



FIRST FORTNIGHT
THE ART OF MENTAL HEALTH

Sam's Collective Open-Mic at First Fortnight Festival 2024

I am going to Sam's Collective Open-Mic Night in Wigwam on Abbey Street on the 14th of January at 6pm as part of the First Fortnight Festival.

When I arrive, I will see the main entrance of Wigwam. This is what it looks like this outside during the day:



When I go through the main doors, I come into an foyer area with seating.

I will be greeted by a friendly members of the Sam's Collective and First Fortnight teams.

I will show them my ticket. I can ask for ear plugs at this point if I need them for the event.

There will be other people arriving at the same time as me.

The walls on either side of the foyer area are red, there are colourful pink and blue stools with tables pushed up against the walls.

There are mosaic tiles on the floor and colourful bunting hanging from the ceiling.

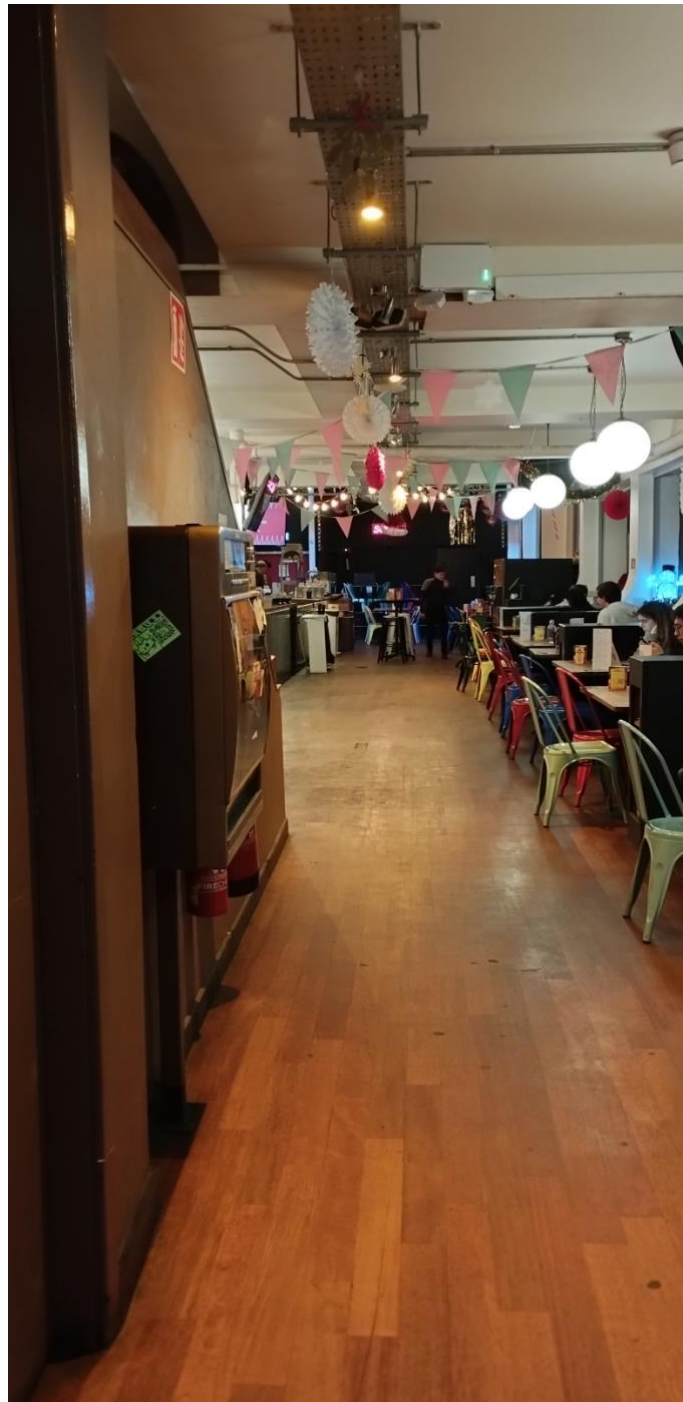
Ahead of me I will see a black framed cabinet with trinkets in it and two white doors with glass panels. The lighting is medium. The foyer space look like this:



I will go walk through this area and through the white doors with glass panels. I will then come into the main floor area of Wigwam.

In the main floor area, there are tables and chairs to my right. There will be a bar to to my left. There will be people in the bar chatting and music playing.
The lighting is low.

