



## Content to consider – detailed

### Overview

Bindweed is a shattering and darkly funny play that centres around a domestic abuse rehabilitation group, and the story of its new facilitator Jen. The play deals with a wide variety of potentially triggering topics, the vast majority of which are referenced anecdotally in a therapy session context, rather than being physically seen on stage. However, these themes are not just suggested but will be frequently referenced in the production realistically and/or emotively which some viewers may find disturbing. The play has some hard-hitting and uncomfortable moments, but moves at pace and uses comedy to help break these up.

### Abortion/Miscarriage

In scene 12, approximately an hour in, Charlie recounts how he beat his partner to the extent she nearly had a miscarriage.

### Abuse

A central theme of the show. All four men at the therapy session describe physically assaulting their partners or immediate family during monologues throughout the show, including Brian's opening monologue.

Outside of the therapy sessions, Nina's partner Ed acts misogynistically and controlling towards her. This is subtle but feels incredibly realistic.

In scene 7, approximately 30 minutes in, an elderly Belinda tries to excuse her husband frequently beating her.

In scene 10, approximately 50 minutes in, Jen recounts a story about a domestic violence case that ultimately ended in murder. This is referenced additionally throughout the second half of the show.

In scene 15, approximately 70 minutes in, it is revealed that Jen has been stalked to her friend's house.

### **Audience Participation**

The audience does not participate in the show; however, four actors will enter the stage from seats in the auditorium for their first appearances in scenes 1-3.

Approximately 40 minutes in, Siobhan will angrily yell and run through the centre aisle.

### **Blood**

In scene 16, approximately 75 minutes in, Charlie will arrive late to the therapy session, with fresh blood on his shirt and hands.

### **Child abuse / paedophilia**

Infrequent references to characters being 'paedos', disgraced children's tv presenters (who Ed claims should be left alone) and references to priests abusing children.

### **Loud Bangs**

At the end of scene 12, approximately 60 minutes in, a chair is physically smashed on stage which is incredibly loud.

### **Murder, Death and Suicide**

In scene 10, approximately 50 minutes in, Jen recounts a story about a domestic violence case that ultimately ended in murder. This is referenced additionally throughout the second half of the show.

In scene 12, approximately 60 minutes in, Charlie will recount how his father killed his mother.

In scene 16, approximately 75 minutes in, Mike recounts his sister taking her own life with scissors in the bath. Charlie will recount finding the bodies of Brian, his wife and family. Brian had murdered them and then taken his own life.

### **Sexual content and Pornography**

In scene 14, approximately 65 minutes in, an incident is recounted in which Ed and Nina's eight-year-old child obtains violent pornography from Ed's laptop, shows it to another child and attempts to act it out.

Additional mild references to sex throughout the show.

### **Strong language**

Strong language used throughout the show by all characters. Mike uses this the most, sometimes in a blasphemous way. The C-word is used once, in scene 3, approximately 13 minutes in.

## **Violence**

In scene 3, approximately 15 minutes in, Charlie punches Mike in the nose without warning.

In scene 9, approximately 40 minutes in, Brian's ex-wife arrives and there is a loud argument and fight that follows as the other members of the group attempt to hold him back.

At the end of scene 12, approximately 60 minutes in, a chair is physically smashed on stage in anger.

In scene 16, approximately 75 minutes in, Mike recounts deliberately attending organised fights, at which one of his friends was ultimately paralyzed. Later in the same scene, Frank lunges at Mike and falls to the floor.

**If you feel affected by these themes please refer to the list of resources and information below. This is not an exhaustive list and is not intended to replace support from a GP or therapist. All links include resources available to or tailored specifically for anyone that is non-binary and/or identifies as LGBTQIA+.**

If you feel you are in crisis please call 999 or visit your nearest accident and emergency department.

General Mental Health Support Resources

A list of organisations to reach out to for help:

[Samaritans](#) - Call 116 123 (24/7)

[SHOUT](#) - Text SHOUT to 85258 (24/7)

[Hub of Hope](#) - national database of support services in UK

[Support Line](#) - emotional distress support

[Switchboard](#) - LGBTIQ+ helpline 0300 330 063

[NSPCC](#) – for under 18s or to report on their behalf

If you would like to search for a specific support resource in relation to the themes in this production, please use <https://www.mind.org.uk/information-support/guides-to-support-and-services/>