

# NIGHT SHIFT

Trigger Warning Report  
(In chronological order)

Contains strong language

General trigger warnings: descriptions of death, depictions of medical emergencies and hospital settings, drug use, mental ill health, depictions of audism and ableism

\*Whilst great care has been taken to ensure these timings are accurate, due to the nature of live theatre they may be subject to slight variation with each performance.\*

03:39	<b>Refence to binge eating</b>	"Couldn't stuff down enough of it"
04:15	<b>Reference to fire/flame</b>	"Couldn't wait to get hold of our sparklers"
04:50	<b>Suggestion of threat</b>	"Only hope I don't run into any idiots, cos you never know what's gonna happen"
05:04	<b>Suggestion of threat of physical violence</b>	"Seriously aggressive customers"
07:40	<b>Strong language</b>	"Dickhead"
09:50	<b>Reference to audism</b>	<i>Dominic waves to get his attention, acting like he's a hearing person / "A... B... is it C?"</i>
12:28	<b>Allusion to current events</b>	"What's up?" / "Just the World"
14:45	<b>Reference to institutional audism</b>	"I wanted to get them to make [BSL] compulsory in schools, but I was voted down"
15:45	<b>Description of current political climate / corruption</b>	"I voted before and nothing changed ... Look at this guy, you really expect him to do anything?"
15:52	<b>Strong language</b>	"They f*ck us over again"
16:30	<b>Reference to violence (stranger on stranger)</b>	"more safety at night"
16:50	<b>Reference to audism / ableism</b>	"I'm not your interpreter"
17:12	<b>Suggestion of threat</b>	"Every trip's a risk"

17:13	<b>Strong language</b>	"You should see some of the dickheads I pick up"
17:24	<b>Allusion to current events</b>	"What about The World"
18:30	<b>Sudden blackout</b>	After "yeah, yeah, you won't change me"
19:09	<b>Allusion to dissociation</b>	"Some nights I still feel like I've landed in some parallel planet"
19:56 – 20:02	<b>Reference to failed ambition / unfulfilled dreams</b>	"I was gonna be a doctor" ... "Just didn't happen"
23:00 – 23:55	<b>Depiction of drunkenness / alcohol consumption</b>	<i>A watching couple pester as she prepares and starts to sing</i>
23:49	<b>Strong language</b>	"That sh*te"
24:44 – 26:30	<b>Depiction of intimacy / sex (consensual / not explicit)</b>	<i>Beginning of Scene 9 – through movement sequence</i>
26:30	<b>Depiction of infidelity / conflict</b>	<i>As Sean enters the room he sees... SOULMATE immediately springs away from LOVER</i>
28:53 – 29:34	<b>Allusion to missing a parent or child / absent parenthood</b>	"Hey lovely" ... "Love you. Love you."
30:50	<b>Allusion to medical emergency / trauma</b>	"I had to use your service actually. Quite recently it was"
31:15	<b>Allusion to medical emergency / trauma</b>	"It... didn't go well to be honest"
31:55 – 33:00	<b>Simulated emergency services call</b>	"What's your emergency" to "Check if they're breathing for me and tell me if there's any change"
32:37 – 32:52	<b>Description of death / possible suicide</b>	"There's a body... in front of the train" to "Are they breathing?"
33:06	<b>Reference to death / medical emergency</b>	"When people's lives are at stake you can be the difference between someone surviving and... well, and them not"
33:42 – 33:53	<b>Reference to death / possible suicide</b>	"Freight, what?" to "Nothing to be done now"
38:40	<b>Suggestion of infidelity</b>	"What are you doing?"
39:07	<b>Suggestion of absent parenthood / emotional neglect</b>	"The kids aren't here" to "I'm sorry our children are low priority"

