

Audience Self-Care Guide & Content Warnings

TRANS IT

A new play

By Tabby Lamb



Pop-Up Plays by Fifth Word Theatre, *in collaboration with* Curve, Leicester and Derby Theatre *and support from* Fuel

Associate Produced *by* Just Something Different

Fifth Word, Derby Theatre and Curve, Leicester

For pop up performances taking place in the car parks of
Curve & Derby Theatre

Between 19th - 28th March 2026



JUST
SOMETHING
DIFFERENT

Pop-Up
Plays

**fifth
word.**

Welcome to TRANS IT

Thank you for joining TRANS IT, an immersive horror-infused performance that explores identity and resistance.

This guide has been designed to help you plan your visit and take care of yourself before, during and after the show.

The performances take place around a Transit van in a car park, including close proximity to the stage, which may feel intense. Take what you need from this show, and leave what you don't.

We know this show might be challenging to engage with for some audiences, especially if you're affected by the content. We hope this guide provides the support required to experience the show safely.

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About the show

“To silence a monster, you just have to undo him”

Tonight, for these Dolls, it's time to take the power back.

Past-dark in a deserted city car park. Caught in the headlights of a transit van, Mzz Harmony's chain-smoking and Mzz Melody's got lightning in her bones. Only two state-approved genders remain. In this horrifyingly near-future, those who don't conform are hunted or disappeared. And now James F***ing Gulliver MP is building his career calling girls like them a threat to civilisation. Classic, right?

Hunted, mocked, failed and fed on, the Dolls are done running. It's time to decide what kind of future they'll carve out —and what they're willing to risk to get there. Revenge always starts simple, doesn't it?

In a world where the state wants you gone and the Gods are dead, TRANS IT is a fiercely human, biting funny horror story dipped in glitter, for anyone who's ever been othered. Join us at Level 4, parking bay C3. The engine's already running.

Keywords: gender identity, horror, persecution, resistance, fear and hope

Content Warnings:

Age Recommendation: 16yrs+

The show contains:

- persecution and discrimination against trans and gender-diverse people
- descriptions of violent transphobia and transphobic experiences
- strong language
- references to and descriptions of serious violence
- references to grooming and abusive relationships
- references to sex work
- an immersive car-park environment including loud noises, strobe & flashing lights

Running time: Approx. 40 mins

More detailed content warnings, including time-stamps can be found here: [Detailed Content Warnings](#)

Helplines and support

Some of the themes explored in *TRANS IT* may feel personal or difficult for some audience members. If the show brings up strong feelings and you need support, you are not alone.

We would recommend looking into the organisations listed below where you can learn more about services that may be available for yourself or someone you know.

National Support

MindLine Trans+

Phone: 0300 330 5468

A confidential emotional support and signposting helpline for transgender, agender, gender-fluid or non-binary people, and their friends and families.

TRUK Listens

Website: <https://truklistens.org>

Phone: 0800 009 6640 (8am–midnight, 7 days a week)

A national helpline offering supportive listening specifically for trans people.

Gendered Intelligence

Website: <https://genderedintelligence.co.uk>

Offers workshops, mentoring, peer support, and advocacy for trans and gender-diverse people.

Mermaids UK

Website: <https://www.mermaidsuk.org.uk>

Phone: 0808 801 0400

Supports transgender, non-binary, and gender-diverse children, young people, and their families, offering advice, advocacy, and peer support.

LGBT Foundation

Website: <https://lgbt.foundation>

Phone: 0345 3303 0303

Supports LGBTQ+ people on mental health, social inclusion, and community wellbeing, including advice about financial and social pressures.

Switchboard LGBT+ Helpline

Phone: 0800 0119 100 or Webchat: switchboard.lgbt (Open daily 10 a.m.–10 p.m)

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey.

TransUnite

Website: transunite.co.uk

Directory to find in-person Trans support groups across the UK

MindOut

Website: <https://mindout.org.uk>

LGBTQ+ mental health service providing peer support, counselling, workshops, and resources.

