





7th - 8th June 2023

ALEXANDRA PALACE, LONDON

Be part of the conversation...

abtttheatreshow.co.uk







SEMINARS & AWARDS CAREER **HUB SKILLS WORKSHOPS TASTER SESSIONS** SHOW

FLOOR PLAN

14. A-Z OF **EXHIBITORS**

ABOUT THE ABTT

HANDY FAQS

THEATRE SHOW 2023!

On behalf of the ABTT we are delighted to welcome you back to Alexandra Palace. Following a triumphant return in 2022, the muchloved ABTT Theatre Show is back for its 43rd edition at Alexandra Palace, providing the ONLY exhibition in the UK focused solely on theatre and live performance.

Connecting thousands of attendees with many of the biggest names in the industry, this year we return bigger than ever with over 140 exhibitors and more brands than ever represented on the show floor.

With both exhibitors and visitors increasingly keen to explore recruitment and education opportunities, the ABTT have introduced a 'Careers and Professional Development Hub' and expanded 'Education Alley'.

These hubs on the show floor allow those looking at moving into, progressing within or looking to develop their profession an opportunity to speak with professionals 1-1 in our conversational booths, take part in FREE practical educational workshops, have their CV checked by specialists and find out about pathways into and through the Industry.

Attendees will have the chance to find out about current job opportunities, relevant training, apprenticeships, courses and more whilst also checking out the latest equipment.

Following the continued success of the AAPTLE lounge at the event last year, this seating area on the show floor is the perfect place to meet and catch up with colleagues. Easily found just next to the ABTT stand, take a moment to say, "Hi," to the ABTT Team and visit the Virtual Ideas Platform stand which will be showcasing brilliant ideas that technicians have come up with - something we're doing all the time!

As always we have worked hard to curate a broad range of FREE seminar discussions, with passionate and knowledgeable speakers, on a variety of relevant and important topics including 'Al and Machine Learning in Theatre', 'VR in Live Performance', 'The Art and Craft of Comms', 'Es Devlin's Floating Theatrical Experience', 'Theatre in 'other' Places' and plenty more.

There is plenty to do to fill up your two days while at the show. Visit the stands and find out what companies have been up to and give them a chance to impress you. Go and chat to the many Associations, Unions and groups and hear what they have been doing to support you. Join us at one of our workshops or at the Careers and Professional Development Hub to speak with experts and employers about anything from CVs, applications, and interviews. Most importantly have fun and catch up with old and new friends.

Elysia Moore, **ABTT Theatre Show Manager**

GETTING TO THE SHOW

The ABTT Theatre Show is surprisingly quick to get to on public transport! Accessible by underground (Wood Green), overground (Alexandra Palace Station), by bus from Finsbury Park and Tottenham plus there is ample parking, including blue badge car parking if you choose to drive.



ADDRESS:

Alexandra Palace, Alexandra Palace Way, London, N22 7AY



WHEN:

Wednesday 7th June, 10am – 5.30pm (ABTT Awards 6-7pm) Thursday 8th June, 10am – 5pm



BY RAIL:

Alexandra Palace has its own train station, fittingly called Alexandra Palace Station. It is located a short walk away from entrance to the Park. A regular train service with Great Northern runs direct from Moorgate. Trains can also be caught from Highbury and Islington or from Kings Cross, changing at Finsbury Park.



BY TUBE:

Wood Green is the nearest underground station on the Piccadilly Line - only 20 minutes from Piccadilly Circus! Exit Wood Green Station you can either walk or go to bus stop A to pick up the W3 bus up the hill to Alexandra Palace.



BY BUS:

The W3 bus runs from Finsbury Park and Tottenham direct to Alexandra Palace Palm Court. An easy journey to the show!



BY CAR/ TAXI:

There is ample parking available for visitors to the ABTT Theatre Show. Please follow signs and directions from staff. If using the car park, the ABTT would wholeheartedly encourage you to consider making a donation of £3 to contribute to the costs of looking after the Palace and Park. Taxi drop off and pick up is from the East Court car park only.



