

Poor Wellbeing Pack

This well-being pack is designed to support audiences engaging with the Belgrade Theatre's production of *Poor*. Particularly those who might be affected by its themes or content.

This production has been supported by *Coventry City Council* and the *Coventry Women's Partnership*, who have provided access to services that audiences can be signposted to. Alongside this support, this resource pack has been developed by the Belgrade Theatre and a drop-in session, taking place on Fri 8 May, 10:30am –12:30pm, is available to help audience members reflect on and check in with their emotional wellbeing following the performance.

If you need a copy of this pack in large print or in different colour paper, please contact communityadmin@belgrade.co.uk.

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Content Guidance

Age Recommendation: 15+

The work addresses themes of:

- Addiction and drug use
- Sexual assault
- Drug use
- Financial difficulty
- Homelessness
- Mental illness
- Teen pregnancy
- Domestic violence.

Strong language is present.

The performance also includes the use of smoke, strobe, and flashing lights.

Support Resources

If you have been affected by any of the themes or issues raised in this production, please know that support is available.

Drugs/Alcohol

- **Al-Anon Helpline**
Support for families and friends affected by someone else's drinking.
0800 0086 811, 10am-10pm, 7 days a week
- **Drinkline**
Free, confidential helpline for anyone who is concerned about their drinking, or someone else's.
0300 123 1110, weekdays 9am–8pm, weekends 11am–4pm
- **FRANK**
Confidential information, advice and support for anyone concerned about alcohol and illegal drugs
0300 123 6600, 24hrs a day, 7 days a week
- **Coventry Drug and Alcohol Service**
Charity providing free and confidential drug and alcohol services in Coventry.
Find them at 1a Lamb Street, Coventry CV1 4AE (5 mins walk from the Belgrade)
Call **02476 010241** during opening hours.

Domestic Violence

- **Coventry Haven Women's Aid**
Free and confidential charity supporting women and their children who have been or are being subjected to, domestic abuse
0800 111 4998, weekdays, 8.30am - 5.30pm, weekends 10am - 1pm
- **National Domestic Abuse Helpline (Refuge)**
24/7 helpline which is non-judgemental for people facing domestic abuse.
0808 2000 247, 24 hours a day, 7 days a week

Sexual Assault/ Abuse

- **Coventry Rape and Sexual Abuse Centre (CRASAC)**
Frontline specialist, independent and confidential services are for anyone who's been impacted by sexual violence, at any time in their lives.
024 7627 7777, Monday to Thursday 9am – 5pm and Friday 9am – 3pm
- **Rape Crisis England & Wales**
Support line for people of all genders aged 16+ who have been impacted by sexual abuse, rape or any kind of sexual violence.
0808 500 2222, 24 hours a day, 7 days a week.

Youth Support

- **Childline**
Here to help anyone under 19 in the UK with any issue they're going through.
0800 1111, 24 hours a day and 7 days a week

Homelessness

- **Shelter**
Support if you are homeless, at risk of abuse or harm at home, or worried about losing your home in the next 2 months.
0808 800 4444, Monday to Friday, 8am to 5pm

General Advice and Support

- **Coventry Citizen's Advice**
Offering free, independent, confidential and impartial advice on benefits, energy, family, money, housing, work, consumer rights, and the legal system.
0800 144 8848, weekdays 9am-4pm
- **Central England Law Centre**
Free legal advice and representation for the community in Birmingham and Coventry across housing, welfare benefits, immigration and asylum, health and social care, employment and family law.
024 7622 3053, Monday-Thursday 9am-5pm, Friday 9am-4:30pm (Closed 1pm-2pm)

Synopsis

Based on Katriona O’Sullivan’s best-selling memoir, *Poor* is a powerful story of survival, resilience, and transformation. It follows Katriona’s journey from a childhood shaped by poverty, instability, and neglect in Coventry and Birmingham, where addiction, homelessness, and hardship formed the backdrop to her earliest years. Growing up in circumstances where opportunity felt distant and support was often absent, she learned early how systems can fail children and families, but also how individual acts of care and kindness can leave a lasting mark.