Stonewall

Website: <https://www.stonewall.org.uk>

A leading LGBTQ+ rights organisation offering resources, advocacy, and information about discrimination and inclusion.

Samaritans

Website: <https://www.samaritans.org>

Phone: 116 123 (free, 24 hours a day)

A confidential listening service for anyone experiencing distress, suicidal thoughts, or emotional crisis.

Shout

Website: <https://giveusashout.org>

Text: SHOUT to 85258 (24/7 text support)

A free, confidential text messaging service for anyone in crisis who prefers messaging over talking on the phone.

Local Support

Leicester

Leicestershire LGBTQ+ Centre

Website: <https://www.leicestershirelgbtqcentre.org/>

Phone: 0116 254 7412

Provides LGBTQ+ social groups, peer support, counselling referrals, and community activities in Leicester.

LAMP (Leicestershire Action for Mental Health Project)

Website: <https://www.lampadvocacy.co.uk>

Phone: 0116 255 6286

Independent advocacy and support service for people experiencing mental health challenges, including LGBTQ+ individuals.

Derby

Derbyshire LGBTQ+ Network / Derbyshire LGBT+ Community Forum

Website: <https://www.derbyshirelgbt.org.uk>

Offers support, information, and safe spaces for LGBTQ+ people in Derbyshire.

East Midlands (covering both)

Trade

<https://wearetradehealth.co.uk/>

Trade is a health and wellbeing charity, based in Leicester, and working across the East Midlands.

East Midlands Trans Network

<https://eastmidstransnetwork.wordpress.com/about/>

East Mids Trans Network is a not-for-profit community group and information network setup in 2025 to provide fun, friendship, and support to trans people with their friends and families across the East Midlands.

Self-care suggestions

If you're concerned about attending the show, there are a few things we'd suggest that might help.

Before the show

Read the content warnings before deciding to see the show. You can find more detailed content warnings with time-stamps here: [Detailed Content Warnings](#)

Come with a friend

It might be worth seeing if you can book to see the show with a friend, family member or someone you trust.

During the show

There is nothing wrong with deciding that the show isn't for you, or that it's too much. During the performance, you're welcome to go to our designated break out space. Just ask the usher on site for directions.

If you start to feel tense but want to stay in the space, a grounding exercise may be helpful (e.g. mindful breathing). We've included some suggestions below.

After the show

If you've found the show has stirred up some strong feelings, we'd suggest talking to someone you're with, calling a friend, or contacting one of the support services listed on the previous page.

Grounding Exercises

If you begin to feel overwhelmed during or after the performance, a short grounding exercise may help bring your focus back to the present moment. These simple techniques can help slow your breathing and reconnect with your surroundings.

1. Box Breathing

Slow your breathing using a steady rhythm:

Breathe in for 4 seconds

Hold for 4 seconds

Breathe out for 4 seconds

Hold for 4 seconds

Repeat this cycle for a few breaths until your body begins to relax.

2. 3-2-1 Sensory Exercise

Gently focus on your surroundings by naming:

3 things you can see

2 things you can hear

1 thing you can feel

This can help shift attention away from overwhelming thoughts and back into the present moment.

3. Feet on the Ground

If you are seated or standing, place both feet firmly on the floor.

Notice the contact between your feet and the ground.

Take a few slow breaths and remind yourself:

“I am here. I am safe. This moment will pass.”

Thank you &

Acknowledgements

In creating this guide, we have drawn inspiration from the thoughtful approaches taken by other theatre companies and productions. We are especially grateful to the audience care resources produced for **Nouveau Riche's *For Black Boys Who Have Considered Suicide When the Hue Gets Too Heavy*** by Ryan Calais Cameron at Garrick Theatre, and **Travis Alabanza's *Sound of the Underground*** at Royal Court Theatre.

We also want to extend our gratitude to the organisations, helplines, and peer support groups listed in this guide. Their work supporting mental health, LGBTQ+, trans and gender-diverse communities is invaluable, and we encourage you to reach out to them if you need support.

Finally, thank you to you as the audience for reading this guide and for choosing to see the show. We hope it helps you engage with the performance safely and meaningfully, in whatever way feels right for you.