the shadows, Tamasha nurture talent and provide a creative home for emerging and established artists, challenging perceptions and sparking questions.

Three decades of experience gives Tamasha depth, strength and confidence to pursue ambitious dreams with landmark productions that include *East is East* (1996), *Snookered* (2012), *My name is...* (2014), *Made in India* (2017), *Does My Bomb Look Big In This?* (2019) and *I Wanna Be Yours* (2019) winning acclaim from audiences and critics alike.

To learn more about Tamasha,  
pop over to their website

**[tamasha.org.uk](https://www.tamasha.org.uk)**



 <https://twitter.com/tamashatheatre>

 <https://www.facebook.com/tamashatheatre/>

 <https://www.instagram.com/tamashatheatrecompany/>

 <https://www.youtube.com/user/TamashaBlog>

# Bush Theatre

## ABOUT BUSH THEATRE

**Bush Theatre is a world-famous home for new plays and an internationally renowned champion of playwrights.**

They discover, nurture and produce the best new playwrights from the widest range of backgrounds, and present their work to the highest possible standards. They look for exciting new voices that tell contemporary stories with wit, style and passion and champion work that is both provocative and entertaining.

Bush has produced hundreds of ground breaking premieres since its inception in 1972, many of them Bush commissions, and hosted guest productions by leading companies and artists from across the world.

**To learn more about Bush Theatre, pop over to their website**

**<https://www.bushtheatre.co.uk/>**

**Click here for a virtual journey into Bush Theatre**

 <https://twitter.com/bushtheatre>

 <https://www.facebook.com/bushtheatre>

 <https://www.instagram.com/bushtheatre/>

 <https://www.youtube.com/user/bushtheatre>





# CAST & CREATIVE TEAM

## CAST:

Yasser, Zaqi Ismail  
Aftab, Safyan Iqbal  
Aneela (Performance interpreter),  
Sumayya Si-Tayeb / Chandrika Gopalakrishnan

## CREATIVE TEAM:

Writer, Shahid Iqbal Khan  
Director, Kash Arshad,  
Associate Director, Lilac Yosiphon  
Designer, Khadija Raza  
Lighting Designer, Sara Burns  
Sound Designer, Sarah Sayeed  
AV Designer / Consultant, Reuben Cook  
Movement Director, Jennifer Kay  
Dramaturg, Oladipo Agboluaje  
Casting Director, Sarah Hughes

## PRODUCTION TEAM:

Production Manager, Callum Finn  
Stage Manager, Gemma Scott  
Film maker, Suki Mok  
Producers for Graeae, Lizzy Luxford and Hetty Shand  
Producer for Tamasha, Debo Adebayo,  
Producer for Bush Theatre, Oscar Owen

## ACCESS TEAM:

Sign language interpreters, Yasmin Al-Kalamchi, Amy Astley, Barry Alan Davey, Sandy Deo, Chandrika Gopalakrishnan, Erin Hutching, Jade Odle, Sumayya Si-Tayeb, Beverley Wilson.  
BSL / Linguistics Consultant, Daryl Jackson  
BSL Islamic Advisor, Khalid Ashraf  
Audio Description consultant, Gurpreet Singh

**Image: Cast and creative team for *10 Nights***

## WITH THANKS TO:

Kate Baiden and Chloe Todd-Fordham  
*10 Nights* audience development focus group:  
Sahera Khan, Paizah Malek, Shuhel Miah,  
Shamima Noor, Fatima Serghini, Sona Datta.



# DOCUMENTARY & INTERVIEWS

Click below to watch the *10 Nights* documentary where you will meet some of the creative team and learn more about the process behind the show.



