

Catch Self-Care Guide

What is *Catch*?

Catch is a play by Sonya Jalaly which follows the lives of three women, Christina, Susan and Rachel, each trying to turn her life around, and seeking support at a women's centre. These women are accessing support for different reasons: domestic violence, addiction and unsafe housing – all leading to entanglement with the criminal justice system.

The play explores the multiple challenges women face and asks if re-entry into the criminal justice system is inevitable or if the support from the women's centre is enough to catch them.

Why Self-Care?

Catch might be challenging to engage with, especially if you are affected by the content. This guide will help you look after yourself, whilst you're at the theatre or watching the live stream at home.

This guide includes:

1. Content Warnings
2. Helplines and Support
3. Self-Care Suggestions
5. Further reading and resources about self-care

Content Warnings

- This play contains themes of:
- Gender Based Violence
- Imprisonment / criminal justice experience
- Gang affiliation / Cuckooing
- Anti-social behavior orders
- Estrangement from family
- Witness Protection
- Alcoholism / addiction / use of a prop bottle

Helplines and Support

Abianda - a social enterprise that works with young women and girls affected by 'gangs' and county lines.

abianda.com

020 7686 0520

Advance – a charity providing support to women who have experience of the criminal justice system and / or domestic abuse.

advancecharity.org.uk

London North: 020 3981 8486 | West: 020 8563 2225 | East: 020 3096 6488

Samaritans - provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

samaritans.org

08457 90 90 90

Unlock - provides a voice and support for people who are facing stigma and obstacles because of their criminal record.

unlock.org.uk

We are with you – free, confidential support with alcohol, drugs or mental health.

wearewithyou.org.uk

Women in Prison - supports women affected by the criminal justice system and campaigns to end the harm caused to women, their families and our communities by imprisonment.

womeninprison.org.uk

020 7359 6674

Self-Care Suggestions

Watch with someone

Bring a friend or someone you trust to watch the play with you.

Talk to someone

If you find the content in *Catch* distressing try talking to someone you trust or contacting one of the organisations we listed above.

Check the content warnings

This will help you prepare for any difficult bits or decide if the play is right for you.

Breathe

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.

Try a Grounding Exercise

Grounding exercises are things you can do to bring yourself into contact with the present moment to relieve distress. There are many ways you can do this:

1. Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands, have a shower or drink some water.

Find some nature

Look out of the window or go for a walk if you can, experiencing nature can be beneficial to our wellbeing and help us feel grounded.

Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much. Walk away or turn it off, do what feels right for you.

What does 'Self-Care' mean?

The concept of self-care comes from the Black Feminist movement. Self-care is important because it's about recognising that we experience discrimination and oppression because of how others react to who we are, or what we've experienced. Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." - Audre Lorde, a Black Feminist and pioneer of self-care.

Further reading and resources about self-care

This guide takes inspiration from [20 Stories High](#) and [The Survivor's Trust](#).

[London Survivors Gateway self care guide](#) - this guide has been written for people who have experienced sexual violence, but it includes lots of helpful self-care tips which could be useful for anyone.

[Anna Freud Self Help Hub](#) - this resource hub has been created for young people, but it contains lots of self-help tips and suggestions which anyone could find useful.