



Image © Stephen James Moorer

Thank you for attending Raquel Meseguer's roundtable event about recognising invisible needs hosted at South East Dance in November. We were delighted to support Raquel and that so many venues and organisations were present, including:

[Brighton Fringe Festival](#), [Brighton Dome](#), [Depot](#), [Disability Arts](#), [Fabrica](#), [National Theatre](#), [Ovalhouse](#), [ONCA](#), [Root Experience](#), [Shape Arts](#), [South East Dance](#), [Theatre Bristol](#), [Tobacco Factory Theatres](#) & [Trinity Centre](#).

12 simple ideas on how to take action right now:

1. Make some dream time to re-imagine how you'd like people to use your building. For inspiration, re-listen to the roundtable event (email us for a link.)
 2. Extend an invitation to rest, reset, recharge, to those who use your building.
 3. Adopt an access statement about invisible needs/ hidden conditions. Add this to your website. Please see attachment for Raquel's suggested starting point. Ensure this communicates what you offer (e.g. cushions at box office).
 4. Nurture a culture of understanding at your organisation so your team is able to consider a wide range of different needs. Start by consulting your team about their needs.
 5. Develop language to talk about invisible needs and reflect this in your signage. Disability Equality training could be a great starting point: it gives people confidence in the language they use.
 6. Designate a quiet area for 'rest, reset, recharge' within your building/organisation. Ensure your FOH team know about this area: why it is there, what it means, what assurances people might need to use it.
 7. Invite building users to take and/or write a 'rest, reset, recharge' sign e.g. from a 'signage' stand.
 8. Test one 'fluid' performance in your next season. Ideally, audience would be welcome to lie down as well as stand up / stretch / move around during the show. Announce this relaxation of etiquette to your entire audience pre-show.
 9. If your 'fluid' performance does not include the option to lie down, consider how / when you can offer this in your programme over the next 2 seasons.
 10. Consider how your booking system can deliver a tailored service. E.g. Could information about 'fluid' performance appear when you scroll the back row seating?
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11. Ensure your marketing is user-friendly utilising: specific facebook groups, [Disability Arts Online](#), [Euan's Guide](#), [Possibility People](#), [It's Local Actually](#), [Attitude is Everything](#), medical centres and surgeries, to welcome all audiences. Find your local [Community Navigator's Scheme](#).
12. Join the dots with other marketing departments across this network, to learn from each other and build critical mass.

The Ask

- Sign up to [join your organisation to the Resting Spaces Network](#) and register your interest to [host an intervention](#).
- Join '[A Crash Course in Cloudspotting](#)' at OvalHouse in February.

The Ambition

- To develop an App used to find resting spaces across the country.
- To host interventions/ workshops that raise awareness of invisible needs / hidden conditions.
- That venues/ organisations develop their offer for these communities.

To stay in touch or for questions about next steps of the project, please contact Artist Raquel Meseguer on uncharteredcollective@gmail.com

Resources

Below are some resources to help you find language that communicates well with your audiences. Above all, it is important that these discussions are had within organisations, so please do not be afraid. If you are in doubt please ask the communities you work with what kinds of language they would prefer.

[Demystifying Access Guide](#) - Unlimited

[The Charter of Best Practice](#) - Attitude is Everything

[The Social Model of Disability](#) - Disability Arts Online

[The Social Model of Disability](#) - Shape Arts
