

# Speed is Emotional

Speed is Emotional is a live theatrical play which will take place at Circa Theatre on 11 – 28 March. The shows on Tuesday to Saturday will start at 7pm. On Sundays, the show will start at 4pm. There are no shows on Mondays.

The show is 75 minutes long, with no interval.

Circa Theatre is located at 1 Taranaki Street, Te Aro, Wellington.

There are two performance spaces at Circa Theatre. These are called: Circa One and Circa Two. We refer to these as “theatres” as well as calling the building as a whole “the theatre”. Speed is Emotional will be performed in Circa One.

## At a Glance – This Show has:

- Wheelchair Accessible Venue
- NZSL Integrated Performances on 15, 21 and 26 March
- Audio Described Performances on 17 and 26 March
- Touch Tours on 17 and 26 March
- Relaxed Performances – Every Performance is a Relaxed Performance
- A mix of visual and auditory with music and spoken language
- Detailed Content Notes Available



## Included in this document

This document includes information about ticketing, the venue, accessible performances, and the show. You can use the links below to jump straight to the information you need or scroll down to read through everything.

### [How to Get Tickets](#)

- [Access Tickets](#)
- [Companion Tickets](#)

### [About Circa Theatre](#)

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## How to Get Tickets

Tickets for Speed is Emotional cost \$25- \$45 depending on what type of ticket you choose.

Tickets can be purchased online on the [Circa Website](#) or by contacting the Circa box office by phone on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz).

## Access Tickets

Access Tickets for Speed is Emotional are priced at \$20. Access tickets are available for people who might face barriers to attending shows because of disability or other access needs. You can book an Access Ticket by contacting the Circa box office by phone on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz).

You may be asked some questions about your access needs, such as if you would prefer an aisle seat, if you need to be seated early, if you are coming for NZSL etc. You will also be asked about who else is attending with you, so that all tickets can be booked together if possible.

These questions are to help make coming to the show as easy as possible. You don't have to say what your disability is or give any information about it unless you want to.

## **Companion Tickets**

If you need someone to come with you to support you to attend the show, Circa will provide you with a companion ticket. This might be a friend, family member, partner, support worker, or someone else who would help make it easier for you to attend the show.

Companion tickets are limited and subject to availability for some events. For more information or to book a companion ticket, contact the Circa box office by phone on **04 801 7992** or email **[circa@circa.co.nz](mailto:circa@circa.co.nz)**.

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## **About Circa Theatre**

Circa Theatre is located at 1 Taranaki Street, Te Aro, Wellington. It is on the corner of Taranaki Street and Cable Street, close to the waterfront and next to Te Papa Museum.

The outside of the Circa Theatre building looks very different depending on which angle you approach it from.

On the next few pages, you'll find some photos of what Circa Theatre looks like from outside.

This photo was taken from the opposite corner of Cable and Taranaki Street.



This next photo was taken from the corner of Cable and Taranaki Street, right outside the back of the building.



These next photos were taken from the Te Papa side of the building, which is also the main entrance to Circa Theatre.



There is some seating on this side of the building, which might be a nice quiet place to sit while waiting for your show.



The next photo is taken from the waterfront side of the building, and shows the entrance to the restaurant, ChouChou, which is a part of Circa Theatre.



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## Getting to Circa Theatre

### Parking – Te Papa Car Park

The Taranaki Street and Cable Street area can be busy at night, which might mean more traffic or taking longer to find a car park. Allowing extra time before the start of the show may be helpful.

When visiting Circa Theatre, you can park in the Te Papa parking building, or there may be on-street parking available on Cable Street or nearby streets.

Fees will apply for parking in these spaces. You can find more information about the [Te Papa parking building](#) on [Te Papa's website](#).

Below is a photo of the outdoor car parks at Te Papa. There are more car parks inside the parking building.



## Mobility Car Parks

There are five accessible parking spaces in the Te Papa car park. These are located close to the Te Papa entrance.



There are some more mobility car parks on Cuba Street.

## Public Transport

There are several bus stops near Circa Theatre. The [Metlink website](#) can be used to plan your journey and find the closest bus stop for your route.

## Taxis and Drop off Point

There is a Wellington Combined Taxi stand outside Te Papa Museum, next to Circa Theatre.



If you are being dropped off by taxi, Uber or a private car, there is a pickup and drop off area outside Te Papa, which is a short walking distance to Circa Theatre.

