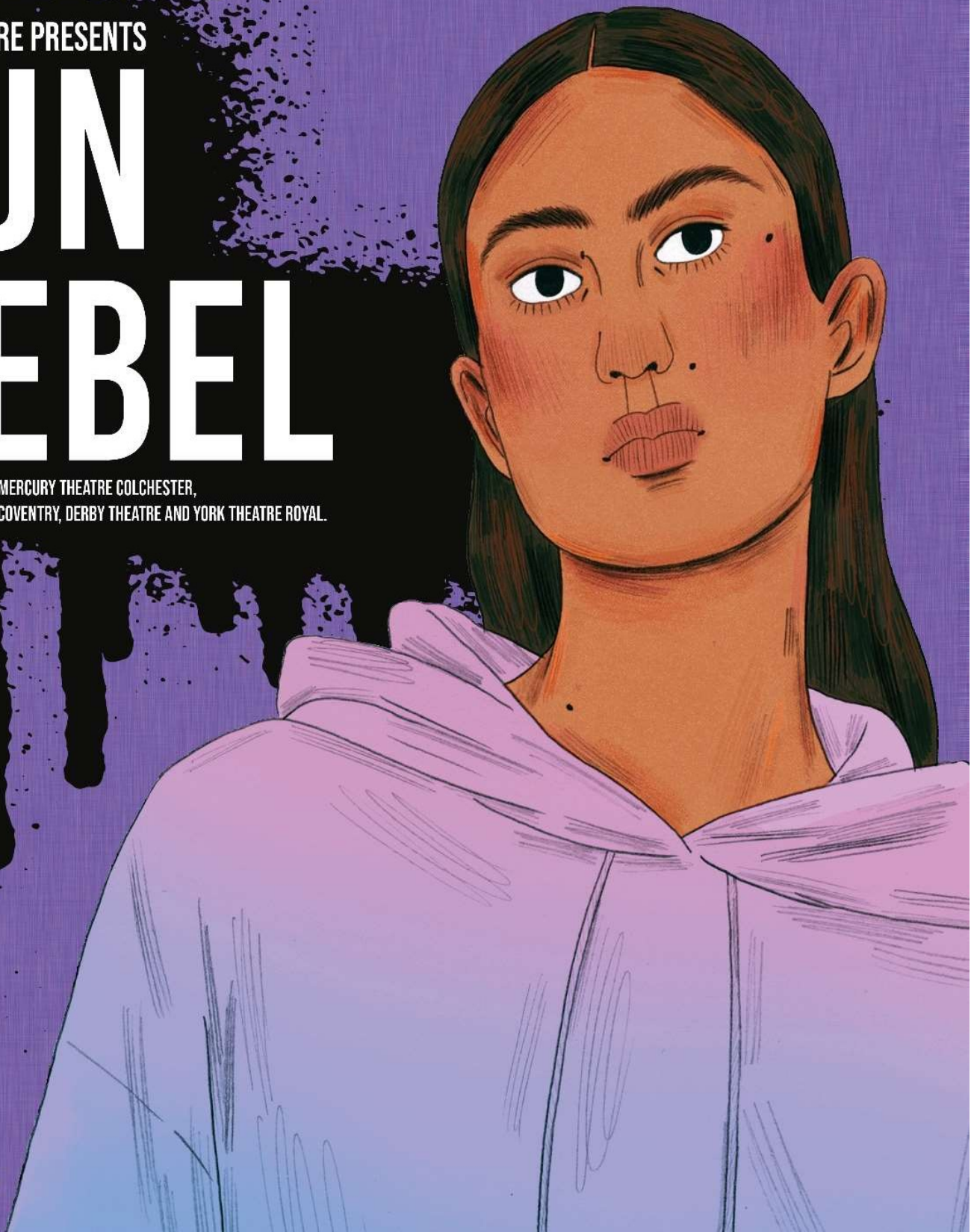


PILOT THEATRE PRESENTS

RUN REBEL

CO-PRODUCED WITH MERCURY THEATRE COLCHESTER,
BELGRADE THEATRE COVENTRY, DERBY THEATRE AND YORK THEATRE ROYAL.



Self-Care Toolkit for Audiences

Created in collaboration with students at Blue Coat School, Coventry

About this pack:

This toolkit is designed to support audiences engaging with the Pilot Theatre's production of 'Run, Rebel', particularly those who might be impacted by its themes and content.

