

# **Nat Bartsch**

## ***Forever Changed***

***The Round***

***Saturday 18<sup>th</sup> April***

***The Studio Theatre***

Visual Story and Access Guide

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# 1. Nat Bartsch and her concert



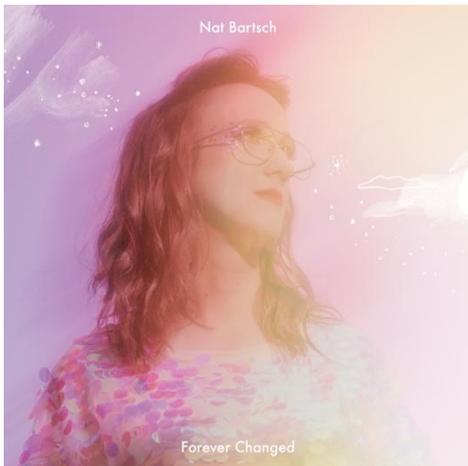
## Welcome

This is Nat Bartsch.

Nat is an autistic and ADHD pianist and composer.

Nat is performing music at The Round from her new album called Forever Changed.

[Here is a link](#) to hear Nat's album on a music streaming service like Spotify or Apple Music.



Nat has designed the show with advice from other neurodivergent people and music therapists.

Nat calls her songs lullabies. They help Nat to feel calm when she has fizzy feelings. She hopes you'll feel calm when you hear the music too.

[Here is a link](#) to a video where Nat explains her project..

## 2. How to get to The Round



Here is some information to help you when you visit, so you feel comfortable.



The Round is easily accessible by road, with several major roads and highways leading to the area. Here are the primary road routes to consider:

**M3 Freeway** is a major freeway that runs directly to Whitehorse connecting to The Round via Springvale Road and Whitehorse Road.

**Burwood Highway** is a prominent highway that provides access to The Round connecting via Springvale Road and Whitehorse Road.



## **Train:**

If you will travel by train, get off the train at Nunawading Station. The Round is connected by nearby train stations on the Belgrave and Lilydale line. The closest train station is Nunawading Station which is approximately 1km or a 10-minute walk from The Round. From there, you can alternatively take a taxi, ride-sharing service, or catch a connecting bus to The Round.

## **Bus:**

If you will travel by tram/bus, get the McCulloch St/Whitehorse Rd on the 901 route is the closest bus station to The Round only a short walk from the bus stop to venue. The nearby Nunawading Station can also be accessed by the 273, 902 and 735 route.

### 3. Where to park your car



If you will travel by car, the best place to park is at carpark.



After you have parked, it's a short walk to the entrance.



## 4. Where you need to go



There is a main entrance to The Round. There is also another entrance to the left of the main.



Inside, the foyer is carpeted with warm lighting and plenty of windows. There is often music playing in the foyer through a speaker system at a soft level. With a bar and café.



The foyer is often warmly lit with lot of natural light. There will be places to sit in the foyer, and a bar to buy drinks or snacks.



If you need to buy or collect a ticket, you can go to the box office.



Nat's concert will be held in the Studio on the ground floor in The Round. Through the foyer to the left of the bar.



Entrance to Studio is dark but staff will be there to assist.



You can sit anywhere you like in this venue if purchased as general admission or you will have selected your seat when purchased.



## Toilets

There are male/female/accessible toilets on the ground floor

There are hand dryers in the toilets that may make a loud noise

## 5. What sensory supports are available



At Nat's concert, you can relax, move around, use your hands or voice whenever you like.

There will be beanbags and cushions to relax on.



There won't be enough beanbags for everyone, but there will be plenty of chairs.

There will be fidget tools that you can borrow for the performance.



You can also bring your own fidget, colouring in, quiet toy, earmuffs or plugs from home.



The concert will hopefully be the perfect atmosphere. But if you need a break, you can leave the concert any time for any reason.



There will be a quiet space available in our Gallery Room which you can go to at any time. It has seating, water, and light settings/

## 6. What the concert will look and sound like



When you walk into the room, you will hear relaxing ambient music in surround sound, from all sides of the room.



In the Studio there is a desk where people will operate the sound and lighting.



Nat will play her music on a grand piano.



She will also create ambient, swirling sounds using her laptop, electronic equipment, keyboard and pedals.

Using this equipment you will hear other instruments such as violin, cello, harp, synthesizer and bird sounds. There will be lots of interesting details that you can focus on.



She will talk about some of her songs using a microphone.



On the projector screen, there will be coloured lighting and a sensory video. This video will change colour and style from song to song.



The performance goes for around 50 minutes.

Here is a [youtube playlist](#) of some of Nat's performance at a different venue, Melbourne Recital Centre.

