

**ORDINARY
DECENT
CRIMINAL**
**Self-care
pack**



ORDINARY DECENT CRIMINAL

By Ed Edwards
Performed by Mark Thomas
Directed by Charlotte Bennett

A co-production between Paines Plough, Live Theatre, Theatre Royal Plymouth and Ellie Keel Productions, in association with Synergy Theatre Project.

About the play

Ordinary Decent Criminal is a one-man play.

It follows a recovering addict Frankie, played by comedian and performer, Mark Thomas.

Frankie tells the story about how he was sentenced to three and a half years in jail for dealing drugs. When he lands in prison, none of his fellow convicts are what they seem, and through his friendship with them, he rediscovers his commitment to the people he loves, and his own passion for activism.

There is one performer on stage throughout, and the performer (Mark) switches into multiple characters.

Before you visit

If you have any questions regarding the shows or the references in the content warnings, please don't hesitate to contact a member of our team at hannah@painesplough.com.

Content Warnings

The play has an age guidance of 16+.

A long strip of LED lights are attached to the set design, which occasionally turn on and flash in different colours throughout the performance. Flashing lights taking place at around:

- 18 minutes (a bang sound, with a small flash, then another bang sound, then another small flash)
- 29 minutes (flashing lights)
- 47 minutes (one big flash, with flashing, dancing lights and bright colours.)
- 1 hour 2 minutes (flashing lights)
- 1 hour 5 minutes (four flashes in quick succession over the course of 2 minutes)
- 1 hour 9 minutes (one big flash)

The play contains strong language, distressing & potentially distressing themes, sexual references, flashing lights, and contains references to or depictions of the below:

- Drug use
- Violence
- Suicide
- Self-harm (cutting)
- Sexual abuse
- Child or familial abuse
- Death & murder
- Substance abuse
- Trauma

Harm, abuse, death, murder, rape and suicide is referenced in the play but not physically depicted.

Helplines and support

We've compiled a list of mental health charities and support groups below, for anyone who has been affected by the issues raised in the play.

If you need immediate support, or would just like someone to chat to, Samaritans offer a 24/7 helpline across the UK – call 116123 for free.

If you prefer to text, the UK also has a free 24/7 service: just text SHOUT to 85258.

If you don't need immediate support but would like to learn more about mental health and services that may be available for yourself or someone you know, we'd recommend looking into the following organisations:

Support for offenders and ex-offenders:

- **PACT** – Prison Advice & Care Trust supports those affected by imprisonment, providing practical and emotional support to prisoners' children and families, and to prisoners themselves. Free confidential helpline for prisoners' families and friends: **0808 808 2003**. Website: <https://www.prisonadvice.org.uk/>
- **Adfam** is a national organisation working with and for families affected by drugs and alcohol. <https://adfam.org.uk/>
- **Breakthrough** is a London-based organisation offering prison leavers fully paid apprenticeships for roles in tech or business, offering support and guidance throughout the process. Email hello@wearebreakthrough.org or call **07598 232646**.

Suicide & Attempted Suicide:

- Papyrus offer a suicide prevention helpline, HOPELINE247. This is a free, confidential, non-judgmental space to talk openly about thoughts of suicide with trained advisers: <https://www.papyrus-uk.org/>

- Edinburgh Crisis Centre offers freephone, text, and email support for anyone experiencing a mental health crisis and needs to talk to someone: <https://edinburghcrisiscentre.org.uk/>
- Survivors of bereavement by suicide. Call for support 0300 111 5065, the Support Line is open every day 9am-7pm: <https://uksobs.org/>

Sexual abuse:

- Rape Crisis's support line is open 24/7: <https://rapecrisis.org.uk/get-help/want-to-talk/>
- NHS Guidance for help after rape and sexual assault: <https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

Self-harm:

- Life Signs: an online, user-led charitable organisation, founded to create understanding about self-injury and provide information and support to people of all ages affected by self-injury across the UK: <https://www.lifesigns.org.uk/>
- Harmless, for support, information and consultancy about self-harm and suicide prevention: <https://harmless.org.uk>

Abuse:

- Services specialising in support for women and girls experiencing violence, including domestic abuse, sexual violence, forced marriage and stalking/harassment: <https://www.womensaid.org.uk/information-support/>
- The National Aid Helpline: <https://www.nationaldahelpline.org.uk>
- National Society for the Prevention of Cruelty to Children (NSPCC): <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/#>