

THE COCKPIT

Welcome Pack

Information to welcome you to The Cockpit and help you in your time here:

- About The Cockpit
- Local Information
- Map/ Directions

About The Cockpit

Cockpit staff:

Dave - Theatre Director

Deb - Technical Production Manager

Korein - Studio Manager / Camden Fringe Programmer

Beth - Website and contracts

Tom - Facilities Manager

Nicola - Front of House Manager

Abeo - Bar Manager

Akilah - Finance & Box Office + Classes and Courses

Fayaz - Weekend Manager

Abeo, Grace, Akilah, AK - Receptionists

Deb, Tom, Chris, Amy, Phill, Carole, Lily, Jordan, and David- Technicians

Chris - Graphic Designer

The bar

The bar is open from 6pm on show days. We do a lovely cup of proper coffee and a variety of teas. And of course, booze! We're also much cheaper than you'd expect - A quid for tea, £1.50 for coffee, £3.50 for a pint or glass of wine. Take a look.

The foyer is open to the public and you're very welcome to hang out.

WiFi

Our free WiFi network is available in the foyer and upstairs in the studios (although you may need to re-login when travelling between the spaces).

Network name: CockpitWifi

Password: thecockpit

Caring for The Cockpit

We love our theatre and we're glad to have you here. Please help us look after the place and ask us if you need advice about something you want to do.

- Please do not fix anything to walls or doors with anything other than blue-tac. No tape please. Anything more permanent such as nails or screws must be cleared with the Theatre Manager (Dave) first.

- Always check with a Cockpit technician before borrowing any furniture or equipment. Any modifications need permission and may need to be reverted by you afterwards.
- Painting should be done in the workshop or car park only. Spray paint is not allowed. Water based paint only. Oil based paints and gloss paints are not allowed. Other aerosols must not be used indoors or without a Cockpit technician present.
- At the end of your event, please take everything away with you again. We are pushed for storage space and cannot dispose of large items.

Noise complaints

We have had them and we - and you - have to be careful. Please help us to keep the noise down outside of an evening. When you nip out for a quiet fag, please move to the indicated smoking area. Then come back in and hang out in the bar - it's lovely! At the end of the night, please leave quietly. If we all lead by example then our audiences will follow.

We have to take this seriously. We don't want to upset our local community. If this is a continuing problem our license will be at risk.

Copying and printing

Our resources are limited and we can't provide free printing. If you need bulk printing, please use a copy shop.

Black & White photocopying or printing: 10p per page

Colour printing: 50p per page

Up to a maximum of 30 pages.

Stationary

Biros and scrap paper are about the only thing we can give out. No other resources are available from the office.

Consumables

We can sell you gaffer tape, LX tape, and matt black paint at reception.

Online

We love sharing what we are up to and we hope you do too!

www.facebook.com/cockpittheatre

www.twitter.com/cockpittheatre

Using The Cockpit beyond your event...

- **Mailing list.** Sign up at www.thecockpit.org.uk/newsletter and we'll send you monthly updates with details about all the latest shows, classes and courses, and ticket offers.
- Our 3 **studio spaces** are available to hire with prices ranging between £8 to £20 per hour. Have a peek while you're here and then email studios@thecockpit.org.uk to make further enquiries and bookings.
- **Theatre In The Pound** happens on the first Monday of month (more or less), with each season running October - June.
It's a not-for-profit night, designed for individuals or groups of theatre practitioners to showcase new work in the main house of The Cockpit. Pieces can be of any length, up to fifteen minutes. Each piece is followed a by a short feedback discussion with the audience, to help companies develop the work.

With the entry fee at £1, Theatre In The Pound is a great low-cost evening out. As well as welcoming theatre enthusiasts and practitioners through the doors, Theatre In The Pound is accessible to those

who would not normally go to the theatre. It's the perfect evening to try something new. See www.thecockpit.org.uk/pound for more info and to apply.

- **Cockpit classes.** We are constantly developing our range of professional development opportunities for performers, writers, directors and technicians. Have a look at the notice boards around the building and our website and sign up to our mailing list too. Meisner, Butoh, Kathak, Ballet, Movement Studies, to name just a few... Email classes@thecockpit.org.uk for more info.
 - **The auditorium** is available for hire too. If you just need a big room for a rehearsal or a film/photo shoot for example, the dry hire rate is £30 per hour. If you'd like to bring a show here then you're looking in the region of £450-£500 per performance. Speak to Dave about availability and pricing while you're here, or drop him a line on dave@thecockpit.org.uk
Note that we tend to book up about 6 months+ in advance.
-

Local Information

Our cafe/bar opens at least an hour before each show (and is usually open throughout the daytime too), serving a selection of drinks and snacks. The local area also has a good number of nice places to eat and drink during the daytimes and into the night.