This resource was created in collaboration with young people at Blue Coat School in Coventry as part of a project exploring the story through the lens of resilience and wellbeing.

In addition to this pack, the young people's insight and creativity have shaped the design and creation of a 'self-care installation', which is located on the Belgrade's upper foyer (Burbidge Gallery). The structure is designed to offer a quiet, creative space for anyone, particularly young people, needing to take time out during the show or wanting to reflect on it afterwards.

To find out more about the Belgrade's work with schools, young people and communities please visit www.belgrade.co.uk

Contents:

- About Run Rebel p. 3
- Content Warning p. 3
- Tips for Looking After Yourself p. 4
- Synopsis of the Play p. 5-7
- Signposting p. 8
- Resources:
 - Grounding Techniques p. 9
 - Doodle Page p.10
 - Playlist p.11

About Run Rebel:

Amber is trapped – by her family’s rules, by their expectations, by her own fears. But on the running track she is completely free. As her body speeds up, the world slows down. And the tangled, mixed-up lines in her head get straighter...

It’s time to start a revolution: for her mother, for her sister, for herself. Run, Amber. Run.

‘Run, Rebel’ is a world premiere adaptation of Manjeet Mann’s celebrated novel for young people. It is the latest title to be staged by Pilot Theatre, following acclaimed productions of ‘Noughts and Crosses’, ‘Crongton Knights’ and ‘The Bone Sparrow’.

Content warning:

‘Run, Rebel’ contains depictions of:

- Violence (including domestic violence),
- Alcohol dependency,
- Bullying and discrimination,
- The production also includes references to ‘honour’ killings.

The show contains some strong language.

You can find a detailed outline of the story on p.5 of this pack, which will help you to know what to expect.

Tips for looking after yourself:

Developed with students at Blue Coat School

- **Watch the show with others:** It may help to watch with others who know you well, particularly those who are aware of any connections you may have to the themes of the show. If this isn't possible, try to let a family member know in advance so that they'll be able to support you should you need someone to talk to afterwards.
- **Read the synopsis of the story:** If you're concerned that you may be affected by some of the themes and content of the show it may help to read a synopsis of the story beforehand. You can find one on p.5 of this pack.
- **Ask if you have any questions about the show:** If you're coming to see 'Run, Rebel' with your school, speak to your teacher if you have any questions about the show. Members of the Belgrade Box Office or Front of House team may also be able to help answer your questions on the day. Alternatively, more information about the play, including a trailer, can be found on the Belgrade Theatre website.
www.belgrade.co.uk
- **Check out the self-care space:** If you need to take a break, why not visit the self-care space on the Belgrade's upper foyer. If you're a young person, always make sure to let your teacher, or accompanying adult, know if you need to step away.
- **Practice mindfulness:** There are fidget toys available in the Belgrade foyer (on the 'Run, Rebel' information table). There are also strategies in this pack for grounding yourself if you're feeling stressed or anxious.
- **Make yourself comfortable:** Make sure that you've had something to eat and drink before the show and wear comfortable clothing if you can. This will help you to feel more relaxed while watching the play. Eating will also help you to avoid low blood sugar, which can impact your mood and energy levels.

Synopsis - *This synopsis is written for anyone who would like to have a greater understanding of the sensitive content prior to seeing the show, therefore please be aware that if you read on there will be significant spoilers.*

Act One

Amber Rai lives in the Palm Wood estate. "One of the roughest and biggest estates in the country," with her mum and dad. She has a sister called Ruby who has left home. She talks about the stories she has heard about being unwanted as a baby due to being a girl, and how people prayed and wished she was a boy.

Amber meets with her friends Tara and David on the first day back at school. David looks different after the summer break and Amber is attracted to him. In PE, Amber talks about the running track as being the only space she feels "free." Amber's teacher, Miss Sutton, wants Amber to train with the school for the county finals, so that she can go for the English Schools Athletics Championships. Amber says she can't because her dad won't let her.

After school, Tara, David, and Amber go to McDonald's®, but Amber is trying to avoid being seen. After Amber runs home, her dad, Harbans, accuses her of lying about where she has been. He is drunk and aggressive. He reminds Amber about "The Man who killed his daughter-The daughter who shamed the family", a story Amber and Ruby were told as children to scare them into behaving.