ACCESSIBILITY:

Blue Badge parking is available onsite. The closest underground station to the Palace with step-free access is Finsbury Park. Alternatively, the W3 bus stops right outside the venue. The Palm Court entrance has step free access. For further information on accessibility please visit the Alexandra Palace accessibility page or contact visitor.services@alexandrapalace.

ABTT SEMINARS: 7TH JUNE LONDESBOROUGH ROOM



THE FUTURE OF THEATRE IS AI: BE ON THE RIGHT SIDE OF TECH! 11.15 - 11.45

Join Ryan Metcalfe from Preevue in discussing the latest technology in the Industry. Cut through the noise and find out about the latest tech - from creative, to technical, to legal! Make sure you are on the right side of progressive theatre and learn how to use technology like ChatGPT, Midjourney and Dall-E or prepare to be replaced by them.

DIVERSITY: OUR STRENGTHS AND OUR CHALLENGES

12.00 - 12.45

The Diversity Forum is an opportunity to enable an open dialogue into the challenges and successes of diversifying our industry. In an era of skills and labour shortages; enabling technical theatre to be accessible to all feels an incredibly important conversation. This is not a topic that can be fixed in a one hour forum - and so the PMF plan to hold at least two follow up digital forums to discuss topics in more detail.

THE ART AND CRAFT OF COMMS:

13.00 - 13.45

Join our distinguished expert panel from Clear-Com, SMA and ASD advising and guiding us on best practice techniques, new technology and trends in backstage and events communications! There will be time to answer your questions and dive into the soft skills involved in communications as well as the hardware!

STAGE MANGEMENT ASSOCIATION AWARDS PRESENTATION

13.45 - 14.00

The SMA have been recognising excellence in stage management since 1988, so join the SMA at the presentation of the 2023 SMA David Ayliff Lifetime Achievement Award.

CREATING MOMENTS THAT MOVE PEOPLE

14.15 - 15.00

Join the young TAIT team talking about how they got started in the business, and their role in creating some of the world's most talked about stages and experiences! An insightful and interesting session not to be missed!

THEATRE PLUS VR = ?

15.15 - 15.45

Join Creative Producer Leo Mercer of leo&hyde, as he shares where VR and theatre meet. He will be giving an overview of his different attempts to bring the two together, sharing insights as to creative opportunities and challenges in creating VR theatre! Opportunities for experiencing VR are possible following the session.

LOOKING TO AN HSE UPDATE

16.00 - 16.45

Join the HSE discussing current issues within the industry, as well as an insight into future work from HSE including updates on the main strands of the HSE strategy. We'll be discussing falls from heights, slips and trips, the employer's legal responsibilities around mental health and plenty more.

FUTURE: THE VOICE OF THE NEXT GENERATION:

17.00 - 17.30

We are delighted to end the first day of seminars hearing from the next generation of backstage workers. They are the future of our industry and their thoughts and opinions NEED to be heard. Come hear from students, apprentices, and early career workers with whom the success of industry rests.

ABTT AWARDS

7TH JUNE

18.00 - 19.00

SUPPORTED BY:

The ABTT Awards are one of the Association's flagship events and we are very pleased to be able to take the opportunity to acknowledge those people and products making a difference to our Industry! These Awards are open to ABTT members and non-members alike, and celebrate those who are both well established in the Industry alongside those just starting out! Do join us at 6pm on the first day of the show in the Londesborough Room for a few drinks following the close of the first day of the Theatre Show and to find out the winners of:

THE TECHNICIAN OF THE YEAR AWARD

This Award recognises the achievement of an individual at the heart of their career who consistently delivers technical excellence.

EMERGING EXCELLENCE AWARD

This Award recognises the achievements of individuals at the start of their career who consistently deliver excellence in all that they do.

ENVIRONMENTAL SUSTAINABILITY AWARD

This Award recognises the achievements of individuals or theatre companies demonstrating inclusive theatre excellence.