- Cash Points
- Food & Drink
 - Pubs
 - Healthy
 - Fast food
 - Restaurants
- Hardware
- Pharmacies

Cash points

The nearest cashpoint is on Church st at Westbury food and wine. There are also cashpoints at the 2 local branches of Tesco (Lisson Grove & Church Street). Both branches are on the route between The Cockpit and the Tube stations. There is also a Santander on the corner of Church Street & Edgware Road. We accept cards for all ticket purchases, and at our bar for purchases over £5. We don't do cashback though.

Food & Drink

"Fancy a pint?" - Local boozers

The Traders Inn

52 Church St, London, NW8 8EP

If you fancy a swift game of darts whilst catching up with your mates then The Traders Inn is your ideal pub. They serve a variety of pub snacks, whilst also offering traditional pub meals including pie & mash and the not so traditional pizzas. They screen big sports matches and boast a dart board and their own ladies darts team. Outside seating available, weather permitting.

Open Monday-Saturday, 11.00-23.00 and Sunday, 12.00-22.30

The Perseverance

11 Shroton St, London, NW1 6UG

Serves traditional bar food from its horseshoe-shaped bar, it also hosts acoustic music throughout the week. Seating on the terrace is available, weather permitting.
Open Monday to Saturday, 12.00-23.00

Grill Island

The best Lebanese cafe on Church Street. half way down, on the corner of Salisbury street

Sunrise Cafe

Perfect greasy spoon of the old style on Lisson Grove. Catch it while it's there. Open till 3.30pm

The Cali Café

39 Church Street, London, NW8 8ES

Great coffee and light snacks throughout the day, the Cali Cafe also serves cooked breakfasts as well as wide selection of fresh and well balanced sandwiches and salads. Eat in or take out.

Alfie's Rooftop Restaurant

13-25 Church Street, London, NW8 8DT

Antiques market turned rooftop restaurant. Alfie's Rooftop Restaurant is an oasis of calm tucked away on the top floor of Alfie's Antique Market. It has a cosy indoor area and a large sunny terrace, so come rain or shine Alfie's Rooftop Restaurant is the perfect venue for a hearty meal, a light snack, or just a coffee and a slice of cake. Breakfast served until midday and on Saturdays throughout the day.

Open Tuesday to Saturday 10.00-18.00

<http://www.alfiesantiques.com/cafe.php>

"Food on the fly" - Fast food

Church Street has a load of places offering the usual fare of chips, chicken stuff, kebabs, greasy spoons. Stroll down and you'll find any number of places to grab a quick bite. But we also recommend:

Sea Shell of Lisson Grove

49 Lisson Grove, London, NW1 1UH

The Sea Shell is the perfect place to go for a quick bite on the go or a sit down dinner with friends and family. Enjoy a fast cod and chips in their traditional takeaway or relax over a glass of wine and one of their daily specials. Whatever you decide, the Sea Shell provides fresh, tasty, high quality fish & chips, not to mention they're environmentally friendly too.

Open Monday to Friday 12.00-14.30 then 17.00-22:30, Saturday 12.00-22:30.

<http://www.seashellrestaurant.co.uk/>

"Take the load off" - Places for a sit-down meal

Sea Shell

As above. As well as good old fish 'n' chips, they also have a very smart seafood restaurant just round the side.

Lahore Restaurant

2-4 Gateforth Street, NE8 8EH

Just across the road from us, good Halal restaurant owned by the Whitechapel mini-chain. Great food and atmosphere - but they don't have a booze license, so BYOB. Buy a bottle from the bar.

Open 11.00-14:30 then 18.00-23:50

Mandalay Burmese Restaurant

444 Edgware Road, W2 1EG

Hard to find, authentic Burmese Cuisine

Open; 12-2:30 & 6-10:30

San Miguel's Tapas Bar & Restaurant

256 Edgware Road, W2 1DS

San Miguel's is an authentic Spanish family run restaurant.

Open till late. No windows. Basement drinkers bar.

Sports Bar & Grill

Marylebone Station, NW1 6JJ

Large restaurant & area with a wide range of drinks. Also provide sports coverage.

Further local info for visiting companies...

Hardware

As well as the £ shops at the south end of Church selling a variety of useful gubbins, we recommend:

Santana

A particularly useful and friendly hardware store about halfway down church street on the left.

Leyland

For paint, tools and specialist hardware needs. Go down Church Street to Edgware Road, turn right and cross over. It's just before the garage.

Arrow Electrical

For electrical components, especially lighting. Go down Church Street to Edgware Road, turn right and cross over. It's the first shop on the parade.

Argos

A bit more of a walk further down Edgware Road towards Marble Arch (15/20 mins?). Or hop on any of the buses for a couple of stops. Argos is on the left side of the road.

Pharmacies

There are 3 pharmacies along Edgware Road, the nearest being on the corner just opposite Gateforth Street. There is a late-night pharmacy on Lisson Grove on the parade of shops beyond Tesco on your way to Marylebone Station.