That evening, Amber follows the routine of having to read out her mum's shopping receipt to her, as neither her mum nor dad can speak, read or write English. Ruby, Amber and her mum then make and serve dinner for her dad when he returns home, he then goes back out again, and Amber's mum, Surinder, asks Amber to spell out her name in English so she can see what it looks like.

Back in school, Amber's History class starts learning about revolutions, and something stirs within Amber. At David's house for lunch, David's mum, Beena, asks about Amber and her mum, and says she was once in the position Amber's mum is in. She wants Amber's mum to go down to the community centre to meet people. Amber takes her dad to the job centre and interprets for him in a meeting about their benefits being cut. After he criticises her interpretation, Amber answers back, and her dad threatens to break every bone in her body.

Miss Sutton has given Amber some new trainers which she says are from lost property, to replace Amber's ripped ones. She gives Amber a letter for her parents about allowing her to run. Amber is reading it aloud and her dad hears. He is in a strangely good mood and says he will think about letting her go, which amazes Amber, but when she tells her mum, she is suspicious. "Amber, don't you see. You can't trust him because he can't change. He will never change."

Surinder pours all of Harbans' alcohol down the sink, and when he returns home he attacks her in a rage. Amber is reminded of the History lessons and the stories of "Rebellions and their rebels" and she interrupts the fight, shouting at her dad to leave her mum alone.

Mirroring Harbans attacking Surinder at home, Amber verbally attacks Gemma, a girl at school, threatening her.

Surinder is looking at Amber's school books in her room and asks Amber to teach her to read English in secret. Amber teaches her slowly, starting their own revolution. Surinder signs the letter, consenting for Amber to take part in running practice after school.

Act Two

Amber continues to train to run, and Surinder continues to learn English. Amber is questioned by her dad again about where she has been after school, and she lies, telling him she has been studying. He threatens her by saying that people in the community will tell him things, and he will find out the truth. Amber is scared, but she is still strong, and tells her mum that “We can’t let him win. We have to keep going Mum.” Surinder goes to the community centre and meets Beena.

Amber trains but as she runs she is troubled by images of Tara and David, who she thinks are getting closer, and of her mum, dad and the Man.

The home routine of Harbans returning home drunk is played out, with Surinder rolling out chapatis and Amber serving her dad. Harbans aggressively criticises Surinder for the chapatis being dry, and she answers him back, saying “What more do you want me to do? Nothing is ever good enough.” This enrages Harbans, who then physically attacks her in front of Amber. Surinder is in hospital, and Ruby blames Amber, saying she is selfish for just focusing on her running. Jas, Ruby’s husband, says they should do something to protect Amber and Surinder.

Back home, Amber looks after her mum and tries to make her comfortable. At school, Amber is angry and scared about everything that’s happened at home, and takes it out on Gemma, threatening her. In a parallel scene, Harbans bumps into Beena and threatens her, ordering her to stay away from his family. Beena tells him she is not scared of him. After she has bullied Gemma, Tara and David tell Amber that she was out of order and that it “wasn’t cool.” Amber lashes out, telling them they don’t understand what her life is like, and they argue. Tara and David try to understand but Amber pushes them away and they fall out. She reflects on how revolutions fail when groups split up and allow terror to rule.

At Christmas, Surinder encourages Amber to buy treats and nice food, as she wants this Christmas to be different and for Amber to make some nice memories. Amber doesn’t see the point, as her dad drinks more at Christmas and it can be even worse. Amber reflects on how her running and rebelling against her family has caused her mum harm, and starts to think that Ruby is right, and she should give up being selfish and just look out for her mum more.

On Christmas Day, Amber’s dad goes to the pub, but she asks him to come back by four so they can eat dinner together. He doesn’t return, but is brought back hours later by neighbours who found him collapsed at the top of the road. Ruby and Amber kick him angrily as he lies unconscious on the living room floor. Ruby and Amber bond over this moment, and finally talk after years of being estranged. Ruby says she had to distance herself from the family when she moved out, to protect herself, and Amber tells Ruby how much this upset her and how lonely she has been.

At the Interschool Games, Amber races. She wins and is through to the regional finals, but struggles to be happy because of the turmoil in her life. Surinder talks to Beena, and says she is nearly ready to leave Harbans.

Amber attacks Gemma again, physically punching her this time.

