**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](https://www.ataloss.org/)

[Cruse Bereavement Support](https://www.cruse.org.uk/)

[Samaritans](https://www.samaritans.org/)

[The Good Grief Trust](https://www.thegoodgrieftrust.org/)

[SignHealth](https://signhealth.org.uk/)

[SHOUT - 85258](https://giveusashout.org/)

[The Survivors Trust](https://www.thesurvivorstrust.org/)

**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.