## 7. The Songs and Videos



## Lights and Shadows

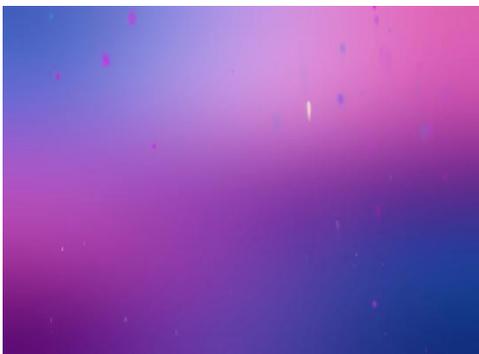
The first song Nat will play is called Lights and Shadows.

It is a song from an older album of lullabies called *Forever, and No Time At All*.

Nat will walk on stage and play along with the ambient sound you have been hearing at the piano.

The video will be blue, with clouds and stars.

Next, Nat will talk about Forever Changed and play many new songs.



## Fizzy Feelings

The second piece is the start of Forever Changed. Fizzy Feelings is about needing to regulate.

It is fast ripply song. With the piano, you will hear ambient effects, bass, synth, violin and cello sounds.

The video will be pink and blue, with glitter falling like rain.



## **Thirty Nine**

The next piece is called Thirty Nine. Nat will play this next song straight away.

This song is upbeat and joyful. It is a song that celebrates Nat's AuDHD identity.

At the start you will hear a repetitive synth note that sounds a little like a wood block. Nat will play a repetitive piano pattern.

You will more ambient effects, busy synth patterns, bass and bird sounds.

The video will be orange, pink and purple, with white ripples



## **Evolution, Resolution**

The next song is called Evolution, Resolution. It is a song about being patient, and that it's ok to feel sad.

It is a slow, simple song that sounds like a waltz.

You will mainly hear piano sound.

The video will be purple with swirling white.

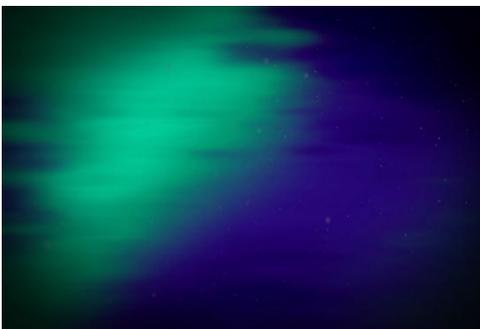


## **A Groundedness**

The next song Nat will play is called A Groundedness. It is about feeling safe and calm around your family. At the end it sounds serious.

It starts with a single repeated note on the piano. Later on, you will hear violin and cello sounds, repeated synth notes and glittery ambient effects.

The video will is dark blue with a green river. White dots float around like snow.



## **Kindling II**

The next song is Kindling II. This song is about feeling tired.

It is a simpler song with piano and gentle reverb sounds. It starts with a single piano note pattern.

At the end you will hear some bird sounds.

The video is a gentle mist of blue and green.



## **New Kinds Of Love**

The next song is called New Kinds Of Love. This song is about falling in love.

You will hear lots of layers in this song, including synth patterns and ambient effects and violin and cello sounds. At the end, Nat will create immersive ambient effects using her equipment.

She will sit quietly and enjoy this sound with you, and have a rest from playing for a moment.

The video is of pink clouds in a starry night sky, with an orange river.



## **Tokyo Drifting**

The next song is a simple lullaby called Tokyo Drifting. Nat will just play the piano.

The song is about Nat's son Will falling asleep, and also about Mario Kart, a game Will likes to play on his Nintendo.

The video is blue and white with drifting clouds.

## **Arrival**



Nat will thank everybody for coming, and then play two more songs from Forever Changed.

The next song is Arrival. It is a song about being brave and feeling happy with changes in your life.

This song starts on piano but gradually you will hear more and more layers in the sound. You can hear a recording of Nat's son laughing near the end.

The video is of tiny dots of blue and green that move around in waves.



## **Forever Changed**

The last song is called Forever Changed. It is about all the ways Nat's life has changed because she learned she is autistic and ADHD.

It starts with a simple piano pattern that was written by Nat's son Will. Later on you will hear glittery high electronic effects.

The video is swirling purple and white, like liquid.



## Encore: **Forever, and No Time At All**

If everyone is enjoying the concert, Nat will play one more song.

It is from her album *Forever, and No Time At All*. It's about her baby son growing older.

Nat will create ambient sounds and then play a piano chord pattern. Later on you will hear a high pitched celeste sound and bass.

The video will be the same as the first song.



After the performance, you might see Nat and you can say hello. There will be CDs, LPs and sensory tools to purchase in the foyer/a QR code to purchase CDs and LPs.



We hope you will enjoy Nat Bartsch's *Forever Changed*.

*With thanks to Melbourne Recital Centre Artist-in-Residence program, Belinda Ashe for their support developing this guide.*

*Photography by Maria Colaidis*