

GRAEae40

CELEBRATING *FOUR* DECADES

The Paradis Files contains references to some distressing topics, including physical violence, sexual abuse, baby loss, bereavement, ableism and graphic depictions of seventeenth century 'cures' for blindness, including compression of the optic nerve, bleeding with pins and electric shock.

Glossary of terms:

Ableism

discrimination against disabled people or people who someone believes to be disabled

Baby loss

includes loss during and after pregnancy, stillbirth, miscarriage, neonatal death and SIDS.

Bereavement

the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss.

Physical violence

when someone hurts or harms someone on purpose.

Premature birth

When a baby is born too early, before 37 weeks of pregnancy. Very early babies will need specialist medical care.

Sexual abuse

Unwanted sexual touch, this means without consent. Includes rape, sexual assault, sexual violence and others.

Stillbirth

A stillbirth is the death of a baby after 24 weeks of pregnancy but before birth.

Words and phrases used in this production include:

Theresia: You kicked your way out too soon, // And I'll never see you grow.

Theresia: You prayed that my child was dead.

Gerda: You prayed that her child would die.

Baroness & Theresia: It was a blessing // That my child was dead.

Gerda: Breathe, cry, say your goodbye // The time will come// Not now, but one day //A child will breathe// One day// One day you'll hear it breathe// One day you'll hear it cry// Breathe and cry, breathe and cry.

Baroness: The pain inside// Stillbirth.

Baroness and Theresia: After stillbirth...

Baroness: That was later// Later I wished you dead// The day you lost your sight.

For more information or support:

<https://www.tommys.org/baby-loss-support>

<https://www.sands.org.uk>

<https://www.bliss.org.uk/>

<https://www.mind.org.uk>

<https://www.cruse.org.uk/>

<https://www.nationaldahelpline.org.uk/>

<https://www.refuge.org.uk/>

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