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## Accessibility

Circa Theatre has flat access to the building and to the theatres inside.

There is an accessible, unisex toilet on the ground floor. When you enter through the red main entrance doors to Circa, the bathroom is located directly to the left, through a seating nook. This toilet allows for wheelchair access with plenty of room and has a handrail on the wall by the toilet. There is a sink in the stall.



In the theatres, some of the front row seats can be removed to make space for wheelchairs. If you or someone you are attending with uses a wheelchair, please contact the Circa box office on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz) at least 48 hours before the performance to book one of these spaces.

You can read more about Circa Theatre’s accessibility on the accessibility page of Circa Theatre’s website: [Circa Theatre Accessibility](#).

If you have any questions about the accessibility of the building, you can contact the Circa Theatre Box Office on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz).

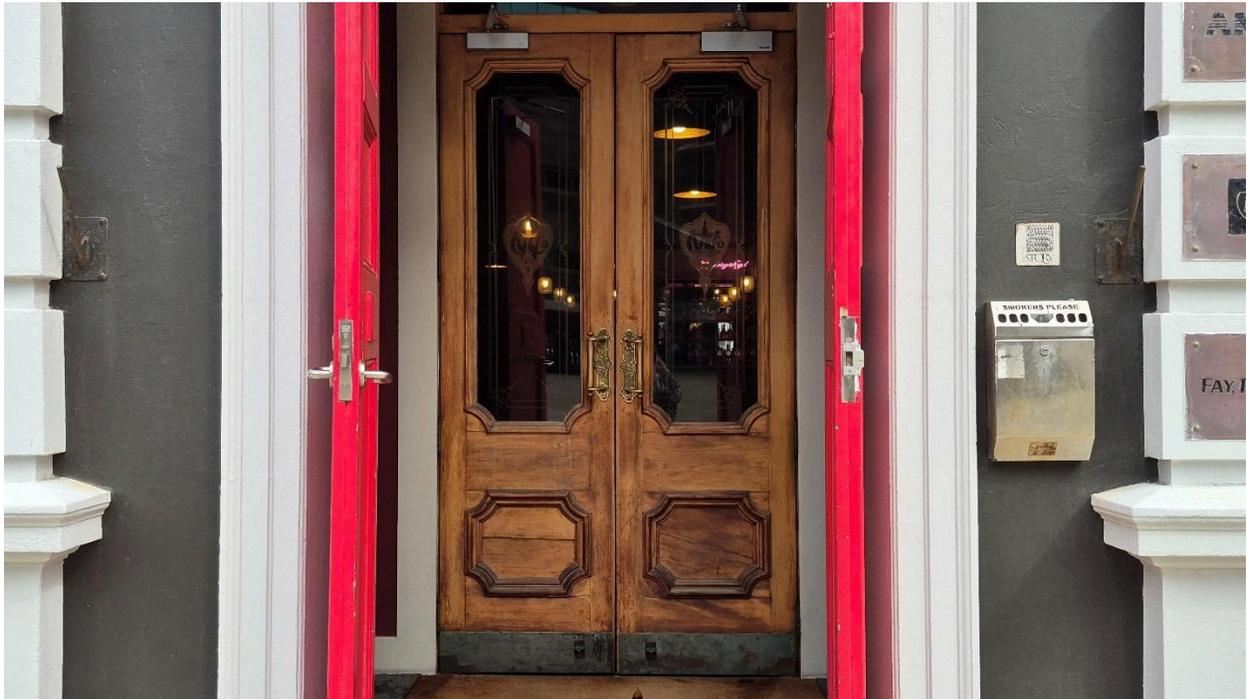
Keep scrolling for the next section or [click to return to the menu](#).

## Getting Into Circa Theatre

The main entrance to Circa Theatre is through a set of red wooden double doors that push open. They are located on the Te Papa side of the building.



When there is a performance on, the red doors will be held open. Just inside, you will see a second set of brown wooden doors. Go through these to get into Circa Theatre.



There is a small lip on the threshold to watch out for as a trip hazard. A wheelchair will slide over it quite comfortably.

These doors open straight into the foyer.

You can also enter the theatre through the restaurant, ChouChou. The main entrance to the restaurant has three steps, but there are also sloped, step-free pathways to the left and right of these stairs.