39:20	<b>Suggestion of infidelity</b>	"What is it with you and your assistant?"
39:46	<b>Reference to mental illness (depression)</b>	"I know I can't take any more of you being this miserable"
40:23	<b>Reference to institutional systems / current events</b>	"The rotten apples have been plucked and chucked..."
41:21	<b>Reference to mental illness (depression)</b>	"It's no good for anyone you being miserable"
42:00	<b>Depiction of grief / trauma</b>	<i>Helen crying over ready meal</i>
44:15	<b>Shouting (non aggressive)</b>	"There's nowhere for me to be"
46:08	<b>Reference to failed ambition / unfulfilled dreams</b>	<i>Sung by Marissa</i> "I know where I'm supposed to be, but I've left it too late"
46:08	<b>Reference to failed ambition / unfulfilled dreams</b>	<i>Sung by Marissa</i> "I know where I'm supposed to be, but I've left it too late"
47:79	<b>Verbal / physical aggression</b>	"Come on mate it was just a quick puff"
37:30	<b>Strong language</b>	"Of f**k off"
48:00	<b>Depiction of audism / ableism</b>	<i>Stoner does crude / offensive impression of sign language</i>
48:30 – 48:48	<b>Discussion of austerity / cost of living crisis</b>	"No I'm not good" to "I'm always careful. I have to be"
49:32	<b>Mimed depiction of illicit substance use</b>	<i>Jaye takes out a tiny bag of powder (speed), she licks a finger, dips in in and dabs some on her gum</i>
50:15 – 52:37	<b>Horror story told through BSL (one loud scream at 52:37)</b>	
52:35	<b>Simulated smoking</b>	
55:10 – 55:36	<b>Allusion to ableism</b>	<i>Marissa is outside the car with her wheelchair. Dominic jumps out to help. Marissa stops him – she knows how to deal with her own wheelchair</i>
55:57 – 56:12	<b>Reference to failed ambition / unfulfilled dreams</b>	"Have you ever not made a decision because you think you might regret..." to "I have to decide where I'm going before I go home again"
56:19	<b>Reference to anxiety / panic</b>	"I find decisions impossible"

57:15	<b>Reference to failed ambition / unfulfilled dreams</b>	<i>Sung by Marissa</i> "I know where I'm supposed to be, but I've left it too late"
59:30 – 59:40	<b>Depiction of car crash (through movement sequence)</b>	"Driving, and the app, it's shouting the turns..." to end of scene
01:00:00 – 01:01:35	<b>Depiction of surgery / medical emergency</b>	<i>KAMRAN, DOCTOR and ANAETHETIST perform surgery on Jaye</i>
01:02:32	<b>Reference to binge eating</b>	"Couldn't stuff down enough of it"
01:03:02	<b>Reference to fire/flame</b>	"Couldn't wait to get hold of our sparklers"
01:03:25 – 01:03:56	<b>Depiction of medical emergency / CPR</b>	<i>Jaye is in trouble ... They have to shock ...</i>
01:06:22 – 01:07:07	<b>Depiction of emergency calls / emergency dispatch</b>	
01:07:07	<b>Depiction of inaccessibility / anxiety</b>	"Can you repeat that?"
01:09:13	<b>Strong language</b>	"F*cking rain"
01:09:25 – 01:10:01	<b>Discussion of medical emergency</b>	"She's critical" to "I don't know exact details"
01:10:07	<b>Strong language / reference to drug use</b>	"Un-f*cked might help"
01:11:10	<b>Reference to medical emergency</b>	"Your cousin's critical"
01:11:58	<b>Allusion to drug taking</b>	"Not in this state"
01:13:00	<b>Strong language</b>	"Not dicks"
01:13:10	<b>Allusion to drug taking / alcohol consumption</b>	"Get messed up"
01:14:54	<b>Reference to alcohol consumption</b>	"I might have a drink since I'm here"
01:14:59	<b>Strong language</b>	"F*cks sake"
01:15:09	<b>Reference to alcohol consumption</b>	"One drink and I'll call Bug"
01:15:44	<b>Reference to smoking</b>	"Yeah just some green skins and a packet of filters ta"
01:16:17	<b>Allusion to sex / sexual advances (non-threatening)</b>	"Customer's late at night sometimes suggest things" / "That sounds creepy"
01:16:35	<b>One Shout (aggravated)</b>	"Get out"

01:18:00 – 01:19:06	<b>Reference to loneliness / depressive mood</b>	“No don’t worry about how I’m feeling” ... “You don’t have to say anything, just sit with me”
01:18:36	<b>Allusion to compulsive spending</b>	“I can’t keep ordering ridiculous crap I don’t need”
01:19:24	<b>Strong language</b>	“It’s been a sh*t night, sh*t month”
01:19:24	<b>Strong language / Reference to medical emergency / trauma</b>	“I just witnessed a f*cking car crash”
01:19:40	<b>Reference to alcohol consumption</b>	“D’you need a drink?” / “I’d love a vodka shot”
01:19:49	<b>Allusion to depression</b>	“Tonight I’ve sunk lower than low”
01:19:54	<b>Simulated alcohol consumption</b>	<i>Nervy Server gets her shot, Marissa drinks it down</i>
01:20:08	<b>Reference to alcohol consumption</b>	“I think I’ve had enough” / “Shots?”
01:21:37	<b>Strong language / raised voice</b>	<i>(in French)</i> “Oh my god what do you want me to tell you?” to “make a f*cking decision”
01:22:40	<b>Sounds of fireworks (recorded)</b>	
01:23:24 – 01:23:55	<b>Depiction of emergency calls / scenarios</b>	“Breathe” / “Stay calm” to “I can’t do this”
01:24:11	<b>Lightning (projection)</b>	
01:24:33	<b>Strong language / reference to institutional corruption</b>	“It’s cos of him and his fraudulent mates we’re in this sh*t”
01:24:44	<b>Threat / reference to criminality</b>	“You should be in a police cell”
01:25:22	<b>Reference to Covid / current events</b>	“with the pandemic” ... “our services are dying” ... “war”
01:26:14	<b>Strong language</b>	“I’m not a f*cking saint”
01:26:28	<b>Strong language</b>	“I wouldn’t be a f*cking surgeon”
01:27:37	<b>Strong language</b>	“What the f*ck’s the point”
01:27:51	<b>Strong language / One shout (aggravated)</b>	“Stop f*cking filming me”
<b>INTERVAL</b>		
00:44	<b>Reference to trauma</b>	“We heard what happened, you’re okay?”

