

SHED: EXPLODED VIEW

Three couples.

Thirty years.

Mothers and daughters. Lovers, partners, husbands and wives. Babies, teenagers, birthdays, holidays, honeymoons, fireworks, near-misses, rain. This is a play about all of it.

The smallest tremble. A smashed glass. The ripping apart of space and time.

An explosion.

Writer Phoebe Eclair-Powell's stunning new play was the 2019 winner of the Bruntwood Prize for Playwriting. **SHED: EXPLODED VIEW** is a delicately woven tapestry about violence, love and loss, brought to the stage by award-winning director Atri Banerjee.

An Exploded View of Violence

Taking inspiration from Cornelia Parker's *Cold Dark Matter: An Exploded View*, the play explores how we perpetuate cycles of violence, as well as how we might end them. Eclair-Powell examines mentally and physically abusive relationships, isolating key moments from the characters' lives to understand how one violent act has been cultivated across generations. This perspective is made possible by tragedy; after an explosion has ripped and rearranged space and time to demand hindsight. There is hope to be found amongst this destruction, asserts Eclair-Powell: 'if we can completely start again from scratch, we can make it better – but I don't know how we do that without ripping apart what we've got.'

Introduction to Aftercare Pack

If you, or someone you know, has been affected by any of the issues raised in **SHED: EXPLODED VIEW**, help and support is available.

This aftercare booklet has been created to provide more information about organisations that offer advice and support on domestic abuse, dementia, eating disorders and gambling.

If you are in immediate danger, you should dial 999 and ask for the police. If you can't speak and are on a mobile, dial 55 to have your call transferred to the police.

For people with hearing loss or difficulty with speech, you can register with the Emergency SMS service by texting 'register' to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.



If you have been affected by domestic abuse, these organisations and resources might be able to offer you support:

Women's Aid Directory - Contains up to date information about domestic abuse support services across the UK. It is regularly updated by the services listed so you'll be able to find the right local support, when you need it most.
[womensaid.org.uk](https://www.womensaid.org.uk)

Refuge - The largest UK domestic abuse organisation for women.
[refuge.org.uk](https://www.refuge.org.uk)
Freephone 24-hour National Domestic Abuse Helpline: **0808 2000 247**

TLC Talk, Listen, Change - An emotional wellbeing charity taking an integrated approach to supporting you.
[talklistenchange.org.uk](https://www.talklistenchange.org.uk)

Saheli - Saheli provides support and refuge from domestic abuse to women from Black, Asian and minority communities and their children, to improve social inclusion, build confidence and skills, achieve emotional and practical well-being, and enable them to lead independent lives.
[saheli.org.uk](https://www.saheli.org.uk)

Galop - Galop works with and for LGBT+ victims and survivors of abuse and violence in the UK.
[galop.org.uk](https://www.galop.org.uk)

Mankind Initiative - Charity supporting male victims of domestic abuse through a helpline, directory of local services and general information on the website.
[mankind.org.uk](https://www.mankind.org.uk)

Bright Sky App - Bright Sky is a free to download mobile app, launched in partnership with the Vodafone Foundation, providing support and information to those concerned that someone they know is experiencing domestic abuse. The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.

Respect Phonenumber - Offering help for domestic abuse perpetrators who want to change. They give confidential advice and support to help people stop being abusive.
[respectphonenumber.org.uk](https://www.respectphonenumber.org.uk)
0808 802 4040

End Of Fear - Providing support to people who know someone who may be being abused.
[endthefear.co.uk](https://www.endthefear.co.uk)



How to Access Legal Help with Garratts

Garratts was established in 1982 and has grown into a multi-service law firm with 6 offices across Greater Manchester. We pride ourselves in being able to offer legal assistance that is convenient to you, whether that be an appointment that is face-to-face, via video link or over the phone. We understand the sensitivity surrounding offering legal advice to those who are vulnerable or in danger and appreciate the importance of ensuring this advice does not expose a vulnerable person to any heightened risk.

Here at Garratts we have experience in handling a range of cases that unfortunately mirror many of the themes depicted within the production of **SHED: EXPLODED VIEW**. Abuse takes many forms, and it is important to know that no amount of abuse should be tolerated. Victims of domestic abuse require legal advice on a multitude of situations, and we are proud to be able to offer support to victims in a number of ways.

We have a team of expert solicitors who are specially trained to work with you in order to ensure you feel confident in the decisions that

you are making. Our vastly experienced team do their best to minimize risks by engaging with you in an environment that you are comfortable with and providing you with clear, workable advice in the presence of either someone you trust or on your own. Our team will support you in making decisions free from any external pressure and can handle the sensitive task of advising the people around you that they wish to see you on your own if you are worried about anything.

At Garratts we are also very proud of the fact that we have a contract with the Legal Aid Agency and are able to offer some of our services to qualifying clients on a publicly funded basis. Amongst other things, being the victim of domestic abuse is a prerequisite of qualifying for legal aid which will hopefully make access to legal assistance even more achievable to those who need it the most.

If you, or someone you love, has been affected by any of the themes portrayed in **SHED: EXPLODED VIEW** or referenced within this booklet, please do not hesitate to contact Garratts today on [0161 665 3502](tel:01616653502) or email info@garrattslaw.co.uk.



Domestic Abuse & Employers

EVERYONE can look out for the signs of Domestic Abuse.

In 2021, Business in the Community and Public Health England published Domestic Abuse: A Toolkit for Employers, to empower organisations with the knowledge to support colleagues and contribute to tackling domestic abuse.

You can view and download the entire toolkit via the [Business in the Community website](#).