At home, Surinder is reading with Ruby, and Harbans enters. He is angry, he has found out Amber has been at a running competition. He explodes in a rage at all of them, saying they have the devil inside them. As he goes to hit Surinder, Amber steps in and pushes him down. "Overthrow, overthrow, overthrow." They call Ruby, who comes to get them, and they leave with a small suitcase, Harbans begging them to stay. At Ruby's house, Amber has a panic attack, full of fear that, because they have left, the Man will now come after them. Jas tells Amber and Ruby that the Man across the street "wouldn't hurt a fly" and it transpires that the story of the Man murdering his daughter was made up by Harbans, to control them with fear. Amber and Ruby are shocked, but ultimately relieved.

Later, Amber is able to train in the park which is next to Ruby's house, and is embarking on "a new way of life." Amber apologises to Tara and David and they make up.

Amber briefly returns home to find her father in a pitiful state. He attempts to tell her about his life, mentioning that he was beaten as a child. He says he is "broken" and it's too late for him to learn how to love. Amber tells him it isn't too late, and leaves. Back at Ruby's home, Ruby confronts Surinder about not leaving Harbans sooner, and says she feels angry that she didn't have any choices when she was 18.

Amber and Surinder get their own home together and throw a small party. Surinder is more independent, shopping for things herself and knowing what she bought, and she attends classes at the community centre. Amber goes to the county finals to race, and David is there. He confesses his feelings for her, and they kiss.

The play ends with three women together, "Ruby studying. Amber putting on a pair of trainers. Mum reading." Amber tells the audience they did it, they rebelled and they won. "We are rebels."

This synopsis was prepared from the rehearsal draft of the script and may differ slightly from the final version of the play.

Signposting

If you've been affected by any of the themes of 'Run, Rebel', the following organisations can offer expert advice and support.

This information is correct as of February 2023.

Support Organisations for Alcohol Dependency:

[The National Association for Children of Alcoholics](http://www.nacoa.org.uk) – offers information, advice and support to children of alcohol-dependent parents. Contact: free helpline 0800 358 3456 or visit www.nacoa.org.uk

Support Organisations for Honour Based Violence & Forced Marriage:

[Karma Nirvana](http://www.karnanirvana.org) – confidential free service for those experiencing honour-based abuse or forced marriage. Contact: free helpline 0800 5999 247.

[GOV.UK Forced Marriage Unit](http://gov.uk/forced-marriage-unit) - 020 7008 0151

Support Organisations for Domestic Abuse:

[Women's Aid](http://www.womensaid.org.uk) – providing a range of free services to women and children affected by domestic abuse. Email: helpline@womensaid.org.uk or visit www.womensaid.org.uk/information-support (Live chat)

[Safe to Talk](http://www.safetotalk.org.uk) (Coventry) – Helpline: 0800 111 4998. Helpline open: 8.30am - 5.30pm Monday - Friday and 10am - 1pm Saturday – Sunday. Visit www.safetotalk.org.uk

Further Support for Children & Young People:

[Childline](http://www.childline.org.uk) – helping anyone under 19 in the UK with any issue. Childline is free, confidential and available any time, day or night. Contact: 0800 1111 or visit www.childline.org.uk

Ideas for grounding yourself when you're feeling stressed, overwhelmed or anxious...

Close your eyes and count slowly to 10. Take deep breaths in and out. Make sure to breathe in through your nose and out through your mouth.

Think positive thoughts: think of something that made you laugh recently, something you are grateful for, or three good things that happened today.

Play with a fidget toy.

If you don't have one to hand, find an object to focus on. Something from your pocket or bag will work.

What details do you notice when you look at it? How does it feel to hold?

Focus on the 5 senses:

- What can you hear?
- What can you see?
- What can you smell?
- What can you feel?
- What can you taste?

