



STIMPHONY

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Cork
Midsummer
Festival

Stimphony: A Guide

Stimphony explores the music within stimming bodies and asks: What does somatic regulation sound like? How do our bodies and brains manage the constant sensory input of our world?

We manage through stimming – and we celebrate, mourn, rage and soothe through stimming too.

Co-created with disabled adults in Cork and the Inclusive Music Ensemble, *Stimphony* is a new theatrical-symphonic engagement with Neurodivergent experiences through movements inspired by body-memory, emotional regulation and personal growth.

Running Time:

60 minutes

Dates & Times:

12th June @ 2pm & 7pm

13th June @ 2pm & 7pm

Venue

Stimphony will be taking place in The Granary Theatre, Cork.

Our front entrance on Dyke parade is wheelchair accessible. Staff will always be on hand to assist.

How to Get There

The Granary Theatre is located on Dyke Parade in Cork City Centre. Postcode: T12 VF64

30 minute walk from Cork Kent Train Station.

20 minute walk from Cork Bus Station, Parnell Place.

15 minute walk from St. Patrick's Street, City Centre.

On the **205** bus line from Kent Station/ Parnell Place. On the **208** bus line from St. Patrick's Street.

- Get off at Lancaster Quay bus stop.
- Turn right and continue to the traffic lights.
- Cross the road and continue down Mardyke Street.
- Turn left at the next set of traffic lights and you will see The Granary Theatre.

There is a Disabled Parking Bay on Dyke Parade with 2 spaces, 200 meters from The Granary Theatre. Further Disabled Parking Bays are located on Washington Street and Little Hanover Street.

We are 5 minutes from Q-Park St Finbarr's.



Your View From
Lancaster Quay Bus Stop
'Anam Cara B&B'



At The Traffic Lights,
Cross to Mardyke Street



Turn Left To See
The Granary Theatre



The Granary Theatre Entrance,
Dyke Parade

Accessible Bathrooms

Our accessible bathroom is located in the foyer of The Granary Theatre.

Steps/Stairs

There are no steps/stairs into the venue.

Further Venue Accessibility

Seating is wheelchair accessible. A member of staff will announce that the "house is open" fifteen minutes before the show. This means that the audience can now take their seats in the theatre.

Sounds, Sights and Smells

As you enter the foyer, there may be music playing. Sometimes, you may hear traffic, buses, or sirens from outside the theatre.

Before the show begins in the theatre space, a member of staff will make a welcoming announcement.

The theatre space may be warmer due to the theatre lights.

The Performance

"It's about what happened when we, like you, paid some attention to our breath, and our body, and how that made us see things about our lives, and ourselves, differently."

Stimphony explores the music within stimming bodies and asks, what does somatic regulation sound like? How do our bodies and brains manage the constant sensory input of our world?

Four performers want to tell you their stories; Through nine movements *Stimphony* explores their words, reactions to and lived experiences of stimming, childhood and memory, judgement, grief, education, growth, pride and freedom. Sometimes they need to talk, sometimes they need to not talk, and sometimes they need to stim.

Co-created with disabled adults in Cork and the Inclusive Music Ensemble, *Stimphony* is a new theatrical-symphonic engagement with Neurodivergent experiences through movements inspired by body-memory, emotional regulation, and personal growth. How does it feel to be us? More importantly, how does it sound?

Performance Accessibility

This show will be a **relaxed performance**.

This means the audience lights will remain on and dimly lit throughout the show.

There will be loud noises throughout the performance. If you are sensitive to loud noises, please feel free to bring and wear your ear defenders or ear plugs. There will be sanitized ear defenders and new foam earplugs at the venue, available to use for the duration of the show. Please remember to return the ear defenders after the performance, though you can keep the ear plugs.

If yourself or someone else in the audience needs to move and/or make sounds during the performance, that's totally fine.

The show will be playing on a monitor in the foyer throughout the performance if you need to step out of the theatre.

Audience Participation?

In the second scene, the performers enter the audience and may offer you a stim toy to play with for a short while. Please do return the stim toy to the performers when they ask.

In the second last scene, the performers and ISL interpreter will enter the audience and may ask you a question – your answer will be typed and projected on stage.

If you wouldn't like to interact with the performers at any stage, please cross your arms in an "X" shape across your chest or shake your head.

There are some moments where the performers' words or captions may be instructional, however you do not have to participate in what they are asking you to do.