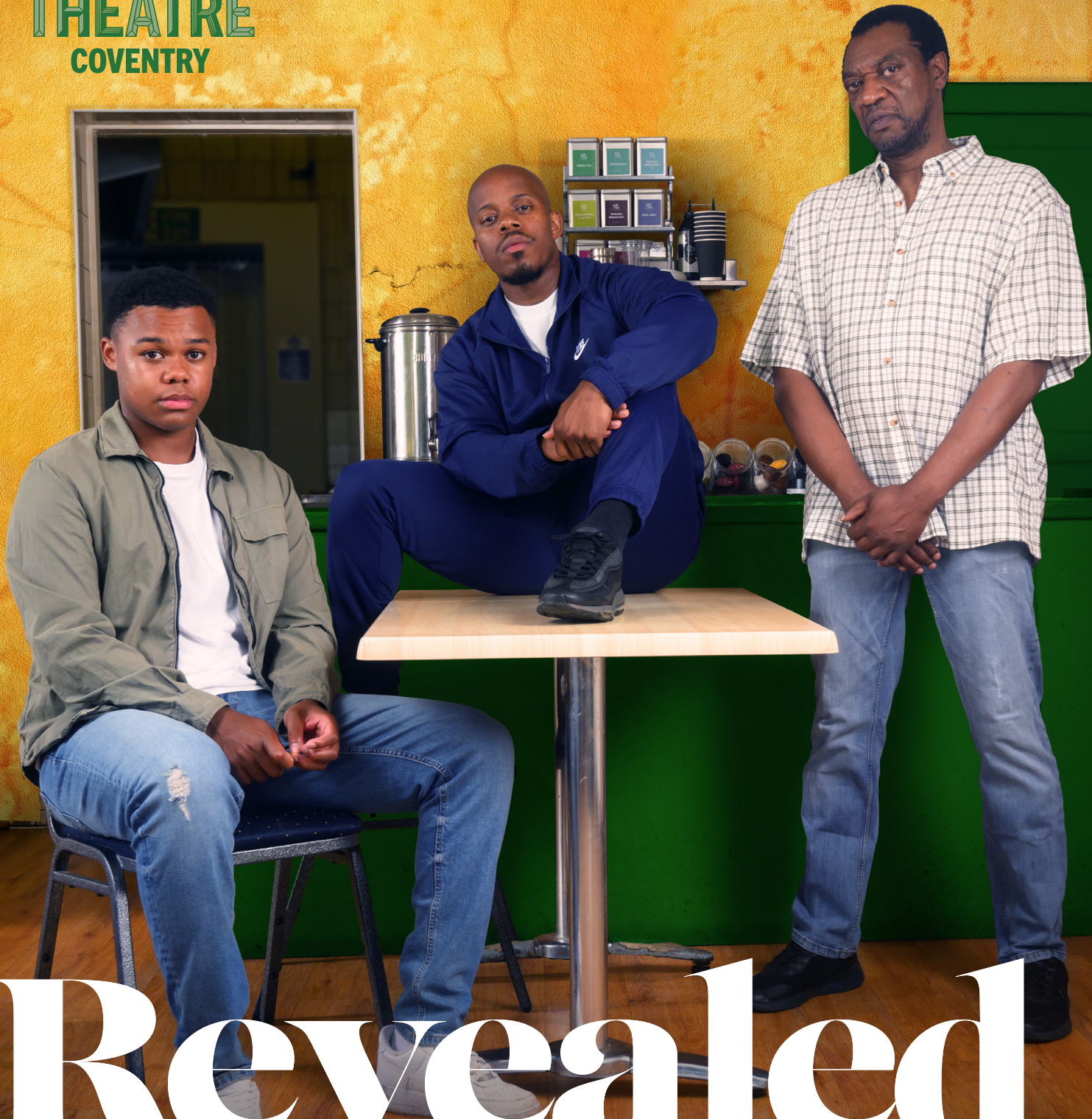


THE
BELGRADE
THEATRE
COVENTRY



Revealed Well-Being Pack

**SERVICES AND RESOURCES TO SUPPORT MENTAL
HEALTH AND WELL-BEING**

About this resource

This well-being pack is designed to support audiences engaging with the Belgrade Theatre's production of Revealed, particularly those who might be affected by its themes or content. The resource holds information about where to find support should you need it.

If you need a copy of this pack in large print or in different colour paper, please contact communityadmin@belgrade.co.uk

This production has been supported by Coventry and Warwickshire Mind. They, along with The Red Earth Collective, have helped develop this resource to help enable audiences to check in with their emotional well-being after the production.

For more information about the Belgrade's work please visit www.belgrade.co.uk

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Content Advisories

Revealed contains:

- racist and homophobic language
- violence
- descriptions of domestic violence
- descriptions of mental illness
- descriptions of police brutality



Synopsis of the Play

It's 2022 and the aftereffects of Covid-19 are still very present. With the death of George Floyd and BLM protests slowly fading into just another historical event for future Black History Month timelines and lesson plans, a recent incident in custody of a Midlands based college student, Jerome Manners, has stunned everyone, once again... This time resulting in violent protests across the whole of the UK.