Click [here](#) to read the interview with Director Kash and Associate Director Lilac

Click [here](#) for Large Print copy

Click [here](#) to read the interview with actors Zaqi and Safyan

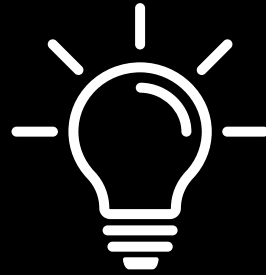
Click [here](#) for Large Print copy



# MEET THE DESIGNERS

## **10 Nights Lighting Designer - Sara Burns**

Click [here](#) to find some of the inspiration for the lighting design of *10 Nights*.



## **10 Nights Set & Costume Designer - Khadija Raza**

Check out some of the inspiration for the set and costume design for *10 Nights*.

Click [here](#) for set and costume design inspiration

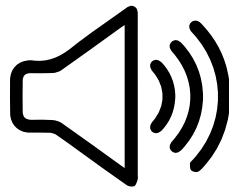


## **10 Nights Sound Designer - Sarah Sayeed**

Click below to read an Interview and get tips, exercises and insights from Sarah Sayeed.

Click [here](#) for Sound design with Sarah Sayeed

Click [here](#) for Large Print copy



Click below for design tips, exercises and insights from Khadija Raza.

Click [here](#) for Set and Costume design with Khadija Raza

Click [here](#) for Large Print copy

# PHOTO GALLERY

Actors Zaqi Ismail & Safyan Iqbal in the rehearsal room - photo credit Henri T.

**Above:** Director Kash watches over the rehearsal room as actors rehearse,  
**below:** Sign language interpreter, Samayya Si-Tayeb signs - photo credits Henri T.

Actor Safyan Iqbal reads from his script - photo credit Henri T.

**Above:** Actor Zaqi Ismail reads from his script,  
**below:** Laughter in the rehearsal room - photo credits Henri T

**Above:** Actor Safyan Iqbal learning lines in the rehearsal room,  
**below:** Actor Zaqi Ismail and Safyan in the rehearsal room - photo credits Henri T.

**Above:** Actor Zaqi Ismail playing Yasser on stage in *10 Nights*,  
**below:** Actor Zaqi Ismail playing Yasser, Safyan Iqbal playing Aftab and  
Performance Interpreter Samayya Si-Tayeb playing Aneela are on stage -  
photo credits Ali Wright.

**Above:** Actor Zaqi Ismail playing Yasser and Safyan Iqbal playing Aftab on stage,  
**below:** Actor Zaqi Ismail playing Yasser in *10 Nights* - photo credits Ali Wright.



# SYNOPSIS, CHARACTERS & GLOSSARY

In this performance you will come across many Arabic and Urdu words and character names. Play these videos to familiarise yourself with the words, character sign names and creative BSL used in this performance.

Click to find a character name video

Click to find a glossary video

Download and print synopsis [here](#)

Download and print Large Print Synopsis [here](#)

Download and print the Easy-read Synopsis [here](#)

Download and print Glossary [here](#)

Download and print Large Print Glossary [here](#)



## CHARACTERS WE MEET IN THE PLAY

**Aftab** - male - Yasser's friend who died in a car accident whilst driving when drunk. He appears in the script as visions and flashbacks and in this Graeae and Tamasha production of *10 Nights* Aftab appears on stage.

**Aneela** - female - Aftab's girlfriend who Yasser and Usman talk about in the play. In this Graeae and Tamasha production of *10 Nights*, the BSL performer plays the character of Aneela.

**Chacha Bareed** - male - fellow Muslim brother whose space at the Mosque for Itikaf is offered to Yasser.

**Dad** - male - Yasser's dad.

**Hakim Uncle** - male - an Uncle.

**Hamid Uncle** - male - an Uncle we meet at the end of the play.

**Jamaati** - a group of people who travel from Mosque to Mosque and help guide people in their journey of Islamic faith.

**Salah** - male - a fellow Muslim man who Yasser can turn to for help and guidance, he is also practicing Itikaf.

**Usman** - male - A friend that Yasser used to spend more time with, in the play we learn about their past and they mend their relationship.

