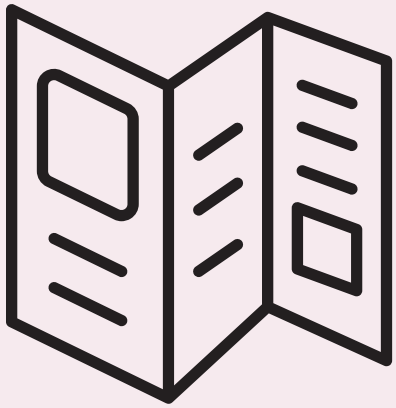


Nail Bar

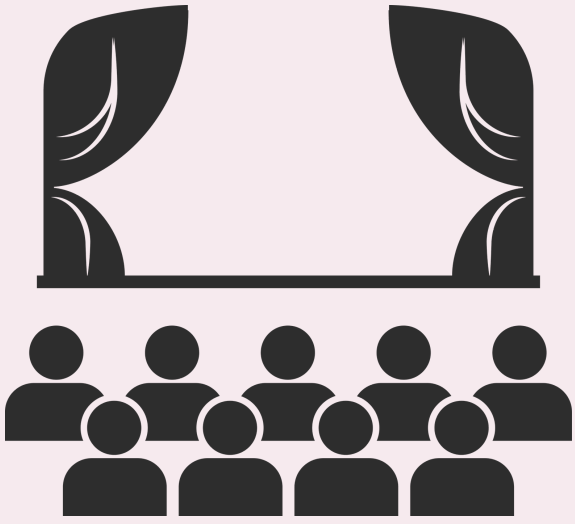
Visual Guide Easy Read



What is a visual guide?

A Visual Guide has information and pictures to prepare you for your visit to a venue and shows.

It's like a map of the show. It will show you where to go and what to expect.

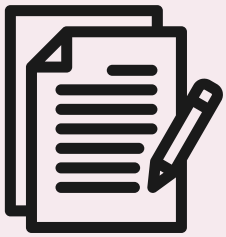


What is included?

This document contains information about the shows and will include spoilers

The shows are being created now and we will update this guide with more information as it develops. That means this guide might change slightly. You can pick up a new guide at the show.

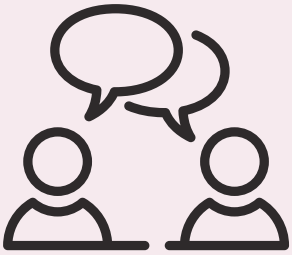
About Nail Bar



This show is still in development, we may add more to this guidance



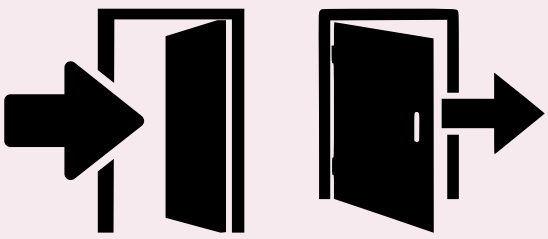
There are 12 performers in the cast



This is an **immersive performance.** This means actors might speak to you in character

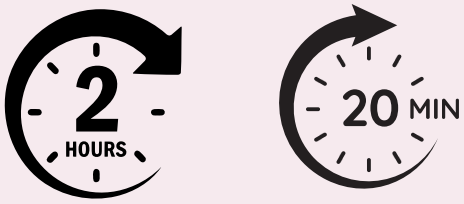


Some audience members will be invited to have their **nails painted**



Actors will enter and exit the space of out the front door frequently

About Nail Bar



The show lasts roughly 2 hours

This includes **a 20 minute interval**



Before the show begins come to **National Youth Theatre**



An usher will take you to the performance space



It is a 1 minute journey away from National Youth Theatre



This is what the inside of the performance space looks like

About Nail Bar



Content information:

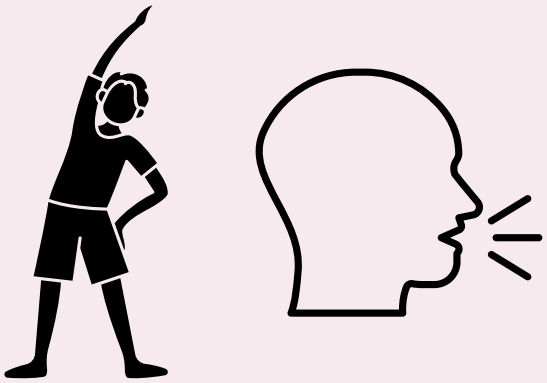
- Displacement
- War
- Current ongoing conflicts
- Experience of migration
- Human trafficking
- Immigration officers
- Homophobia



Sensory information:

- Fighting
- Use of makeshift weapons
- Amplified sound
- Latex balloons
- Lighting
- Blackout
- Shouting
- Uniformed immigration officers
- Use of nail polish
- Drinking alcohol

Access at Nail Bar



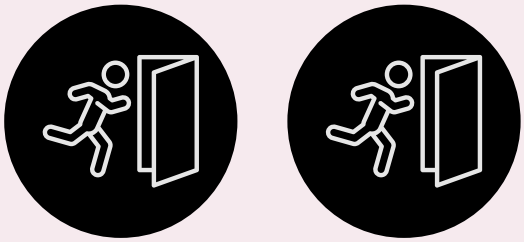
All performances are **Relaxed**

This means you can:

- move
- make noise
- a chill out space is available at NYT before and during the show



Because the space has a small capacity we may not allow latecomers to enter



You can leave the space and re-enter during the performance but you will re-enter at a set time, the usher will tell you when

Additional resources

If you have been affected by any of the themes in the shows, please see the below support services if you would like to speak to someone

💚 Samaritans – 📞 116 123 (Free, 24/7)
A listening service for anyone who needs emotional support.

💬 Shout – Text SHOUT to 85258 (Free, 24/7)
Confidential mental health crisis support by text.

🧡 CALM (Campaign Against Living Miserably) – 📞 0800 58 58 58 (Daily, 5pm–midnight)
Support for anyone struggling with their mental health.

💙 SANEline – 📞 0300 304 7000 (Daily, 4pm–10pm)
Emotional support, information and guidance for people experiencing mental health difficulties, as well as their families and carers.

Migrant Help - 📞 0808 8010 503
Support for people seeking asylum, including access to health and wellbeing services

Additional resources

Freedom from torture - 📞 020 7697 7777
Specialist psychological therapy for survivors of torture, organised violence and persecution

Unseen UK - 📞 08000 121 700
Modern Slavery & Exploitation Helpline offering confidential advice and support

Switchboard LGBT+ Helpline - 📞 0800 0119 100
Confidential listening and information service for LGBTQ+ people

FRANK - 📞 0300 123 6600
Confidential advice and information about drugs, addiction and support services

National Domestic Abuse Helpline (Refuge) - 📞 0808 2000 247
24/7 confidential support for women experiencing domestic abuse.

The Survivors Trust - 📞 0808 801 0818
Confidential support and signposting for survivors of rape, sexual abuse and sexual exploitation.