

# Relaxed Performance & Accessibility Resource Pack

*i am root*

Prepared by Olenka Toroshenko



**VENUE:** The Archive Room, Festival Hub Trades Hall, 54 Victoria Street, Carlton, VIC

**DATES:** Relaxed Performance: Thursday, October 12, 2023 – 5:45PM

5:45PM is the scheduled start time of the performances, audience will be allowed to take seats shortly before this time

**RUN TIME:** 70 min, no interval



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## TRAVELLING TO & ACCESSING THE VENUE

## **Getting to Trades Hall**

Melbourne Fringe's year-round venue, Fringe Common Rooms, is located in Trades Hall on the corner of Victoria and Lygon Streets, Carlton. Enter via Lygon Street. Google Map Link [HERE](#)

Since its recent renovation, Trades Hall is now accessible through the Lygon Street entrance, with accessible and gender-neutral bathrooms and lift access inside. Fringe Common Rooms is also accessible for performers with a portable wheelchair lift to make the stage accessible.

You can view a Melbourne CBD mobility map [here](#)

You can find audio-visual instructions on getting to Trades Hall from Melbourne Central Station [here](#)

## **Public Transport**

There are three public transport options from the Melbourne CBD to Common Rooms – train, tram and bus, you can plan your journey using the [Public Transport Victoria website](#).

### **Train**

Trades Hall is located 800 metres from Melbourne Central train station. Exit at Swanston Street/La Trobe Street and make your way East up La Trobe Street. Turn left at Russell Street, and continue to Victoria Street, when Russell Street becomes Lygon Street. Trades Hall is on the corner of Victoria Street and Lygon Street.

### **Bus**

Trades Hall is around a 15-minute bus trip from Melbourne CBD. Catch the 907 Bus from Swanston and Lonsdale Streets. Bus 907 is a Smart Bus – accessible for wheelchairs and mobility scooters.

### **Tram**

Catch the number 30 and City Circle trams East along La Trobe Street. Alight at corner Russell and Swanston and walk north on Russell Street. Continue to Victoria Street, when Russell Street becomes Lygon Street. Trades Hall is on the corner of Victoria Street and Lygon Street. These trams are not accessible for wheelchair or mobility scooters, nor are there accessible stops along La Trobe Street.

## **Parking**

There are a number of street car parks outside Trades Hall on Victoria Street, including an accessible parking bay. [Lygon Street carpark](#) is a short walk from Trades Hall – located at 204 – 218 Lygon Street.

### **By Bus:**

Bus stop #200 & #207 180m from the Trades Hall front door. Walk south 180m to Trades Hall front door

**By Tram:**

Queensbury Streer/Lygon Street stop is 180m from Trades Halls front door. Walk 180m south on Lygon street to Trades Hall

**There are gender-neutral bathrooms on site.**

**Wheelchair Accessible**

This venue is wheelchair accessible. The entrance to the venue is on Lygon St. You can head up the front stairs and through the main doors, from there head right to get to the Loading Dock.

If you need step free access, there is lift at the front of the building and our team will be able to guide you from there to the Loading Dock.

Once you're in the Loading Dock you can head straight through to the Victoria Street Building where the Archive Room is on your left. This venue is wheelchair accessible. Check in with the Front of House team upon arrival for assistance.

- **Accessible Bathroom**

This venue has toilets which are accessible for wheelchair users.

- **Step-free access**

This venue has no stairs or all stairs can be bypassed via a ramp, lift or elevator.

- **Assistance Dogs allowed**

Assistance dogs are allowed into all parts of this venue.

**Mobility Lift Instructions.****Going Up.**

1. **Call Lift / Open Door.** Press & hold the down button till it illuminates red. Lift door will open automatically.
2. **Close door.** Press and Hold the UP Button till it illuminates red. Lift door will close automatically.
3. **To operate Lift from inside.** Press and hold the up button until the lift completely ascends. Lift Door will open automatically.
4. **To Operate Lift from outside.** Press and hold the up button until it illuminates red. Lift will ascend and door will open automatically.
5. **Close Door.** Door will close automatically after a few moments. But can be closed by pressing the down button till it illuminates red.