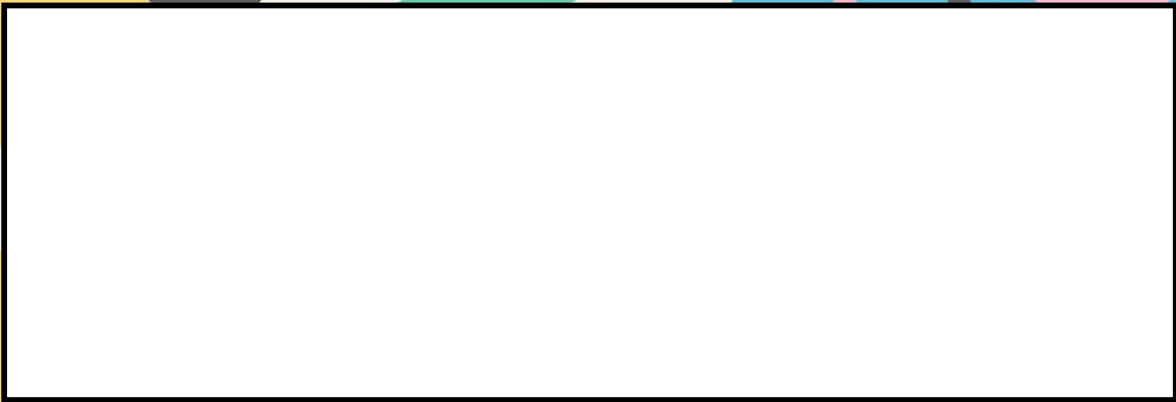
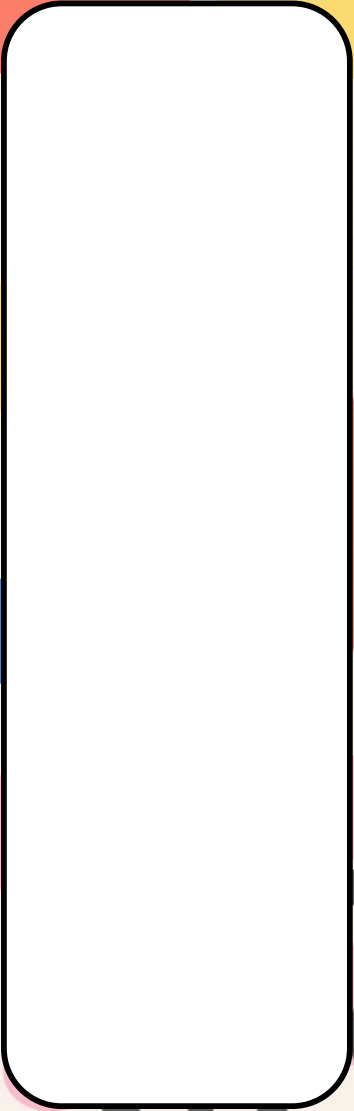
Distract yourself: Play the Alphabet Game. Pick a category (e.g., names, countries, food) and try to think of something for every letter of the alphabet.

Have a drink of water or something to eat. Take small bites or sips. Focus on how the food or drink tastes and its temperature.

Go for a short walk. Count each step you take, as it will help to focus you on being in the moment.

Doodle page

Fill the blank spaces with your doodles.



Run, Rebel Playlist

Songs to relax, motivate and inspire, curated by students from Blue Coat School.

To listen on Spotify, open the camera app on your mobile phone and point it at the QR code below.

- Track 1: Golden Hour – JVKE
- Track 2: Messages from the Stars – The Rah Band
- Track 3: Waiting for Love – Avicii
- Track 4: Oceans – Hillsong United
- Track 5: Flowers – Miley Cyrus
- Track 6: Rise – Jonas Blue
- Track 7: Mystic Mountain – Purrple Cat
- Track 8: Trenulețul – Zbob și Zdob & Frantii Advahov
- Track 9: This is Me Trying - Taylor Swift
- Track 10: Luminous – Ludovico Einaudi
- Track 11: Good Again – Barrie Gledden & Kes Loy
- Track 12: Weightless – Marconi Union
- Track 13: Never Gonna Give You Up – Rick Astley
- Track 14: Berlin Song – Ludovico Einaudi
- Track 15: Special – Lizzo feat. SZA



Contributors

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Synopsis provided by Pilot Theatre.

Abstract background artwork - image by Freepik.

Self-care installation:

Artwork created by Emma, Fantasia, Sidra, Ella, Lucy, Grace, Esther, Victoria and Zack.

Design and construction by Abby Clarke, supported by Naomi Reid.

Based on ideas by Aaran, Alan, Anushka, Arathy, Chloe, Daniel, Fahim, Favour, Harvin, Jude, Kian, Leo, Malk, Max, Mihnea, Nzuma, Saachi, and Sarah.

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