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## Inside Circa Theatre

Once inside the theatre, you will find yourself in the foyer. The foyer is an open, carpeted space which includes the box office, the bar/restaurant, some seating, and the doors to the theatres.

This photo is taken from just inside the main entrance.



You can wait in the foyer for your show to start. It may get noisy if there are a lot of people. You can also wait outside if you prefer.

## Box Office

From the main entrance, the box office is slightly ahead and to your right.



At the box office, you can buy tickets or pick up tickets that have already been reserved or purchased. There will usually be a staff member sitting here, and you are welcome to ask them for help at any time.

## Places to Sit

To the right of the box office, there is a water cooler, and some seats along the wall where you are welcome to sit if you want to.



Immediately to the left of the main entrance is a seating area with some sofas, tables, and chairs. This area is sometimes referred to as a “seating nook”.



## Bathrooms

The bathrooms are located in a corridor to the left of the main entrance, through the seating area.



This photo shows the corridor where you will find the doors to the bathrooms.



As soon as you enter the tiled corridor, the door to the accessible, unisex toilet will be on your left.



The doors to the male and female toilet blocks are further down the corridor.

## Foyer and Bar

Seating for the restaurant, ChouChou, takes up a large portion of the foyer area. To reach the restaurant, walk straight ahead from the main entrance, keeping the box office on your right. There is an open space to the left of the tables and chairs of the restaurant seating area.

At the bar, you can purchase food and drinks to eat at the restaurant, or snacks to enjoy during the show.



## Circa One Entrance

There are two performance spaces at Circa. These are called: Circa One and Circa Two. We refer to these as “theatres” as well as calling the building as a whole “the theatre”. Speed is Emotional will be performed in Circa One.

The entrance to Circa One is exactly opposite the box office.

The entrances to Circa One and Circa Two have red velvet curtains around them. If the curtains are closed, it means it’s not yet time to go inside. When it is time to go in, the red velvet curtains will be pushed back, and the door behind them will be opened.

These photos show the entrance to Circa One, with the curtains pulled around them. The first photo shows the view you will see as you walk into Circa Theatre.



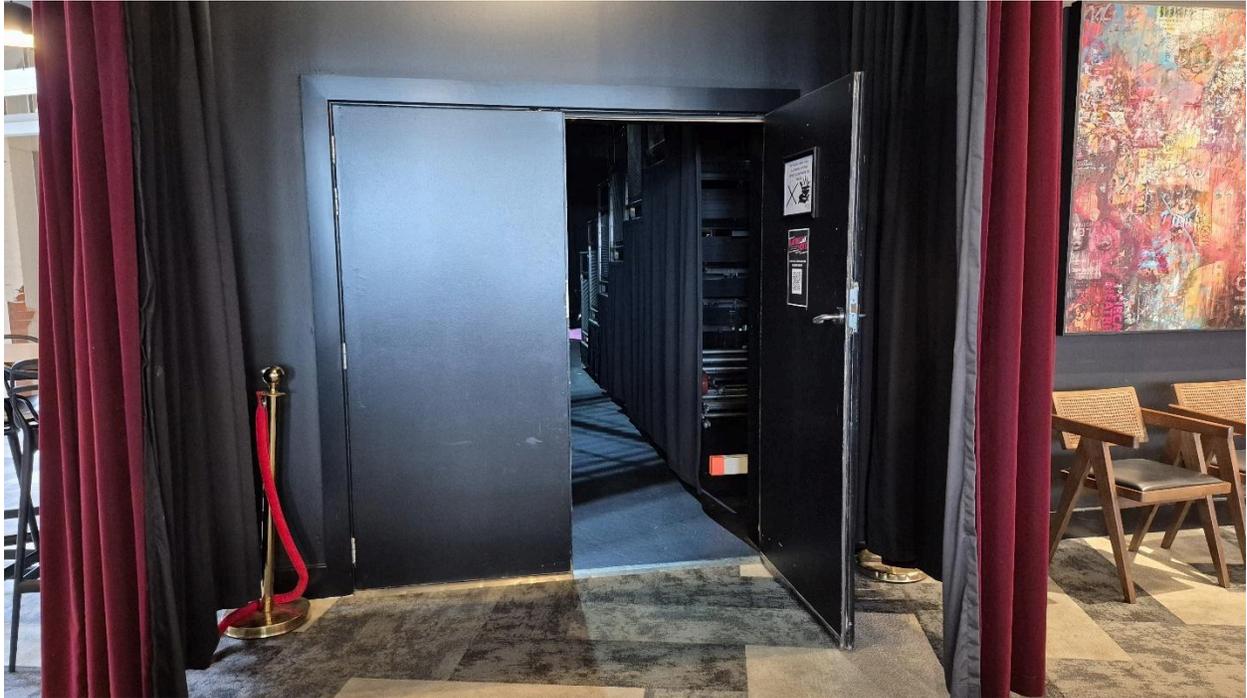
This next photo was taken standing in front of the box office.



