

Hold Tight

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