'LoveIT' Jamaican restaurant and takeaway - a spirited restaurant in the heart of Birmingham's inner city... full of laughter, exaggerated stories, and the sweet smell of fresh Caribbean cuisine, has been struggling for a while now. As violence between the authorities and members of the Black community erupts within the area and moves towards the 'LoveIT' restaurant, co-owners Malcolm Lovett, his Father Sidney Lovett and Malcolm's son Luther are safe inside... or so they think.

With constant newsfeeds coming in via social media, informing them about the current crisis sweeping rapidly throughout the nation and with tensions extremely high, a frustrated Malcolm is still very keen to re-purpose and modernise the restaurant. A passion filled strategy to reconnect with customers and save what he calls a "failing business." In fact, he wants to

start now! And has arrived from out of the chaos, with dozens of boxes filled with new and exciting gadgets, ready for renovation. However, a stubborn and 'oldschool' Sidney is unmoving in his desire to keep things as they are so he can cling to the nostalgic haven his parents built when they arrived from Jamaica in the 50's. Then there's Luther... A fashion student, who also works part time at the restaurant... Even though he has a closer relationship with Sidney, he feels like he is always getting caught in the middle of his Father's and Granddad's battles of pride.

In an attempt to still be safe, the unstable family are stuck within the four walls of 'LoveIT's' as they also process, what can only be described as a traumatic and sad day for Britain. As their conversations become increasingly heated and animated, the trapped family members begin to "tell it like it is." With emotions bursting at the seams, they all begin to share how they truly feel about Jerome's death, the realities of being Black in Britain, modern day manhood, mental health, and each other.

Amid the debate, laughter, and harsh words, it suddenly all becomes too much for a vulnerable Luther. Especially after years of feeling like he can never live up to

his father's expectations. He decides, in the heat of a moment, to reveal a secret that he has been hiding for months. This disclosure totally catches Malcolm and Sidney off guard and leaves them in utter shock.

With Sidney being the eldest and wisest out of the three, he swiftly collects his thoughts and emotions and offers an overwhelmed yet liberated Luther a listening ear, some sound advice, and a shoulder to cry on. However, to everyone's detriment, Malcolm's unbridled rage eventually leads the family on a journey that forces Luther to break down and run out into the heart of the riot that is now outside the restaurant.

What follows is an edgy and abstract conclusion that provides these men with a unique and profound insight into three generations of anger, grief, survival, and hope for a better future.

Revealed is a powerful drama that shines a truthful light on what Black Men think and feel but do not often say. It also exposes the consequences of neglect and the power of Love.



Tips for looking after yourself

Take a break:

Remember that you're in control. If you need to step away, you can take a break at any time. Our Front of House team are on hand if you want to leave.

Remember your breathing:

Regulating your breathing is a simple and effective way to help you feel calm. Try taking deep breaths in and out, breathing in through your nose for four seconds and out through your mouth for four seconds.

Ground yourself:

If you feel anxious or uncomfortable at any point during or after the show, you can help to ground yourself by focusing on your senses. Acknowledge 5 things you can see around you, 4 things you can hear, 3 things you can touch (your clothing, the seat you're sitting in etc.), 2 things you can smell, and 1 thing you can taste.

Try mindfulness:

Mindfulness is a technique you can learn. It involves making a special effort to notice what's happening in the present moment – without judging anything. It aims to help you feel calmer, manage your thoughts, and be kinder towards yourself. See Mind's pages on mindfulness for more information: <https://www.mind.org.uk/information-support/drug-sand-treatments/mindfulness/about-mindfulness/>

Make use of resources:

There are some tools, activities and resources which are designed to support creative response and reflection around your engagement with the play and its themes. You can find these on the last page of this pack.

Gather your thoughts:

The B2 auditorium will remain open for 15 minutes after the show should you wish to gather your thoughts and remain in the space.

Talk to someone:

Talk to someone you trust about how you're feeling. Alternatively, after certain performances, representatives from Coventry & Warwickshire MIND will also be in our upstairs foyer pre- and post-show should you wish to talk to someone in confidence.