Plus find out the winners of:

- ABTT ENGINEERING PRODUCT OF THE YEAR AWARD
- ABTT SOUND PRODUCT OF THE YEAR AWARD
- ABTT LIGHTING PRODUCT OF THE YEAR AWARD
- ABTT WIDGET OF THE YEAR AWARD
- ABTT STAND OF THE YEAR AWARD

ABTT SEMINARS: 8TH JUNE LONDESBOROUGH ROOM

SURVIVING THE DEATH OF TUNGSTEN

10.30 - 11.00

Is your community, amateur or school theatre about to go dark? Hear how RCSSD & ALPD plan to help you keep the lights on!

TAKING TIME FOR MENTAL HEALTH

11.15 - 11.45

Post pandemic the HSE have identified stress as the biggest hazard in the work place. Come and learn about how properly assess stress hazards in the work place and be introduced to Guidance such as ABTT Guidance Note W2 which offers help and support on this issue.

CRACKING THE CODE WITH SOLT/UK THEATRE

12.00 - 12.30

Join us for an annual update and listen to industry experts discussing the achievements made in the past year and the exciting changes being developed including adapting the code to become a true industry wide H&S tool for get in/outs everywhere!

MAKE A DIFFERENCE CONFERENCE - SURVEY, DISCUSSIONS & ACTIONS

12.45 - 13.30

Join us in reporting on the ABTT's 1st MAKE A DiFFERENCE conference which focussed on Recruitment & Retention in the industry. We'll review survey data, the discussion from conference and highlights from over 70 prestigious industry guests conversations. This proactive conference has created a key set of actions for industry to follow, to assist in how we move forward to make a difference in this key area.

SOUND DESIGN FROM SCRIPT TO STAGE WITH THE ASD

13.45 - 14.30

So what makes a Sound Designer important to a show and how does sound design improve the clarity of our dramatic narratives? During this panel discussion we will speak to four Sound Designers and discover how they balance creative process and commercial pressures and ask how we can apply that to our own design process.

STAGING IN THE WILDERNESS: THE UAE'S 50TH NATIONAL DAY

14.45 - 15.30

A 19m-high rotating stage, one lake suspended above another, 228 water jets and over 1,000 tonnes of stage and seating floating on the waters of Hatta Dam in the remote mountains of the UAE.

Find out how Wonder Works helped bring Es Devlin's ambitious design to life. Join Technical Designer Ben O'Neill as we discuss the design process, operations and technical difficulties in bringing this floating theatrical experience to life in hostile conditions!

ANYTHING DOESN'T GO: A CAMPAIGN BY BECTU

15.45 - 16.30

Anything Doesn't Go is a campaign designed to make working in theatres safer in the face of widespread changes in audience behaviours. Extensive coverage of changing norms in the theatre, accompanied by antisocial behaviour have led Bectu to publish a Safer Theatres Charter which calls on theatre management to work more effectively to promote acceptable behaviour by using publicity more effectively.

ABTT CAREERS HUB: ON THE SHOW FLOOR, STAND A24

TAKE ADVANTAGE OF THIS OPPORTUNITY AND HAVE YOUR CV CHECKED AND QUESTIONS ANSWERED BY HEADS OF INDUSTRY!

Within this area we will have tables dedicated to CV tips and tricks and a number of Career Advice tables for those who just would some general advice. This area will be an all-day advice hub where attendees will have the chance to network with industry professionals of different levels, find out who they are, what their job entails and how they got their start.

We will also have several informative and practical sessions running throughout the day in the Roman Bar (details overleaf). We hope the Careers and Professional Development Hub both informs and inspires you, and who knows? Maybe you it will help you land that role you've been after!

Sessions available 7 & 8 June

Ask Me Anything booths

Show Floor: Stand A24

Meet with an Industry Specialist and get your questions answered! Whether you are new to the industry or not, come speak with professionals about pathways into and through the Industry, opportunities for training, apprenticeships, career opportunities, courses and more - so you can wrap your head around the best next steps for you!

CV Clinic

Show Floor: Stand A24

Get tips, tricks and pointers to make your CV stand out! These industry professionals can let you know what THEY look for when they are hiring so you can make sure your CV makes an impact!

