

Hold Tight has been made in response to the past three years of isolation and dislocation – a period where global events have been at the forefront of everyone's lives.

The production is suitable for audiences 14+ and contains images, sounds and scenes that some people may find upsetting. There are references to war, violence, suffering, death and sexual assault, loud sounds of gunfire and shouting in the work.

If you are affected by the themes, need support or know someone who may need support, the following organisations may be of use:

Samaritans: If you need someone to talk to, we listen

www.samaritans.org **T: 116 123**

NSPCC: The UK Children's Charity

nspcc.org.uk **T: 0808 800 5000**

Childline: Support and Advice for Children

childline.org.uk **T: 0800 1111**

Refuge: National Domestic Abuse Helpline for women and children

refuge.org.uk **T: 0808 2000 247**

Barnardo's Ukrainian Support Helpline: The war and violence in Ukraine has caused families to forcibly leave their homes, in search of safety, with many arriving to the UK

www.barnardos.org.uk **T: 0800 148 8586**

Covid: Aid: A community space for those affected by Covid-19 issues including Long Covid, loss, grief, & trauma

community.covidaidcharity.org