An announcement will be made in the foyer when it is time to go into the theatre.

## **About The Theatre**

When it's time to go into the theatre, the velvet curtain will be pulled back to reveal the door.

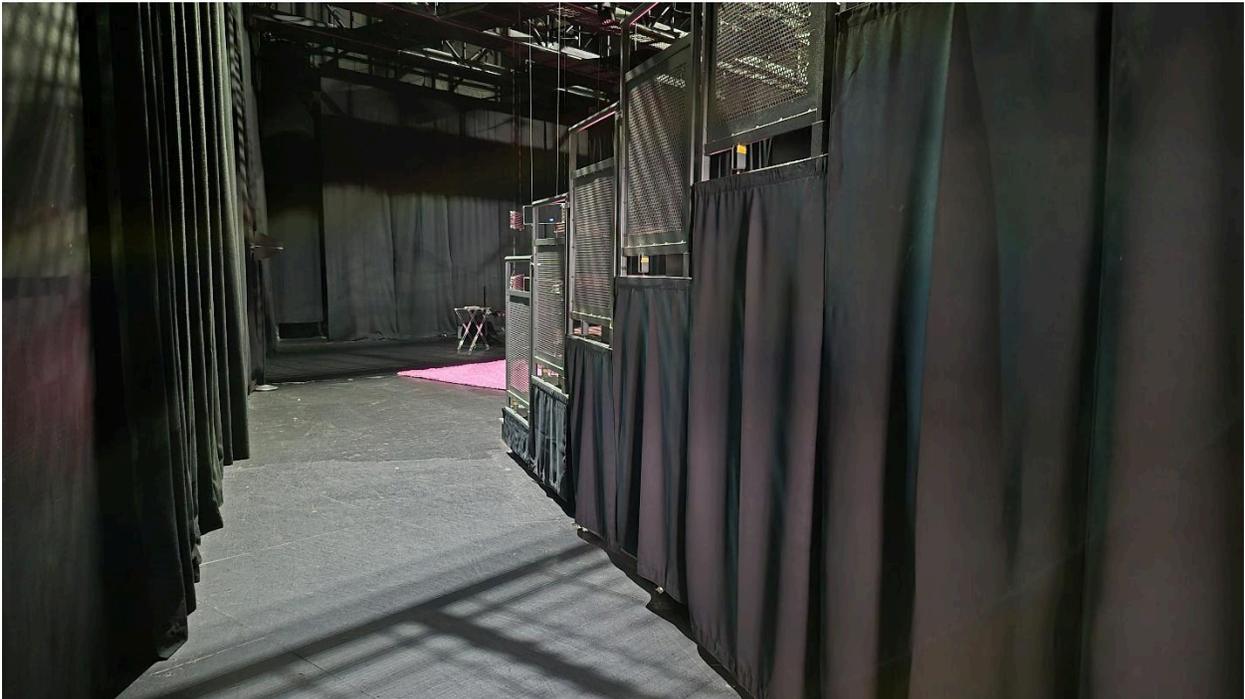


A staff member, called an usher, will ask to see your ticket and scan the QR code on it. Once they have done this, you can go into the theatre through this door.

There are lots of different ushers who volunteer at Circa Theatre. In the photo below, you can see one of the regular volunteer ushers scanning an audience member's ticket.



From the door, you will walk along a short corridor between the seating block and the wall. This area may be quite dark, depending on the lighting of the show.



The stage in Circa one is at floor level, so at the end of this corridor, you will see the stage right in front of you. The seating blocks will be behind you.

On the stage, there will be some set pieces and props. Please don't touch any of these.

