

Self-Raising Content Notes

This show contains potentially distressing themes, including a reference to abuse, strong language and audience interaction.

A more detailed list is below:

- Audism
- Being deaf in a hearing family
- Abuse
- Trying to cure deafness
- Adoption
- Secrets in the family
- Death and bereavement

If you would like to discuss the content information before the show, there will be a member of Graeae staff available front of house at the Access Table.

You can also find more information on the themes in the show by visiting:

[AtaLoss](#)

[Cruse Bereavement Support](#)

[Samaritans](#)

[The Good Grief Trust](#)

[SignHealth](#)

[SHOUT - 85258](#)

[The Survivors Trust](#)

Please note that the flour bags used in this show contain real flour.

The loose flour is gluten-free. Please speak to a member of staff at the Access Table if you have any questions.