ABTT SKILLS WORKSHOPS: ROMAN BAR (OFF SHOW FLOOR)

This year the ABTT is hosting free workshops as part of the Careers and Professional Development Hub. These sessions have been devised to assist you in moving into or to help you in further developing your career in the Theatre industry. These taster sessions give an insight into the practical and theoretical training courses that the ABTT have developed to ensure you have the necessary skills to work backstage and keep yourself and others safe. Details about upcoming training can be found overleaf or by visiting the Team at the ABTT Stand (D80).





AUTOCAD AND VECTORWORKS WORKSHOP (PALM COURT SUITE)

14.00 - 15.30 ON 8TH JUNE ONLY.

In this seminar David Ripley, AutoCAD expert, will review some of the the tools within Auto CAD which are of particular use to those putting on productions and Tom White will explore how to create 2D plans and construction drawings from detailed 3D models, including schematic views of vertical lighting positions and other useful theatre production workflows. Tom and David will introduce the updated ABTT AutoCAD for Performance Course and launch theexciting new ABTT Vectorworks online training course.





TASTER SESSIONS: (CHECK LOCATION BELOW)



Taster Sessions

Palace Suite

Learn more about our remote followspot system and how to set-up and programme Robe's revolutionary RoboSpot TM in our FREE insightful and educational demonstrations. For more information or to book your place, contact Will Blackie on will.blackie@robeuk.com

RoboSpot Taster Sessions will run on the 7th and 8th between 11am - 11.30am and 1pm -1.30pm.

Talk: Know your software - Vectorworks and Autocad

Palm Court Suite

In this seminar David Ripley, AutoCAD expert, Tutor and Author of AutoCAD - A Handbook for Theatre reviews AutoCAD 2024 and some of the new or updated tools within it of particular use to those putting on productions. Tom White, Vectorworks Industry Specialist, explores how to create 2D plans and construction drawings from detailed 3D models, including schematic views of vertical lighting positions and other useful theatre production workflows.

Tom and David will also introduce the updated ABTT AutoCAD for Performance Course and launch the exciting new ABTT Vectorworks online training course.

Running in Palm Court Suite on 8th June at 2.30pm

ABTT TRAINING (PRE-SCHEDULED OR IN-VENUE)



The ABTT offers a wide range of practical Technical Courses scheduled throughout the year in Glasgow, Manchester, Warwick and London. However, if these locations are not suitable, we can also run "in-venue" training courses at your preferred location - just get in touch to ask!

We offer practical onsite training covering various topics and our courses are designed to ensure that the candidates develop both their practical skill set as well as understanding the regulations and health and safety requirements behind them. This combination of practical and theoretical work ensures that a through understanding of the material and how to apply it in a day to day role is achieved.

ABTT BRONZE AWARD:

The ABTT developed the Bronze Award course to ensure that there was a relevant and recognized technical qualification for those wanting either to validate their existing skills or to develop their skills further in order to progress within the Industry. It is based on skills required for a Get-in and fit-up. This is the first course in a trio of courses meant to both develop and solidify your skill set.

ABTT SILVER AWARDS:

The ABTT Silver Award courses ensure that there is a relevant and recognized technical qualification for those wanting to develop their skills in a specialised area, after completing the Bronze Award. The Silver Award offers training in the following specialisms: Theatre Electrician, Stage Technician or Sound Engineer.

ABTT GOLD AWARD:

The ABTT Gold Award for Theatre Technicians designed for those progressing in to managerial roles who have successfully completed the ABTT Bronze Award and Silver Award or who have gained the knowledge and skill covered by those courses through other means.

