



509 | Arts |

Meal One Pre-Performance Support Pack

This pack is designed to support people who may need extra preparation before visiting a theatre.

It also includes the storyline and images from the show 'Meal One' to support people who need extra time to understand a story.

If you have any feedback about this pack, or the performance, please contact:

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Or

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Going To The Theatre

You can see the theatre you are going to here:

Hull Truck Theatre - <https://www.hulltruck.co.uk/access/>

Curve (Leicester) - <https://www.curveonline.co.uk/access/>

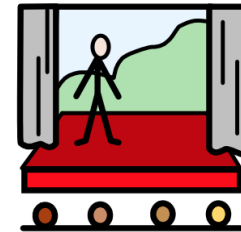
The Albany - <https://www.thealbany.org.uk/accessibility/>

New Wolsey (Ipswich) - <https://www.wolseytheatre.co.uk/access/>

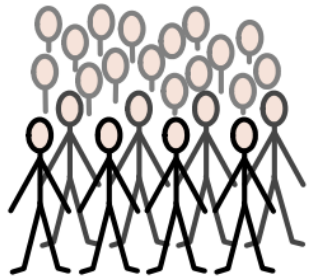
Bradford Alhambra Studio - <https://www.bradford-theatres.co.uk/venues/the-studio#seating>



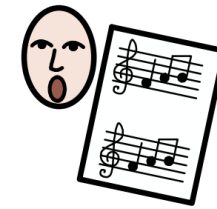
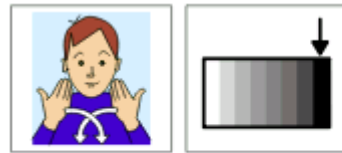
You are going to visit a theatre to watch a play.



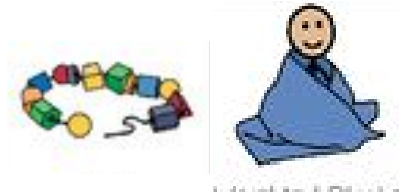
You will be in the audience watching actors on stage.



It might be busy in the theatre.



Sometimes the room will get dark. There will be singing and music.



You may want to bring ear defenders or a comforter with you.



If you need to make noise that's ok.



If you need to leave and come back in, that's ok too.

At the theatre there are special pictures to look at with your phone. You will see the pictures in frames on these props. They will be in the entrance to the theatre.





First download the App Artive by scanning this QR code:



Open the app.

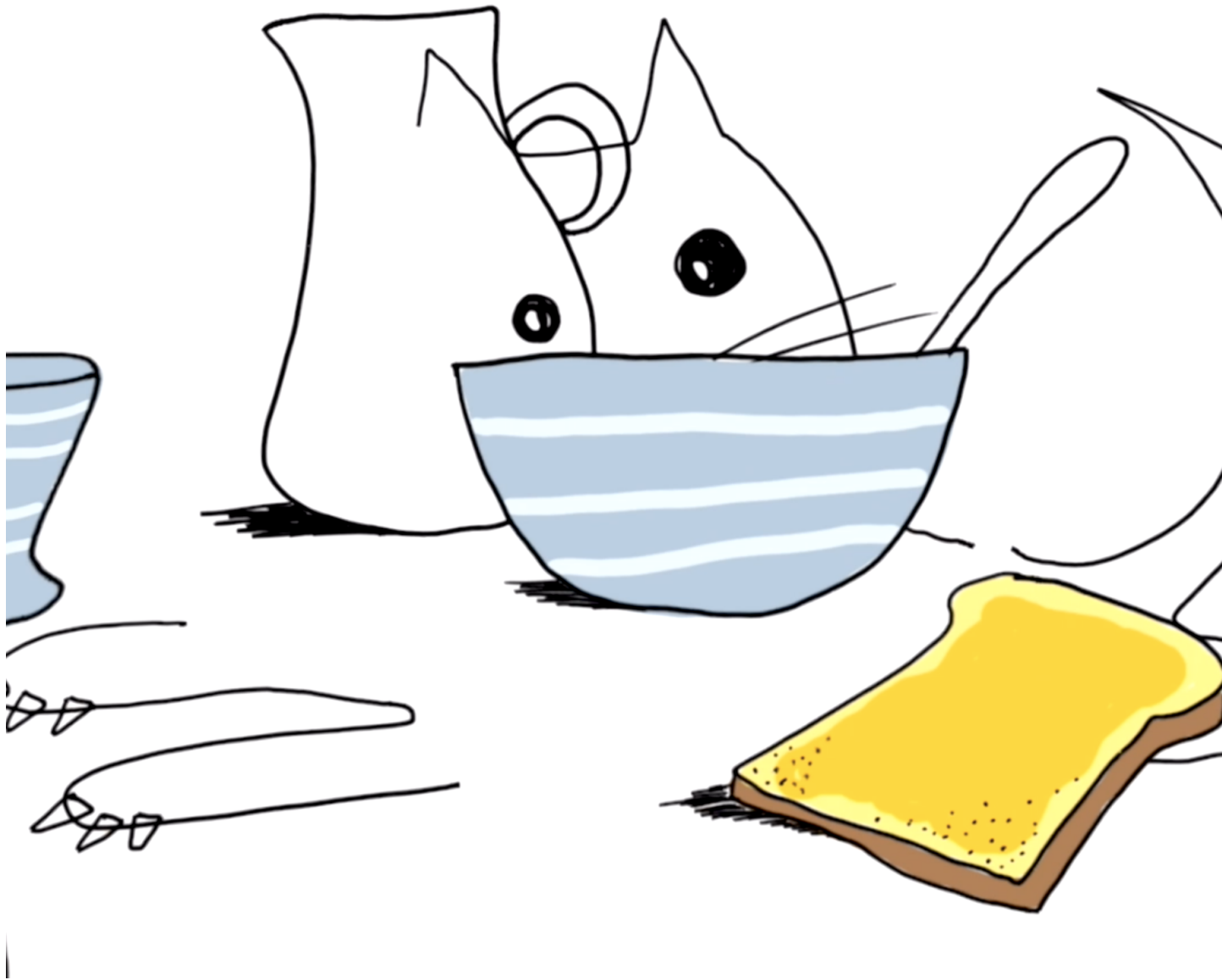
Hold your camera up to the picture.

