

Secret Ingredients

Accessibility Guide



An illustration of a cake in a slightly messy, hand drawn style. The cake is pink and purple with dark red outlines and white details. It is decorated with roses and says "I think we should date" in frosting.

About the Performance	2
Day & Time	3
Location	3
Accessibility Info	4
Who Can I Contact if I Need Support or Have Questions?	6



An illustration of three cakes in a slightly messy, hand drawn style. The cakes are drawn with blue and red outlines on white and pink backgrounds. Each cake has a message written in frosting. They say: "unhappiest of birthdays," "you see me you hear me," and "I love you so much it hurts."

About the Performance

What Will Happen

- This will be a performance of ***Secret Ingredients***, an **experimental theatre project**.
- The performance includes **storytelling, projection design, audio recordings of voices, and music**.
- The performance includes **optional audience participation**, such as: eating cake, reading text out loud into a microphone, and writing a message on a piece of paper. None of the audience participation is required.

The Performance's Story

- *Secret Ingredients* uses cake to explore the messiness of human relationships. Leading up to the performance, the public is invited to consider messages that they find too difficult to say directly to someone in their life, and submit them via an online form. These messages are translated into cakes, which are delivered to the intended recipients as an edible form of communication. The performance tells the stories of the cakes that were baked and delivered, mixed with the performer's personal stories and experiences.

Day & Time

- **Friday June 6 and Saturday June 7, 2025**
- **9:00-10:10pm**

Location

- Location: **Eastern Front Theatre** (Inside Alderney Landing)
- Address: 2 Ochterloney Street, Dartmouth, Nova Scotia

How do I Get to the Venue?

- You can find the venue on **Google Maps** by following [this link](#).
- **Transit:** the Halifax Transit Dartmouth Ferry arrives directly at Alderney Landing, and Alderney Gate is serviced by Halifax Transit buses #5, 6+, 53, 54, 55, 62, 158, 159, 161, 165, 168+.
- The Theatre is on the second level of Alderney Landing, accessible by **passenger elevator** and **stairs**. Parking is available onsite, with curbside dropoff and automatic doors at the main entrance to the building. Alderney Landing is connected to Alderney Gate by **pedway, accessible by elevator, escalator and stairs**.

Accessibility Info

- Audience members **can decide whether to wear a mask** based on their personal needs.
- **Bathrooms:** There are two all gender bathrooms in the rotunda lobby, one with toilet stalls only, and one with toilet stalls and urinals. Both bathrooms are equipped with various hygiene products and are wheelchair accessible.
- **Seating:** Armless seats are 16 inches deep and 15.5 inches wide. Seating is on the same level as the entrance. Seating is by general admission. Any seat can be removed to make space for mobility devices and alternate seating. For assistance, or to request priority seating before the house is opened, please check in with EFT Staff or Volunteers.
- There are several moments of **optional audience participation** in the show. **None of the audience participation is required.** Instructions for audience participation are given verbally and in projected text.
- Cakes are served to the audience as part of the show. **Eating the cake is optional.** The cakes are vegan, may contain nuts, contain gluten, and may contain trace amounts of dairy and eggs. **We will also have cake in to-go containers you can take home, if you prefer to remain masked** and enjoy your cake later.
- Throughout the show, the audience is prompted to eat the cake samples at specific times. **Every plate has a tactile dot to help identify the first cake sample to eat**, after which we go around the plate in a clockwise motion. The cake samples are also described verbally.

- **Content warnings** include discussion of:
 - Parent's life threatening illness
 - Psychiatric hospitalization
- **Sensory warnings:**
 - Smells of cake and cake ingredients
- **The vibe of the performance is casual.** This means that it is okay you need to stand up and stretch, or leave and come back. We encourage you to do so in a quiet way when possible, to help meet the performer's access needs.
- **Visual elements of the show will be described.** Visual elements of the show that are not described live on stage are described in the pre show audio note.
- **A pre show audio note is available** to increase access for blind and partially sighted audience members. It includes descriptions of the staging of the show, the set design, the performer, and the elements of audience participation. **You can listen to it [at this link.](#)**

Who Can I Contact if I Need Support or Have Questions?

If you have any questions regarding accessibility at Secret Ingredients and STAGES please email: info@easternfronttheatre.com



An illustration of three cakes in a slightly messy, hand drawn style. The cakes are drawn with blue and red outlines on white and pink backgrounds. Each cake has a message written in frosting. They say: "I'm sorry I didn't tell you I have ADHD," "tell your mom to stop texting me," and "I can't believe you're real."