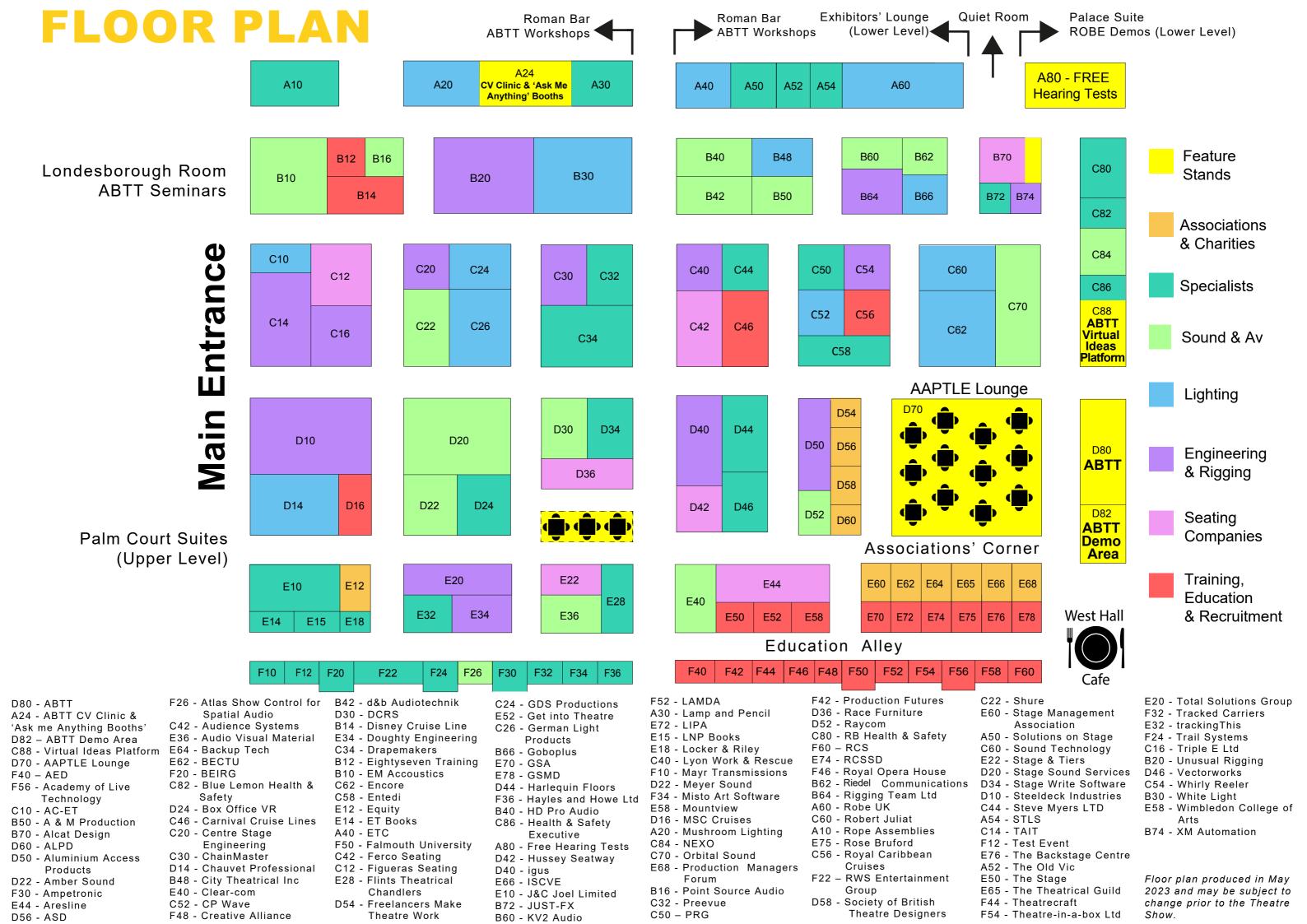
CPD COURSES:

The ABTT also offers a range of 1 and 2 day in-person courses on a range of topics including Stage Pyrotechnics Safety Awareness, In-service Inspection for Lifting Gear (LOLER), Inservice Inspection of Electrical Equipment Testing (PAT), Working at Height and many more.

ONLINE COURSES:

The ABTT also offers a range of online courses on topics including AutoCAD for Theatre Professionals, Vectorworks for Theatre Professionals and the ABTT Mental Health First Aid Training.