**Ustaadji** - an Islamic Teacher.

**Yasser** - male - 28 - main character who tells his story and experience of practicing Itikaf.

**Zaakir** - male - Yasser's friend.

# THE SHOW

## TRIGGER WARNINGS!

**This play contains strong language.**

**There will be reference to alcohol abuse and death caused by drink driving.**

**There is reference to fighting and physical violence.**

**There is reference to seizures and ill health.**

## PRE-SHOW INFORMATION

- *10 Nights* is written as a one-person play.
- It tells Yasser's story as he practices Itikaf.
- This production has 3 performers.
- Yasser tells his story with a performance sign language interpreter, who features in Yasser's mind.
- The performance sign language interpreter also features as Aneela.
- Aftab, Yasser's friend, also features throughout the play.
- Aftab is silent and exists inside Yasser's mind, sometimes he is on stage and at other times he is not.

Click [here](#) for preshow Audio Description



# BRITISH SIGN LANGUAGE RESOURCES

Did you know that there are over 150,000 BSL users in the UK?

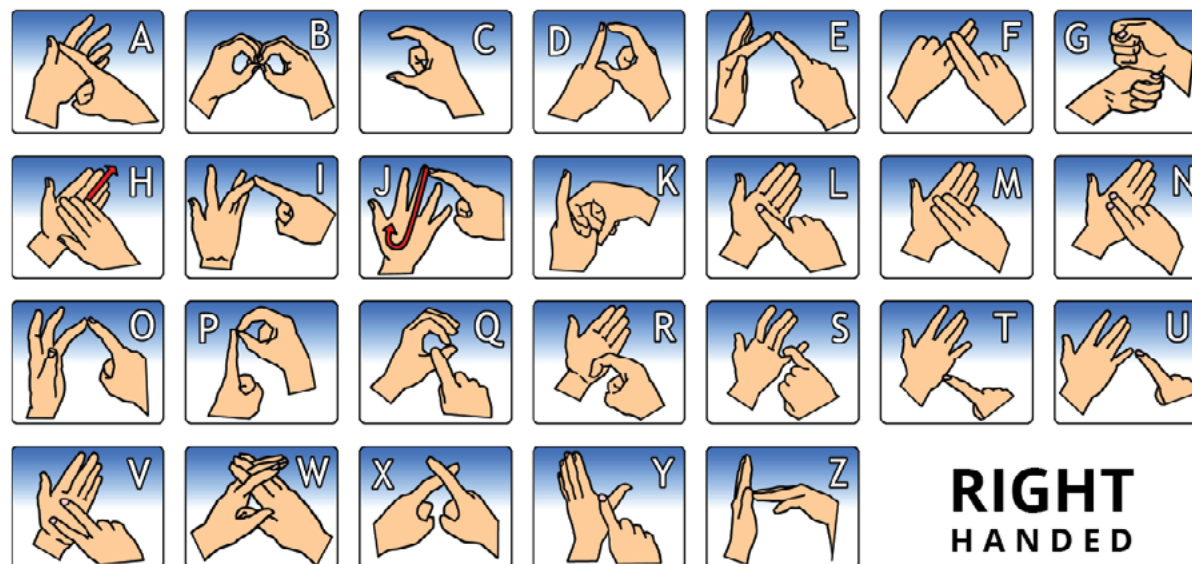
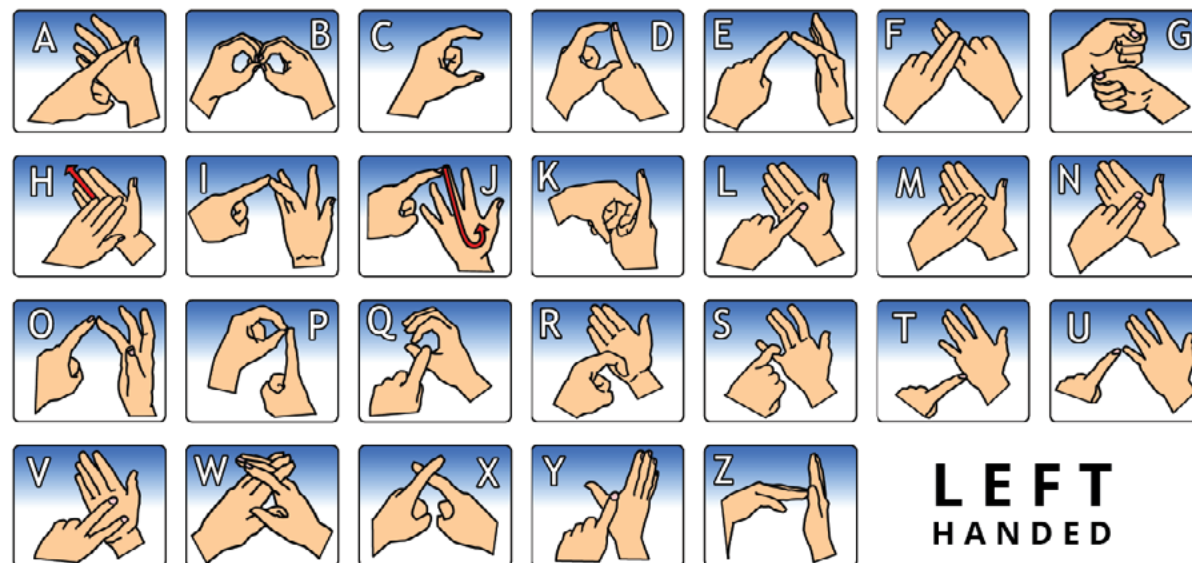
If you don't know any of this wonderful language, a really good place to start is by learning the BSL alphabet. BSL will look different for different people and you lead with your dominant hand, that's whatever hand feels more comfortable for you.

