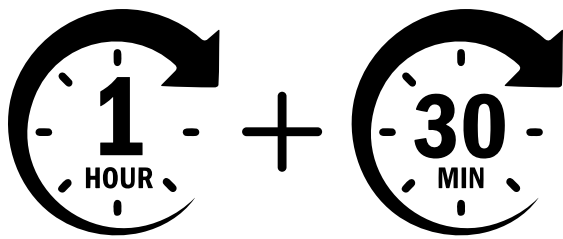


# Meet Freq

## Easy Read Programme



# About the Show



The show is 1 hour and 30 minutes.

**There is no break**



You can move around and make sounds during the show.

If you need time away, you can leave and come back in.

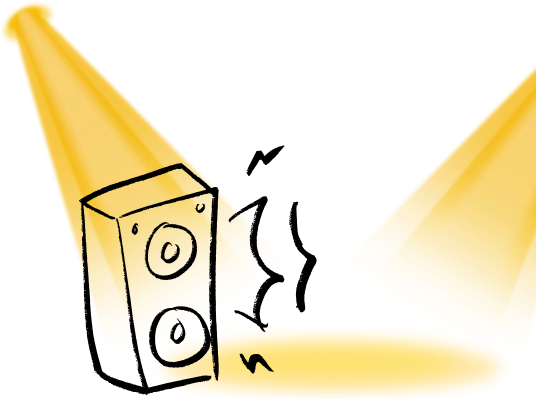


# Content Warnings



There are some things in the show that some people might find upsetting

## Sensory warnings



- Lights will change colour
- There will be some loud shouting
- There is recorded music and sound.
- Sometimes this will be loud

## Emotional warnings



- Swearing
- Mention of suicide
- Reference to benefit cuts and discrimination

# The Actors



Owen Pugh - The Director



Gareth John - Martin, the Stage Manager



Iwan Jones - Jack, the Job Centre advisor



Lindsay Spellman - Lucille and The Maker



# The Puppeteers



Nick Halliwell

Nick is the voice of Fred



Llŷr Williams



Jennie Rawling

or



Sam Harding



# Creative Team

Director	Ben Pettitt-Wade
Production Manager	Tom Ayres
Producer	Ellis Wrightbrook
Creative Enablers	Tamara Brabon Gethin Roberts
Lighting Designer	Ceri James
Original Music	Jonathan Dunn
Puppetry Dramaturgs (of Blind Summit)	Tom Espiner Giulia Innocenti
Original Devising Cast	Lindsay Foster Dan McGowan Richard Newnham Craig Quat Morgan Thomas Martin Vick
R&D Devisors	Jon Dafydd-Kidd Denni Dennis Ellen Groves Hijinx South Academy 1

The next pages are the Easy Read story of  
Meet Fred



These contain spoilers



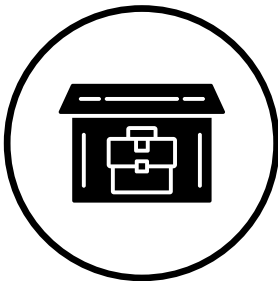


# The Story



Fred wakes up and realises that he is a puppet.

He meets the director



Fred goes to the Job Centre. He meets Jack, his Job Centre advisor.



Fred has to accept a job or he will lose his PLA

PLA is Puppet's Living Allowance benefit



Fred goes on a date with Lucille.  
They meet in the park

# The Story



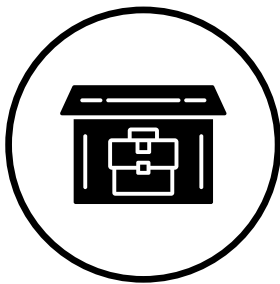
The date with Lucille does not go well.

Fred gets drunk



Fred goes to his job

He is a children's party entertainer



Fred goes back to the Job Centre

Because his job didn't go well he loses his PLA.



This means he loses one of his puppeteers

# The Story



Fred tries to throw himself off a tall building.



Martin comes in and wants to puppeteer Fred's legs

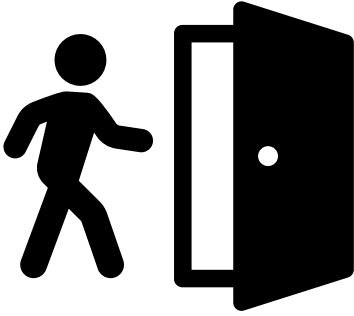


Fred is unhappy with everything that has happened so far in the story.

He has a big argument with the director.



# The Story



The director fires Martin.

The director storms out.



Fred meets his maker.



The Maker tells him that none of this is real. He needs to go out into the real world.

## The End

# Where to find help



## Samaritans

If you are struggling to cope

Free to phone 24 hours a day,  
365 days a year



116 123



jo@samaritans.org



www.samaritans.org



## Citizens Advice



www.citizensadvice.org.uk