The floor in the bar has a wood affect and there is bunting hanging from the ceiling. The bar space looks like this:



To get to the event space, I will walk through the main floor space and turn left just before the beginning of the bar. When I turn left, I will see a staircase.

The staircase is wooden with wooden bannisters framing either side. There are 16 steps in the stairs.

I will see beige walls and a sign in white lettering that reads “Wigwam Ping Pong Club” in front of me.

It will look like this:



I will go down the stairs to get to the basement area to find the Sam’s Collective Open Mic event space

In the event space here will be black floors, a black tiled bar and wooden seats.

I will see a stage area light up in front of my with a neon sign that reads “WigWam”.

The event space looks like this when empty:



There will be people in the event space talking and laughing. There will also be music playing, and the lighting will be low.

If I have signed up to perform or read, I can go up on stage when it's my turn. I can also choose to read from my seat if I'm more comfortable with that.

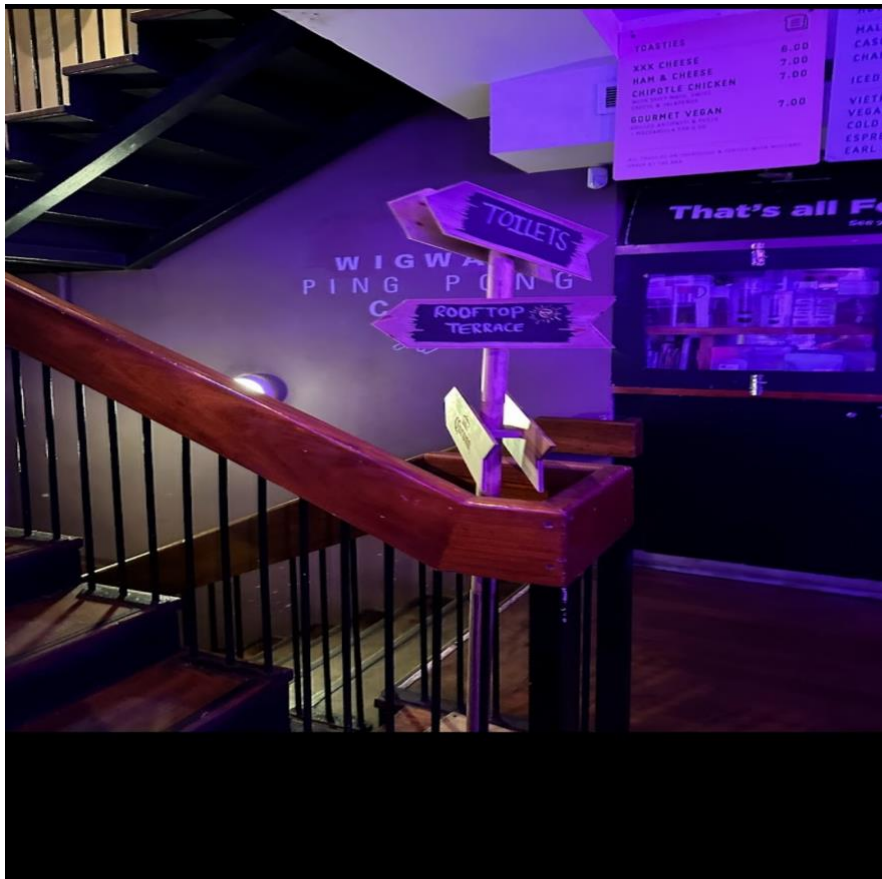
The format of the night will be a mixture of music, poetry, spoken word and storytelling shared by whoever has signed up for the open mic.

There will be clapping to support acts, if this overwhelms me, I can tell the team on the door when I first arrive.

If I am overwhelmed or over stimulated at any time, I can leave the space and go outside for air. I will be let back in whenever I feel ready.

If I am performing, I will see the audience in front of me on wooden seats. The view from the stage looks like this when empty:

If I need to use the toilets, I will go back up the stairs to the main floor, and follow the signs up another flight of stairs to the toilets. The signs will look like this:



The toilets are gender neutral for the duration of Sam's Collective Open Mic.

If I need help at any time, friendly members of the First Fortnight team and the Sam's Collective team will be available and happy to assist me.

If I have any further questions about the Therapy Sessions event or access requests, I can contact First Fortnight at admin@firstfortnight.ie