Ask for more information on our training at the ABTT Stand (D80).



ABTT THEATRE SHOW

EXHIBITOR LIST 2023









































































































































































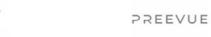


















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Total Solutions Group





















TECHNICAL STANDARDS FOR PLACES OF ENTERTAINMENT

Available for 2023

COLLEGE LICENCE

Give 20 students online access to Technical Standards for 12 months

- Available to any recognised educational institution
- Receive a unique serial number for the use of up to 20 students
- Each user registers for an access link on a dedicated website
- First registration activates 12 months validity for the licence
- Each user receives a dedicated access link by email
- Further licences may be purchased for more users

Price: £180 Plus VAT
Available from the ABTT Online Shop
www.abtt.org.uk

The Health and Safety Executive acknowledges that these
Technical Standards have been developed by an entertainment industry
Standing Committee to help make improvements in building, maintaining,
managing and operating places of entertainment.

Entertainment Technology Press etnow.com

ABOUT THE THEATRE SHOW

By supporting the ABTT and the ABTT Theatre Show, you are directly supporting your Industry!

The ABTT Theatre Show was originally developed to help the ABTT with pursuing activities to help in the progression, development and support of our industry and provide a space for our industry to come together, network, share information and develop their knowledge.

As a charitable organisation, all profits made by the ABTT are channelled straight back into the Industry so your attendance at the show helps us to continue our charitable work which includes developing industry training, educational seminars, guidance, health and safety advice, codes of practice, and much more!

If you are involved as an exhibitor, your attendance is also part of your corporate sustainability policy!

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The Technical Standards publication is an example of the work undertaken by the ABTT for the sole benefit of the Industry.

Providing simple guidance in an easy format, the intention is to help licensees, technical managers and enforcers to understand the requirements and needs of places of entertainment.

This set of standards for the buildings, equipment and management of premises which are primarily used for entertainment are intended to apply to indoor venues although much of the guidance will also apply to outdoor events.

Further examples of work the ABTT had undertaken for the benefit of the Industry include our Codes of Practice.

Covering topics such as *Plaster Ceiling Inspection* and the *Safe use of Tallescopes*, these sit alongside our Guidance Notes on subjects including *Mental Health and Well-Being:* Supporting Freelancers in the workplace and Guidance Notes 101 - 106 on COVID 19 produced during the pandemic to help get our Industry back on its feet. The ABTT have also been vital in the development of the *Theatre Green Book* encouraging everyone to consider sustainability in our industry.

The development of professional standards and training is essential for our Industry. This keeps us in alignment with broader legislation, helps to make our workplace safer and sets the UK apart as leading practitioners in the world entertainment marketplace.

All of this work is funded by our membership and largely by our commercial activity, which the ABTT Theatre Show significantly contributes to. In the end, our industry will continue to flourish if we look after it. Let us keep it that way! Thank you for your ongoing support of the ABTT.

THE ABTT AND ITS MEMBERS

An organisation is only as good as its members!

We provide:

- A technical helpline for your technical queries;
- Industry Codes of Practice to help keep you and your audiences safe;
- Ongoing training for your professional development;
- Backstage visits to theatres and place of interest;
- Seminars and events based on current industry topics of interest;
- Support to to the sector by championing current developments;
- Guidance on the operation and design of venues;
- Publications on specialist topics of interest;
- Networking and Industry supporting events;
- Committees to bring industry specialists together to share their knowledge;

Anyone who has an interest in technical theatre, whether in a professional or amateur capacity, can join the Association of British Theatre Technicians. By becoming a member you not only gain membership benefits but you will also have the ability to join our Committees, bringing your knowledge and expertise to the table to better the Industry too.

JOINING THE ABTT

Individuals, Theatres and Companies should join the ABTT and benefit from the full range of support, information and training that we can provide. The greatest asset the ABTT has to offer is its independence and strength in membership; people who work in and care about a successful theatre industry. We are a big family – all working together to make our Industry work for us!

