



The Nottingham

New Theatre

**Welfare Resources
Pack**

A note from your Coordinators and Secretary

Hello!

This pack has been created to give you some initial ideas of how to deal with any difficult welfare aspects to your show. These resources can be used to help your show at any point - from proposals all the way through to your get out at the end of your run.

This pack is not exhaustive. It covers a lot of the most common themes that we see in productions at the Nottingham New Theatre. However, this is not a full checklist of everything that should be considered from a welfare perspective. Please still consider your show's welfare carefully. If you think something may be a welfare issue, it should be included in the proposal form and dealt with appropriately throughout putting on your show. If you need any help with this, please contact your relevant Season Coordinator or the Secretary.

This pack is to be used as a starting point. This is especially relevant for proposal forms. We ask teams to consider the welfare for their show in detail so that they can prove to us that they are able to handle the content of the show in a safe and sensitive manner. Only filling out the Content Warnings and Welfare Considerations section of the proposal form with links that we have provided here **will not be considered an appropriate answer.**

We expect that each team will:

- Build upon the basic resources provided below with their own;
- Make any contact with relevant organisations, charities or Students' Union officers themselves;
- Contextualise all welfare plans to be specific to the show.

We then expect these detailed plans to be followed throughout the show being put on.

We hope this helps!

Jess, Dan and Grace

In House Coordinator, Fringe Coordinator and Secretary

Mental health

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

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

Nightline: <http://www.nottinghamnightline.co.uk/>

NHS: <https://www.england.nhs.uk/mental-health/>

LGBT Issues

LGBT Officer: James ([sulgbtofficer@nottingham.ac.uk](mailto:sulgbt officer@nottingham.ac.uk))

Stonewall: <https://www.stonewall.org.uk/>

Gender Trust: <http://www.gendertrust.org.uk/>

Galop: <http://www.galop.org.uk/>

Violence and abuse

Women's Aid: <https://www.womensaid.org.uk/> (Domestic violence)

Equation: <https://www.equation.org.uk/about/> (Domestic and sexual violence)

The Survivors Trust: <http://thesurvivorstrust.org/> (Rape and Sexual Violence)

NSPCC: <https://www.nspcc.org.uk/> (Child abuse)

Racism

BME Officer: Malak (submeofficer@nottingham.ac.uk)

The Red Card: <http://www.theredcard.org/>

SARI (Stand Against Racism & Inequality): <https://www.sariweb.org.uk/>

Death

Papyrus: <https://papyrus-uk.org/> (Suicide)

Cruse Bereavement Care: <https://www.cruse.org.uk/> (Grief)

NHS: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Addiction

Action on Addiction: <https://www.actiononaddiction.org.uk/>

FRANK: <https://www.talktofrank.com/>

Drink Aware: <https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/mental-health/alcohol-dependence/>

Bullying

Bullying UK: <https://www.bullying.co.uk/>

World Events

Holocaust Educational Trust: <https://www.het.org.uk/>

Since 9/11: <https://since911.com/>

Refugee Action: <https://www.refugee-action.org.uk/>

Medical

Cancer Research: <https://www.cancerresearchuk.org/>

Marie Curie: <https://www.mariecurie.org.uk/>