[Click to view BSL Alphabet video](#)

You can also learn a few theatre key words in BSL here, with Actor Nadeem Islam.

[Click to view Nadeem Islam](#)

## BSL FINGERSPELLING ALPHABET



Learn more about sign language at [british-sign.co.uk](http://british-sign.co.uk)

# WORKSHOP: 10 STAGES OF REFLECTION

Below you will find step by step videos explaining each stage of the *10 Nights* digital workshop, just click on each step.

We thank and acknowledge the following people for their input in developing and delivering this digital workshop: Ayzah Ahmed, Josh Elliott, Maristella Farina, Safyan Iqbal, Sahera Khan and Shahid Iqbal Khan.

Notes and guidance for facilitators can be downloaded and printed [here](#)



# ACKNOWLEDGMENTS

## WITH MANY THANKS TO THE FOLLOWING PEOPLE

### GRAEAE EDUCATION LIVE & DIGITAL DELIVERY TEAM

Ayzah Ahmed, Charlotte McCabe, Jodi-Alissa Bickerton, Josh Elliott, Josiah Green-Moth, Maristella Farina, Safyan Iqbal, Sahera Khan, Shahid Iqbal Khan, Mette Philipsen

### FILM MAKERS

Suki Mok, Øyvind Aamli, Charlotte McCabe, Safyan Iqbal

### VOICE OVERS

Chandrika Gopalakrishnan, Liam Jones-McCabe

### AUDIO DESCRIPTION

Maristella Farina

### ACCESS TEAM

#### BRITISH SIGN LANGUAGE INTERPRETERS

Amy Astley, Chandrika Gopalakrishnan, Jade Odle, Karen Houlihan, Max Marchewicz, Peter Abraham, Sandy Deo

#### SPEECH-TO-TEXT REPORTERS

Alison Stockwell, Gillian Croft, Julia Jacobie, Norma MacHaye

#### ACCESS SUPPORT WORKERS

Maristella Farina, Siobhán Wedgeworth

*10 Nights* and this education pack has been made possible with generous funding from Esmée Fairbairn Foundation and The Garfield Weston Foundation.



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