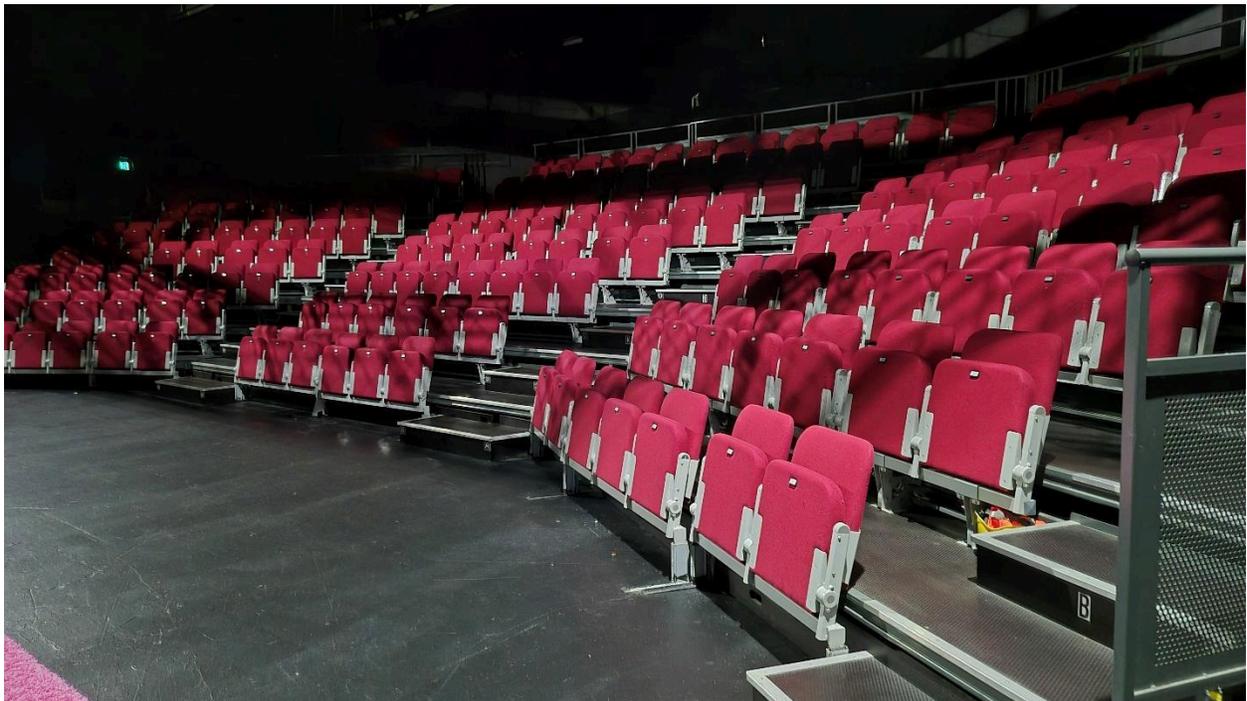
## Seating

There are about 220 seats in Circa One. The seating block is in three sections of tiered seating, the first of which is on floor level.

The seats don't have arms. All the seats need to be folded down before you can sit on them.