00:56	<b>Reference to trauma / mental health</b>	"You aren't signed off?"
01:54	<b>Reference to trauma / mental health</b>	"Coming to help in this mess if you're signed off, this rings bells"
02:25 – 02:37	<b>Description of trauma / PTSD</b>	"I don't like nights at home" to "I just need tiring out"
03:23 – 04:38	<b>Discussion of trauma / death / guilt</b>	"I think about, if my train had been on time" to "I called and...well he died"
04:51 – 05:30	<b>Discussion of protest / Allusion to current events</b>	"A banner, I think he was maybe coming from a march" to "I didn't know what to do"
05:36	<b>Reference to death / grief</b>	"It was a life on our track. A human person"
05:52	<b>Reference to mental health / support</b>	"I can be company, I can speak with you over coffees, I can help if you know what you need"
06:44	<b>One hug (consensual, emotive)</b>	
08:50	<b>Reference to flooding</b>	"I had to abandon my car. At one point it was like I was floating"
11:35	<b>Images of flood (projection)</b>	
12:33	<b>Simulated smoking / alcohol consumption</b>	
14:50 – 15:10	<b>Reference to complicated family relationships</b>	"Sorry we've not seen you more" to "I can't believe this night"
15:15	<b>Allusion to death</b>	"I really don't want life to end in here"
16:35	<b>Reference to failed ambition / unfulfilled dreams</b>	"I can't believe you work here" / "Why?" / "You were doing well before"
17:18	<b>Reference to food / binge eating</b>	"Love food" / "Love eating"
18:48	<b>Strong language / reference to complicated family relationships</b>	"F*cking hell you wonder why I'm not in touch with either of you"
20:12	<b>Allusion to restrictive eating</b>	"Haven't thought once about food"
20:20	<b>Allusion to restrictive eating</b>	"Anything you don't eat?"
21:26 – 21:28	<b>Reference to failure / anxiety</b>	"I couldn't cut it" / "You can't be scared doing a job like that"
22:02	<b>Reference to failure</b>	"I let myself down big time. I let a call go"

22:28 – 23:15	<b>Discussion of workplace audism / ableism</b>	“Did you tell them you were deaf?” to “I couldn’t catch everything being said”
25:14	<b>Flashing light (blue light, six flashes)</b>	
26:22	<b>Strong language</b>	“Oh f*ck”
26:40 – 26:50	<b>Discussion of mental illness (depression)</b>	“This is depression” / “I’m not depressed” / “See someone so we can write it off then?”
27:09	<b>Strong language</b>	“Answer that f*cking thing please”
27:10	<b>Description of absent partner / mental illness / emotional neglect</b>	“It doesn’t matter where you are, you aren’t there” to “I can’t waste anymore time waiting... we cant”
28:10	<b>Flashing light (blue light, six flashes)</b>	
28:10 – 29:15	<b>Depiction of drowning (Visual Vernacular)</b>	
30:49 – 31:29	<b>Discussion of infidelity</b>	“I want to talk to you first” to “I can’t forgive you. I can’t”
31:50	<b>Allusion to death / funeral</b>	<i>Company carry ladder across the stage – similar to pallbearing</i>
33:44 – 34:28	<b>Allusion to current events / protest (projection on banner)</b>	<i>THERE IS NOTHING I CAN PUT ON A BANNER TO MAKE CHANGE EXCEPT – I NEED YOU</i>
35:07	<b>Simulated alcohol consumption</b>	“Free one tonight”
38:37	<b>Allusion to mental illness (depression) / cost of living</b>	“There’s never time when you’re working and trying to get by”
40:00	<b>Allusion to death</b>	Movement sequence with Jaye