

HIGH STEAKS
ACCESS DOCUMENT FOR AUDIENCE MEMBERS
As of 19/10/2023

Hello!

We are so pleased that you are coming to watch one of our performances of HIGH STEAKS. We want to make sure you feel as comfortable as possible seeing the show, so we have put this document together to let you know what to expect. If you haven't been to a performance like this before, it is normal to have questions about the show and what will happen.

The information in this guide relates to a performance of HIGH STEAKS, of which are not currently BSL interpreted, relaxed or captioned. There will be information about these types of shows separately.

We really hope you enjoy the show!

DETAILS

- Run time: 1 hour and 15 mins max
- Age guidance: 18+
- Content Warnings: Full frontal nudity, strong language, handling & cooking of raw meat, discussions of surgery and body dysmorphia/shame, discussions of sex, genitalia, bodily fluids and sex work
- No video, photography or any documentation of the show/performance is allowed
- Live flame on stage
- There will be some audience interaction which includes somebody coming on stage and drawing Eloina. This is an invitation and you are encouraged to only do this if you would like. There is no pressure!

BEFORE THE SHOW

When you arrive, there will be a member of our team standing outside or close to the space where the performance is happening, who will be there to greet you and sell merchandise, ahead of the performance. We will be selling temporary tattoos which you will be able to purchase, should you wish, using cash or a card on our iZettle machine which is a singular contactless payment.

The venue staff will be responsible for announcing when the house is open.

When you enter the theatre space, the lights will be dim and there will be pre-entrance music playing at a moderate volume. Members of the front of house staff will be around to help you find your seat. We encourage vulva owners, queer and trans+ people to the front if they would like to be and if the front row is accessible.

DURING THE SHOW

The lights will go down, the entrance music will be turned off, and the show will begin.

Eloina, the performer in the show, will enter and this will be notified by a spotlight that lights her on stage. The beginning is clown-filled and light-hearted to encourage a welcoming and open space where we are allowed to laugh.

Latecomers will be permitted into the show from any time up until 15 minutes after the show's start time. Latecomers after 15 minutes will not be admitted. Audience members will be able to leave the space if they need throughout the performance however, they will have to sit on the back row upon re-entering to ensure that the performance is not disrupted.

Throughout the show, sounds will be played at a moderate volume. This includes recorded voice notes/voice overs and songs/music. House lights will not be turned on during the performance meaning there will be spots of

blackouts and some dimly lit lighting states of which you will be able to see the performance, and less your surroundings.

Kitchen knives and sharp utensils are used to cut and flatten raw meat. This meat is later cooked in the show. The auditorium will smell like cooking meat.

Eloina will be fully nude during the show.

AFTER THE SHOW

The end of the performance is marked when Eloina leaves the stage.

After this, the lights in the theatre will come back on and everyone will start to leave.

A member of our team will be outside, where they were before, selling merchandise in the same set up as the pre-show.

ABOUT ELOINA

ELOINA makes work that dismantles taboos around the female body. She mixes epic, body-based performance art and quick, comedy clowning. This makes her work both accessible and impactful at both extremes and the in-betweens of the art world. Since graduating from the innovative Drama degree at Queen Mary University of London in 2018, her solo practice has spread across London, opening conversations about menstruation, body hair, labiaplasty, vaginoplasty, female masturbation and ejaculation, motherhood and breastfeeding.



VISUALS OF THE SET AND TECHNICAL ASPECTS OF THE SHOW

- End on configuration which involves the audience being completely separate from the performer on stage.
- Small pieces of raw meat will be hanging around the stage, away from the seating area

An image of the set up as you arrive: this is how the stage will look



If you have any questions, please endeavor to contact a member of the team, Millie or Beth who are the producers of HIGH STEAKS on producer@eloina.art