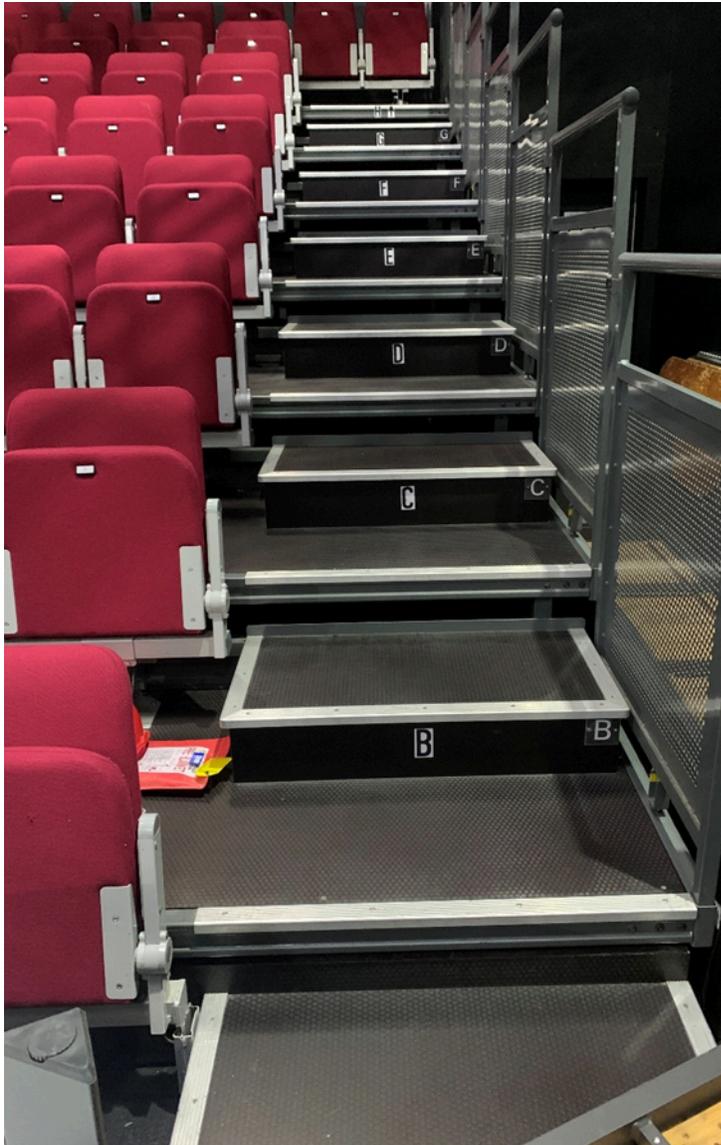
The seats are numbered and there will be staff called ushers to check your tickets and help you find your seat.

This photo was taken from near the entrance.



There are steps leading to the upper rows of seating. The front row of seating can be accessed without using stairs. If you would like a front row seat reserved for you, contact the Circa box office on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz).

Here is a photo of what the stairs look like. This staircase is on the right-hand edge of the seating block, and it has a handrail on the right-hand side. The stairs in the middle of the seating blocks don't have handrails.



Some of the front row seats can be removed to make space for wheelchairs. If you or someone you are attending with uses a wheelchair, please contact the Circa box office on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz) at least 48 hours before the performance to book one of these spaces.

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## Audio Described Performance and Touch Tour

On Tuesday 17 March and Thursday 26 March, the performances will start at 7pm. These performances will have audio description available, and there will be touch tours on those nights starting at 5.30pm.

If you wish to attend the touch tour or be able to listen to the audio description during the performance, you can book by contacting the Circa box office on **04 801 7992** or email [circa@circa.co.nz](mailto:circa@circa.co.nz).

You do not have to attend the touch tour if you don't want to, but booking for it lets the theatre know you are coming for the audio description. The touch tour is free. You will need to collect a headset if you would like to listen to the audio description. Sighted companions with a ticket for the show are welcome to attend the touch tour too.

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## NZSL Integrated Performances

On Sunday 15 March, Saturday 21 March and Thursday 26 March, the performance will be an NZSL Integrated Performance. Jo Randerson will be joined on stage by Deaf Performer, Pollyanna Fergusson.

The performances start at the following times:

Sunday 15th March – 4pm  
Saturday 21st March – 7pm  
Thursday 26th March – 7pm

To book for the NZSL performance, contact the Circa box office on [circa@circa.co.nz](mailto:circa@circa.co.nz).

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## Relaxed Performance

Every performance of Speed is Emotional is a Relaxed Performance.

You can enter or leave at any time throughout the performance. Jo invites the audience to clap, click, or make a sound in response throughout the show. Fidget toys will be handed out at the entrance at the start of the show, and you are welcome to bring your own fidget toys or comfort items. Headphones and/or dark glasses are welcome.

Please check the [About the Show](#) and [Content Notes](#) if you have any concerns about the content of the show.

If you would like more information, please email [access@festival.nz](mailto:access@festival.nz) or call Sameena on **04 830 7854**.

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## Spoiler Alert!

The next sections of this document give more information about the show, what to expect as an audience member, and some content notes. We've tried to avoid spoilers, but if you want everything to be a surprise, you can skip these sections.

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## About The Show



### Show Blurb

By Jo Randerson.  
Barbarian Productions.

ADHD is so hot right now!

In this “funny as hell” theatre show, Jo Randerson (ONZM) unpacks their diagnosis, neurodivergent parenting, sad songs, men taking their time, and more.

Randerson has a brain that never stops and a fountain of restless energy fueling their fiercely funny artistic voice. Who knew that this fountain was fed by something they had diagnosed in their 40s alongside their son: ADHD.