**Going Down.**

1. **Call Lift / Open Door.** Press & hold the UP button till it illuminates red. Lift door will open automatically.
2. **Close door.** Press and Hold the Down Button till it illuminates red. Lift door will close automatically.
3. **To operate Lift from inside.** Press and hold the DOWN button until the lift completely ascends. Lift Door will open automatically.
4. **To Operate Lift from outside.** Press and hold the DOWN button until it illuminates red. Lift will ascend and door will open automatically.
5. **Close Door.** Door will close automatically after a few moments. But can be closed by pressing the UP button till it illuminates red.

PLEASE NOTE Lift will not function if any of the emergency stops are pressed. There are 4 emergency stop buttons in total, 1 at the bottom of the lift, 2 inside the lift and 1 at the top of the lift. To disengage the stops, please twist clockwise. All buttons will flash red if any of the Emergency Stops are engaged.

**ABOUT THIS RELAXED PERFORMANCE:**

House lights will remain on, dimly lit, the entire duration of the show

- The technical elements of the show (lighting/sound) are not very heavy in general, but they will be softened for the Relaxed Performance
- Everyone is welcome to behave and stim, pace, and make noise according to their own comfort. Everyone is welcome to the relaxed performance. Making noise is encouraged and expected, and bringing toys and fidget items is absolutely fine. Earphones, headphones, or other equipment is absolutely fine. There are no expectations about how to behave, and traditional theatre conventions do not apply.
- Feel free to exit the performance space at any time, take care of yourself.

## **VENUE IMAGES (External, Box Office, Common Rooms, Bar, and Stage)**

[Click here to view a full guide \(with pictures and visual descriptions\) of the Trades Hall](#)

### **Archive Room**



Image Description: 6 Rows of seating fill a carpeted room in front of a raised stage. The first three rows are red velvet chairs, with rows of green plastic stools behind. A large black drape hangs from ceiling to floor creating a back and side stage area. A portable tech desk sits to the right of the seating a lighting ring hangs in the centre of the room.

## PERFORMER IMAGES AND SHOW DESCRIPTION:

### OLENKA TOROSHENKO



Olenka Toroshenko (she/her) is the writer, producer and performer of the show *i am root*.

The show features Ukrainian prayers, spoken word poetry, dancing, clowning, movement pieces, chopping beetroot on stage and stories and anecdotes which will all be performed by Olenka.

Throughout the performance, Olenka will embody different characters (an old woman in Ukraine and a clowny version of herself), but most of the time, will be herself!

The story of the show is about their experience of leaving her home country of Canada, deeply embedded in a Ukrainian community, to the wilds of Australia. The stories, songs, dances, spirited rituals, goofy re-enactments and clown-inspired rituals help to weave the autobiographical nature of the show with Olenka's original spoken word poetry and movement that offers context and meaning.

The performance is deep, profound and beautiful in tone and features a lot of comedy, although the content can veer into some heavier areas as Olenka sings and tells the audience about the deaths of loved ones in her life and the meaning these moments have offered her.

## CONTENT WARNINGS:

**Potentially Triggering Themes/Actions:** Death, Grief, Immigration, War in Ukraine

**Very Loud Sounds:** At the beginning and end of the performance a low rumble will build to a loud rumbling sound. Mid show (*as I open my suitcase*), there will be loud music playing (Drum and bass music). These sounds will be reduced for the Relaxed Performance

**Lighting:** House lights will remain on and low for the duration of the show. There will be moving red and green lights *shortly after I use my kangaroo as a telephone*.

**Use of a Knife:** A folding knife will be used for chopping beetroot on stage. Don't worry! I've been peeling beetroot for as long as I've been able to hold a knife. I've got this!



### **SCRIPT:**

**\*Please note: this is not for distribution, sharing and all content is copywrite**

[Read a copy of the \*i am root\* script here](#)

### **CONTACT US**

If you have any questions or feedback about the relaxed performance, or about other accessibility concerns, please contact Olenka (Producer/Artist of *i am root*) at [Olenka.toroshenko@gmail.com](mailto:Olenka.toroshenko@gmail.com)