As the play moves into her teenage years, Katriona relocates to Dublin, carrying with her the weight of trauma as well as a fierce determination to create a different future. Facing barriers that seem impossible to overcome, she navigates education, parenthood, financial insecurity, and the long shadow of her past. Through courage and the support of key relationships, she gradually begins to imagine a life beyond survival.

At its heart, *Poor* is not only a story about poverty, but about the people who shape our lives: teachers who notice, friends who stand beside us, communities that offer hope, and the small everyday interactions that can change the course of someone’s future. It explores how resilience is built, how dignity can be reclaimed, and what it means to be truly seen, heard, and valued.

The production charts Katriona’s extraordinary rise to earning a PhD from Trinity College Dublin, becoming an acclaimed academic, writer, and speaker. Yet the play never loses sight of the emotional truth behind that achievement: the cost of inequality, the complexity of family love, and the determination it takes to break cycles of disadvantage.

Vividly staged and threaded with the music that has soundtracked her life, *Poor* is an inspiring and urgent story that challenges assumptions about poverty and reminds us that while systems matter, people, and the relationships they build, are often the ones who create real change.

Tips For Looking After Yourself

Take a break: Remember that you're in control. If you need to step away, you can take a break at any time. Our Front of House team are on hand if you want to leave.

Remember your breathing: Regulating your breathing is a simple and effective way to help you feel calm. Try taking deep breaths in and out, breathing in through your nose for four seconds and out through your mouth for four seconds.

Ground yourself: If you feel anxious or uncomfortable at any point during or after the show, you can help to ground yourself by focusing on your senses.

Acknowledge five things you can see around you, four things you can hear, three things you can touch (your clothing, the seat you're sitting in etc.), two things you can smell, and one thing you can taste.

Try mindfulness: Mindfulness is a technique you can learn. It involves making a special effort to notice what's happening in the present moment without judging anything. It aims to help you feel calmer, manage your thoughts, and be kinder towards yourself. Find out more on the *Mind* website: www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/

Gather your thoughts: The B1 auditorium will remain open for 15 minutes after the show should you wish to gather your thoughts and remain in the space.

Talk to someone: Talk to someone you trust about how you're feeling.

Alternatively, after certain performances, representatives from *Coventry Haven* and *Kairos* will also be in our upstairs foyer pre- and post-show should you wish to talk to someone in confidence.

We also have a drop session from 10am – 12:30pm in our nineteen 58 bar on Fri 8 May 2026, hosted by *Central England Law Centre*, *Kairos*, *Foleshill Women's Training* and *Haven*.

Creative Reflections

Getting creative can help you express thoughts and feelings that are weighing on your mind. Arts and creative therapies let you take time to celebrate all parts of your identity.

You could use dancing, making music, painting, poetry, writing or any other creative activity.

You could spend time thinking about what makes you happy and what you value in life. You may also find it helpful to connect with people who share your racial identity, to enjoy and celebrate your culture.

Your Story in Three Parts

Poor reminds us that life is made up of different chapters: shaped by challenges, relationships, and hope for what comes next.

Take a moment to reflect on your own story in three parts:

The Past

- What experiences have shaped you?
- What strengths or achievements have come from those experiences?

The Present

- What feels good in your life right now?
- What feels difficult or uncertain?
- Who helps you feel supported?

The Future

- What do you hope for next?
- What kind of life would you like to build?
- What might help you get there?
- Your story is still being written.

You can keep this for yourself or share it with someone else. In focusing on your ideal life and visioning your ideal future can support a positive perspective about what you can achieve.

Think Of Your Own Self-Care Tip

Think about a self-care tip to deal with difficult moments or relationship struggles. You could share your tip with a family member or friend.

Read A Book Or Listen To A Podcast

Take time to listen to The Relational Social Work podcast for more support:

www.therelationalsocialworkpodcast.com/

Thanks

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