In *Speed is Emotional*, Randerson bares their soul, sharing the exhilaration, exhaustion, joy, and absurdity of living and parenting with neurodivergence.

Catch its Wellington premiere - this is more than a performance; it's a revelation.

Barbarian are committed to making performances as inclusive and accessible to our whole community as possible. Every performance of *Speed is Emotional* is relaxed so

those who need to move around or take a break are able. We have unique bilingual integrated performances which weave English and NZSL, so both d/Deaf and hearing audiences can access and enjoy the show together. These shows feature our Deaf performer Pollyanna Ferguson alongside Jo. We also offer audio described performances with a touch tour pre-show.

#### Audience Care:

The show briefly addresses mental distress. All performances are relaxed, and audiences may enter or leave at any time.

### **More About the Show**

Here are some photos of previous stagings of the show. This may help you get an idea for what the show might look and feel like on the night.





The team behind Speed is Emotional have asked us to share the following message with you.

Welcome to our show. Every show is a relaxed performance. The performance lasts approximately 75 mins with no interval.

Pre show: We will have a quiet space (space TBC). The bar downstairs will be for those who want to drink, be loud etc. We will open doors 10 minutes earlier for those who need extra time to settle in. We will have an 'access doula' during the front of house pre-show and post who can answer any questions and direct you if needed.

During the show: You don't need to stay for the full show, you can leave and re-enter as you need. We will reserve some aisle seats for those that might wish to move. Feel free to make noises, to clap, click or tic as you need to.

Trigger warning: we will talk about mental distress. But there will also be jokes. Because jokes are a defense against pain. There are a few places where there will be loud bangs, or snippets of music played loudly. Please bring your quiet fidget toys, weighted blankets or any other comfort tools that you need.

At the end of the show: Jo will invite you to stay, join them on stage, and sing a karaoke song. You are welcome to come onto the stage, touch the set, or sing a song. Please remove your shoes before stepping onto the stage. Instead of having a drink, we will stay on stage to decompress and 'chill out' in the relative darkness of the set. This will last for approximately 30 minutes. Again, feel free to leave immediately afterward. Thank you for being a part of this experience.

## **What to expect as an audience member**

This show is being presented in a theatre style, which means that the performers will be on the stage, and the audience will be in the seating block. There will be lights on the stage. The lights over the audience will be dimmed slightly during the performance. At some points during the show, there will be complete blackouts. This means that all the lights will be turned out briefly. These blackouts will only last for a few seconds.

There is no audience participation in this show; you are free to just watch. After the show, there will be karaoke, which you are welcome to join in with. You do not have to sing during the karaoke. You can just watch if you like, or you can leave at any time.

We ask that audience members don't try to talk or touch the performers during the show, but you are welcome to chat with them after the show, during the karaoke.

You are welcome to come and go from the theatre as you need to. Please feel free to approach staff members at any time if you need help.

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## **Content Notes**

**Loud Music** – There will be cover songs sung throughout the show. These will be sung over a recorded track with a microphone. The volume of this may vary. If it gets too loud, you are welcome to cover your ears, put on headphones or earplugs, or leave the theatre at any time.

**Loud Noises** – There will be a few loud bangs during the show.

**Live Music** – There will a live band at the end of the show for karaoke. The volume of this may vary. If it gets too loud, you are welcome to cover your ears, put on headphones or earplugs, or leave the theatre at any time.

**AV projection** – An AV projector will project images onto the set throughout the whole show.

**Complete Blackouts** – Complete blackouts are where all the lights are turned out briefly, making the space very dark. These usually happen at the beginning or end of the performance and usually last only a few seconds. There may also be some blackouts during the performance for scene changes.

**Coarse Language** – There may be mild, sporadic swearing during the show.

**Mentions of Mental Distress** – This show will mention experience of mental distress. These mentions will be brief, and don't go into intense details.

**Audience Participation** – There is no audience participation during the show, but there will be Karaoke at the end of the show where audiences are invited to join in the singing. You don't have to join in – you can just watch, and you can leave at any time. During the karaoke, audience members will be welcome to come up on stage. Please remove your shoes before stepping onto the set.

If any of this content is distressing to you, you're welcome to close your eyes, cover your ears, or leave the theatre at any time. Every performance of this show is a relaxed performance, and you are welcome to come in and out as you need to.