The picture will move!

You can try it on this logo and the image on the next page to see what happens!

(It even works from a computer screen, so you don't
have to print it out).





The play Meal One

The play you are coming to watch is called Meal One.

You can watch a reading of the original story by Steve Hannon by clicking [here](#).

You can see a video of the actors introducing you to the set by clicking [here](#).

There are three actors in this play.

They will pretend to be Helbert, Mum, and The Narrator.

This is what they will look like

Helbert



Mum



The Narrator



This is Helbert and Mum's House.



This is their kitchen.



This is Helbert's bedroom.



In the play Helbert wakes up with a plum in his mouth.
How strange! Mum has put it there. It is purple and juicy.



Helbert and Mum play in their house. The Narrator joins in.

They play football, playfighting and they dig holes.

You will see some of these games projected onto the stage. This is what it looks like when they play.



Helbert eats the plum, inside is the plum stone.

They dig up a floorboard and plant the plum stone under the bed.



The plum stone doesn't grow straight away. They sing to it to make it grow faster.

The plum stone grows into a huge plum tree.

It takes over the whole house.

Helbert and Mum are excited.

This is what the tree looks like.



Helbert and Mum think the tree is fun. They play around the tree. Helbert falls and cuts himself. The scratches hurt. Mum makes it better.



There is a drawing of his scratches on the stage.



Helbert wants breakfast. It gets dark. Something strange happens. The plum tree's roots have taken over the whole kitchen! The roots are eating their breakfast.

These are the roots in the kitchen.



Helbert wants his breakfast! Mum has an idea. She winds the big clock back.



Time rewinds. The tree disappears. It gets lighter.


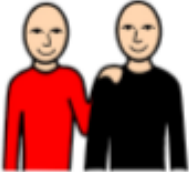










This time, Helbert wakes up without a plum in his mouth. Helbert and Mum go to have breakfast. They call it Meal One because it is the first meal of the day.

This is Helbert and Mum having breakfast.



The play is finished.

Storyboard

<p>One morning Helbert wakes up with a plum in his mouth</p> 	<p>Helbert and his mum were great Pals.</p> 	<p>They played football and fighting</p> 	<p>Let's plant the plum stone Mum!</p> 
<p>Helbert's mum jags the bread knife into the wood</p> 	<p>...a plum tree grows out of the hole</p> 	<p>Helbert has three new scratches, one's got blood coming out.</p> 	<p>Mum gives Helbert a piggy back down to the kitchen</p>  <p>Kitchen</p>
<p>There is a loud sucking gobbling noise, the tree roots are eating breakfast!</p> 	<p>Mum! I want my breakfast!</p>  <p>breakfast</p>	<p>Mum turns the clock back one hour</p>  <p>hour back</p>	<p>Meal One is served!</p>  <p>breakfast</p>

There are plenty more activities and videos to look at on our learning resources page:

<https://www.509arts.co.uk/project/meal-one-creative-learning/>

This QR code will also take you there:



We would love to see what you produce from these activities!

Take a picture of your work and send it to hello@509arts.co.uk and we will upload it to our gallery.

You can see the lovely creations other people have made at our gallery:

<https://www.509arts.co.uk/project/meal-one/>



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