ARE YOU A

STUDENT OR APPRENTICE?

Help prepare yourself for the workplace with ABTT Membership for just

£2.50 a month

giving you access to all the necessary guidance, training, resources, networking and events the ABTT has to offer.

Join the ABTT: Get informed and get connected.

abtt.org.uk

*membership is for 1 year at £25 or £2.50 over 10 months

To ensure that the Association of British Theatre Technicians can continue to work to set standards in technical excellence, safety and compliance for theatre and live performance, we need your support through membership and sharing your knowledge.

In return we will provide you with FREE advice, seminars, backstage tours and the latest updates to technical standards. You also get discounts on training, guidance notes, codes of practice and Technical Standards for Place of Entertainment which is suitable for both for those working in the design of said spaces and for those engaged in their operation and the production of performance wherever it is presented. Members also gain access to Sightline our quarterly magazine, along with plenty of other offers from our affiliated organisations and company members.



19TH - 20TH SEPTEMBER BOOKING NOW OPEN!

ITEAC is the International Theatre Engineering and Architecture Conference, a global forum to look at the places where we make and experience performance.

Book now to take advantage of limited Early Bird tickets available for the London Hub over two days. This ticket includes attendance at the in-person London event at the state-of-the-art Savoy Place, the Global Engineering Hub of the Institution of Engineering and Technology (IET), including lunch, evening networking drinks, as well as access to the online platform during and for up to 12 months after the event.

Early bird tickets are available at £650+VAT, once these are gone, tickets will be available at £680+VAT GBP.

ITEAC will for the first time engage with participants across global time zones, combining online connectivity with Hubs in London, Brisbane, São Paulo, Hong Kong and beyond... with participation from these and other cities, ITEAC will achieve a truly worldwide conversation.

Theatres across the world are engaging with the event's three themes of:

- Environmental Sustainability
- •The Digital Revolution
- Serving Communities

REGISTRATION FOR EARLY BOOKING NOTIFICATION ALREADY EXCEEDS THE CAPACITY OF THE IN-PERSON LONDON EVENT. THOSE WISHING TO ATTEND ARE URGED TO BOOK AS SOON AS POSSIBLE.

HANDY FAQS

HERE YOU CAN FIND ANSWERS TO FREQUENTLY ASKED QUESTIONS. IF YOUR QUESTIONS IS NOT COVERED PLEASE HEAD TO THE EVENT'S OFFICE BEHIND THE ROMAN BAR JUST OFF THE SHOW FLOOR.

CAN I ATTEND SEMINARS, DEMOS AND WORKSHOPS?

Absolutely! All sessions are free, available on a first come first served basis. Arrive early and check the timetable and floorplan for locations.

CAN CHILDREN ATTEND THE SHOW?

Under 16s are not permitted. However, students aged 11+ may attend if accompanied by their teacher. There are no crèche facilities on site.

IS THERE WI-FI AT THE SHOW?

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8.

Yes, free Wi-Fi is available throughout the hall. Simply enter your email address to log in.

WHERE SHOULD I GO IF I NEED PEACE AND QUIET?

There is a Quiet Room with an EventWell Host where you can seek safety and support. Follow the signage or call 07775 299590.

IS THERE DISABLED ACCESS AT THE SHOW?

Yes, we require all exhibitors to make their stands easily accessible to visitors using wheelchairs. Accessibility for attending Alexandra Palace is found on page 3 or for more info contact visitor.services@alexandrapalace.

WHERE DO I GO IF I HAVE QUESTIONS ABOUT THE SHOW?

ABTT Theatre Show enquiries can be discussed in the Organisers' Office, located just off from the West Hall behing the Roman Bar.

WHAT DO I DO IF I NEED FIRST AID OR HELP?

Please contact a member of Security or report to the Organisers' Office.

WHERE CAN I BUY FOOD AND DRINK?

This year we have a cafe located inside the West Hall just down from the ABTT Stand. See Map. We also have food and drink facitilites, both hot and cold just off the Main Entrance Foyer - all easily accessible.