Within this toolkit, they recommended the four “R’s” approach:

1. Recognise

Recognise the problem. Enable managers and employees to understand that domestic abuse is a workplace issue that everyone can take part in tackling.

Physical Signs:

- Bruises
- Black Eyes
- Covering up with clothes or long sleeves etc.
- Changes in demeanour (looking down, fed up or despondent)
- Wearing excessive amounts of makeup

Psychological Signs:

- Withdrawn
- Quiet
- Upset
- Tearful
- Irritable
- Anxious
- Depressed
- Distracted
- Aggressive

Other Signs:

- Partners coming into or being around the workplace
- Partners exerting unusual amounts of control
- Partners attempting to isolate the person from colleagues or family

2. Respond

Implement policies and processes that enable a supportive workplace which will respond appropriately to disclosure. The appointed person (Domestic Abuse Ambassador) opens discussions with the individual concerned.

Possible Outcomes:

- They may not want to discuss.
- They may not want to take action.
- They may only want to talk to someone right now, and might not want to take action immediately.

Remember to be sympathetic and compassionate with the individual; every case of domestic abuse is different. Leaving may not be an option for this person.

Implement Self Actions:

- What can they do?
- What do they want to do?

How You Can Support:

- Reasonable Adjustments
- Flexible time
- Changes in working hours
- Changes in workload
- Time off to make/attend appointments (childcare/housing/counselling)
- Take the situation into account with regards to absence/conduct/potential actions i.e. Disciplinary Procedures

3. Refer

Provide access to internal confidential support and signpost appropriately to external organisations who can help employees that disclose abuse. There is a list of potential organisations you could approach on page 2 of this aftercare booklet.

Ultimately if you believe someone is in danger then you as an employer have a duty of care; the police may be your only option.

4. Record

If an employee discloses abuse, it is important to record the details of what is said as accurately as possible. This could be done by minuting meetings or taking photographs. Should the abuse become subject to criminal proceedings, this is an exhibit and should be given to the police.



Charities Offering Information and Support on Dementia, Eating Disorders & Gambling

Information and Support: Dementia

Dementia UK

Dementia UK provides a helpline staffed by specialist Admiral Nurses who can advise on all aspects of caring for someone with dementia.

Phone: **0800 888 6678** (Mon-Fri 9am-9pm, Weekends 9am-5pm)

[Visit the Dementia UK site](#)

Alzheimer's Society

Alzheimer's Society provides information and support to people with any form of dementia and their carers throughout England, Wales and Northern Ireland.

Phone: **0333 150 3456**

[Visit the Alzheimer's Society website](#)

Alzheimer Scotland

Alzheimer Scotland provides information, advice and personalised support services across Scotland.

Phone: **0808 808 3000** (24/7)

[Visit the Alzheimer Scotland website](#)

Alzheimer's Research UK

Alzheimer's Research UK provides information about dementia and dementia research.

Phone: **0300 111 5111**

[Visit the Alzheimer's Research UK website](#)

Wales Dementia Helpline

Wales Dementia Helpline offer support and agency signposting for anyone caring for someone with dementia.

Phone: **0808 808 2235**

[Visit the Wales Dementia Helpline website](#)

Dementia Carers

Dementia Carers Count provides support and practical advice on the everyday reality of being a carer of someone with dementia.

Phone: **0800 652 1102**

[Visit the Dementia Carers Count website](#)

Rare Dementia Support

Rare Dementia Support provides information and support to people living with rare dementias, their carers, families and friends.

[Visit the Rare Dementia Support website](#)

Dementia Friends

Dementia Friends helps people understand more about dementia and the small things you can do to help people with the condition in England and Wales.

[Visit the Dementia Friends website](#)

Playlist for Life

Playlist for Life encourages families and carers of a person with dementia to use personalised music in dementia treatment and care.

[Visit the Playlist for Life website](#)



Information and Support: Eating Disorders

Beat

Beat provides information and support for anyone affected by an eating disorder.

Phone: (Eng) **0808 801 0677**

(Scot) **0808 801 0432**

(Wales) **0808 801 0433**

(NI) **0808 801 0434**

Visit the Beat website

Eating Disorders Association NI

Eating Disorders Association NI offer a range of services to promote greater awareness, understanding and support for those living with an eating disorder.

Phone: **028 9023 5959**

Visit the Eating Disorders Association NI website

NHS advice and support for issues relating to eating disorders:

Visit the NHS England website

Visit the NHS Scotland website

Visit the NHS Wales website

Visit the Northern Ireland Government website



Information and Support: Gambling Addiction

The National Gambling Helpline

The National Gambling Helpline, operated by GamCare offers confidential support, advice and free counselling to people concerned about their gambling, or the gambling of friends or family.

Phone: **0808 8020 133**

Visit the GamCare website

BigDeal

BigDeal is dedicated to young people and is part of GamCare, the organisation that runs the National Gambling Helpline and Netline. BigDeal is a place for young people to get information, advice and guidance about gambling. They also help parents and professionals such as teachers, social workers and youth workers. BigDeal know all about gambling, how someone else's gambling can affect you, and about the difficulties young people can get into if their gambling gets out of hand. You can share your worries via their live chat or helpline, without fear of judgement.

Phone: **0808 8020 133**

Visit the Big Deal website

NHS National Problem Gambling Clinic

The National Problem Gambling Clinic treats people living in England aged 13 and over who are experiencing gambling harms. The team assesses the needs of gamblers as well as those of their partners and family members. The National Problem Gambling Clinic is an established provider of gambling treatment in the UK. It has gained an international profile through research, presentations at conferences and the provision of training for problem gambling services worldwide.

Email **gambling.cnwl@nhs.net**

Phone **020 7381 7722**

Visit the NHS website