Signposting for support services and resources

Mental Health Support

Coventry and Warwickshire Mind offers a range of mental health services, including counselling, crisis support, and mental well-being initiatives. Contact Number: 024 7655 2847. <https://www.cwmind.org.uk/>

Out in Cov: This service has been running for over 10 years supporting the most vulnerable within our community – LGBTQ+ Asylum seekers and refugees. <https://www.outincov.org/>

Young Black Men's Service: The Young Black Men's Service, provided by Coventry and Warwickshire Mind, offers tailored mental health support specifically for young Black men aged 11 to 30. For more information or to get in touch, you can contact 07970 407 640

Wellbeing and Recovery Academy: Working across Coventry and Warwickshire, provides free courses and workshops to help individuals with their mental health and wellbeing. Contact them at 0300 303 2626 or email recovery.academy@covwarkpt.nhs.uk

The Positive Youth Foundation in Coventry supports vulnerable young people through sports, creative arts, and personal development programmes. Contact them at 024 7615 8550 or email info@positiveyouthfoundation.org

The Tamarind Centre in Coventry offers culturally sensitive mental health and wellbeing support, specifically tailored for African, Caribbean, Asian, and dual heritage communities. You can contact them at 024 7622 7712 or via email at tamarindcentre@gmail.com

Catalyst 4 Change: West Midlands African and Caribbean Mental Health Hub that aims to improve mental health services and experiences of African and Caribbean people living in the West Midlands. <https://www.catalyst4change.org.uk/>

The Black, African & Asian Therapy Network provides Black, African, Asian and Caribbean communities in the UK with access to relevant resources, events and therapy services that support and improve their mental and emotional wellbeing. <https://www.baatn.org.uk/>

If you're in crisis, please contact:

NHS Crisis Line – 111 & select 'mental health' (free urgent mental health support available 24/7)

Samaritans – 116 123 (free 24 hour helpline)

CALM (for men) – 0800 58 58 58 (open from 5pm to midnight every day)

Papyrus (under 35s) – 0800 060 4141 (young suicide prevention open 9am to midnight every day)

YoungMinds (young people & parents) – Crisis Messenger text YM to 85258 (available 24/7). Parent Helpline 0808 802 5544 (Mon-Fri from 9.30am to 4pm)

Support for Police Brutality and Misconduct

Victim Support offers services for victims of all types of crimes, including police misconduct. Support Line: 080 8168 9111. Local Warwickshire Team: 019 2635 8060. Local Coventry Team: 030 0303 1977

StopWatch UK is a national organization with local initiatives in Coventry and Warwickshire focused on challenging disproportionate stop and search practices and police misconduct. Contact Number: 020 8226 5737

Liberty Human Rights works nationwide and has outreach services in the West Midlands, focusing on safeguarding the rights of individuals subjected to police misconduct. Contact Number: 020 7403 3888

Remedi is a charity that provides support for victims of hate crimes in Coventry and the West Midlands. For assistance, you can contact Remedi by calling their freephone number at 0800 488 0894 or via email at rj@remediuk.org

Family/Home Violence

Refuge Domestic Violence Service Warwickshire provides support for individuals and families facing domestic violence. You can reach their helpline at 080 0408 1552 for confidential help.

Valley House is a charity based in Coventry that provides tailored support services for individuals affected by domestic abuse. They offer safe accommodation, emotional and practical support, and access to counseling services. you can contact them at 024 7626 6280 or via email at info@valleyhouse.org.uk

Panahghar offers free, multilingual support, advice, and advocacy for victims of domestic abuse, gendered abuse, and sexual abuse in Coventry and Leicester. They provide access to safe refuges and a dedicated helpline available 24/7 at 080 0055 6519. Their services focus on culturally sensitive assistance for BME individuals and families. <https://www.safehouse.org.uk/>

National and Regional Resources:

Bayo: a space to find collectives, organisations and services from across the UK – run by and for the Black community – to support our mental health and wellbeing. <https://www.bayo.uk/>

BLKOUT UK: a not-for-profit social enterprise, and media/arts collective, run and owned by a collective of Black bi, gay and/or trans men based in the UK. <https://blkoutuk.com/>

Pattigift: A community-focused provider of African-centred therapy and accredited courses in African psychological skills, knowledge, and awareness. <https://www.pattigifttherapy.com/>

Ideas for creative engagement/reflections

Get creative:

Getting creative can help you express thoughts and feelings that are weighing on your mind. You could use dancing, making music, painting, poetry, writing or any other creative activity.

Take time to celebrate all parts of your identity:

You could spend time thinking about what makes you happy and what you value in life. You may also find it helpful to connect with people who share your racial identity, to enjoy and celebrate your culture.

Your ideal life in three acts:

Take time to think about the story of your ideal life in three acts, as though it was a play: Write a statement about:

- Past dreams achieved
- Present situation (good and bad parts)
- Your ideal future

You can keep this for yourself or share it with someone else. In focusing on your ideal life and visioning your ideal future can support a positive perspective about what you can achieve.

Think of your own self-care tip:

Think about a top self-care tip to deal with difficult moments or relationship struggles. You could share your tip with a family member or friend.

Read a book or listen to a podcast:

Take time to read a book or listen to a podcast. A recommendation from our friends at Red Earth:

Self-Care for Black Men: 100 Ways to Heal and Liberate by Jor El Caraballo: audiobook link [here](#).



Thanks

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