CAN I TAKE PHOTOS AT THE SHOW?

Photography in the halls is permitted and we would love for you to share your snaps with us on @abtttheatreshow #abtttheatreshow

CAN I DISTRIBUTE LEAFLETS OR BROCHURES AT THE SHOW?

Please do not distribute materials if you are not an exhibitor on the show floor - this is unfair for those who are supporting the ABTT by exhibiting. Materials will be put in the recycling bin and distributors asked to leave.



TAIT Unlimit Your Career

Project Managers, Controls Engineers,
Mechanical Design Engineers,
Support Managers, Support Controls Engineers,
Automation Engineers, Electronic Design Engineers,
Electrical Engineers, Scenic Artists,
Marketing & Communications specialists



taittowers.com/careers

ABTT Quiet Room 7th - 8th June 2023

We are aware that exhibitions and events are rich environments, full of opportunities to learn and experience new things, but they are also rich in stimulation.

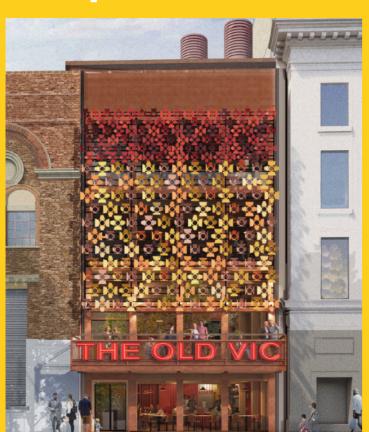


We are aware that sometimes they can also be overwhelming, exhausting and triggering, both mentally and physically for many people so the ABTT have introduced a Quiet Room as a space away from the Show Floor for anyone to retreat to when they feel overwhelmed or overloaded.

The room will be hosted throughout the two days, with an expert who can offer emotional and practical support to anyone attending any event, including the event team.

Located just off the show floor near the Palace Suite, follow the signage at the event or phone our on site EventWell Host for support on 07775 299590

The Old Vic need your barn doors: Drop them off at stand A52!



The Old Vic will be at the ABTT Theatre Show this year, requesting your old barn doors!

They're embarking on a major programme of investment and renewal to sustain and modernise their Grade II* listed 205-year-old theatre as a creative hub and community resource for the next generation by building The Annex, a 6 storey extension.

Sustainability has formed an integral part of The Annex design proposals whic incorporate salvaged materials into the design in order to make it as sustainable as possible.

They wish to re-purpose theatre barndoors, sourced from performing arts venues around the UK and The Old Vic needs your help to collect 240 of them!

Types required can be found here!



We invite you to participate in the

ABTT Work Life Challenge

5k walk

5k run 10k run

Cycle ride

Make a positive change to your team's wellbeing and support backstage charities.

Raising money for

Backup Tech

the theatrical quild





Create your own feel

& boost your mental health

Join our Endorphin Challenge by getting physically acc. by getting creative. The event can be anything that gets you...

Join our **Endorphin Challenge** Get moving!



Join our **Mindfulness Challenge**

Get creative!

Bake Off contest

Yoga / Pilates

Arts & crafts

Gaming

Reading, writing, anything that calms your mind and makes you smile!

9

Support backstage staff

Get sponsored and raise money for Backup, Stagehand and the Theatrical Guild. Download our helpful fundraising pack.



See you next year!

Climbing, pole dancing, anything that

helps you break out a sweat!

We'll see you at ABTT 2024 Theatre Show to see how you did! Share your progress using **#worklifechallenge**

The aim is to encourage you to consider and promote a better attitude towards obtaining a healthy balance between work and other "life" activities that help us to unwind and get away from the pressures of our working world. Start a walking group, get together with others that run, start a weekly yoga practice before shows, baking, crafting anything you like but make sure it's fun and makes you smile.

For those up for the challenge we invite you to commit to a longer term goal and raise money for our much loved industry charities; Backup, The Theatrical Guild & Stage Hand.



Head over to **abtt-work-life-challenge.raisely.com** to express your interest to host an event.



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