



# Squish, Stomp, Spin -The Magic of Stim

By Moss Russell

Show Guide

Culture Night 2025



Welcome to

# **Squish, Stomp, Spin – The Magic of Stim**

Location: Millennium Hall, City Hall, Cork

This show is a performance by one person, Moss Russell.

It is a movement-filled show that celebrates neurodivergent expression and sensory delight.

This guide is designed to help you feel informed and supported.

**Squish, Stomp, Spin – The Magic of Stim** is a story about a fairy.

The fairy wants to make people feel good when they have **‘big emotions’**.

‘Big emotions’ like shouting and jumping can sometimes make other people feel uncomfortable, but they are normal emotions, and can be fun and wonderful too.

Expressing ‘big emotions’ in **big ways** can be features of neurodivergency.

In this show, along with enjoying the story the people watching are invited to stim along, explore what expression feels good, and think about why some people love to move around so much to express themselves.



# About Squish, Stomp, Spin

This show has appeared on stage in several locations in Dublin:

- Meeting House Square
- The Chester Beatty Library
- Wood Quay Amphitheatre
- Merrion Square (for Sensoria).

Moss is excited to share it on Culture Night in Cork, her home city.

Moss makes art about autism. She says:

'I believe everyone should be accepted and understood.'

And

'When we celebrate differences, that strengthens our communities. We all have the power to make life more fun and interesting for each other, that power turns our collective vulnerability into collective strength'

## **This show happens twice on Culture Night**

### **Show 1 Running Order (16:15 start time):**

- Doors open:15:45. This is what you can come in and sit in a seat
- The performance begins at 16:15
- The performance runs for approximately 45 minutes
- There is no interval, but you are welcome to step out if you need to, and you can rejoin at any time
- The show will finish at about 17:00
- You can wait to talk to Moss or look at her equipment, if there is enough time – the room needs to be empty of people at 17:30

## **As mentioned, this show happens twice on Culture Night**

### **Show 2 Running Order (18:45 start time):**

- Doors open:18:15. This is what you can come in and sit in a seat
- The performance begins at 18:45
- The performance runs for approximately 45 minutes
- There is no interval, but you are welcome to step out if you need to, and you can rejoin at any time
- The show will finish at about 19:30
- You can wait to talk to Moss or look at her equipment, if there is enough time – the room needs to be empty of people at 20:00



# Sensory Guide

Unexpected sounds, sights, smells, movements, tastes can be unwelcome.

Here's what sensory elements to expect at this show:

- Gentle music and rhythmic sounds throughout the performance
- Occasional raised voices or expressive vocalisations
- There will be NO flashing lights or strobe effects
- A light breeze may be felt near the stage from fans used during movement scenes
- No strong smells or scents are used in the production
- Ear defenders are welcome

# Every performance of **Squish, Stomp, Spin** is a relaxed performance

This is a Relaxed Performance, which means:

- You're free to leave and return whenever you like
- It's okay to make noise, move around, fidget, or vocalise
- We ask that phones be kept on silent and screens dimmed to avoid distractions
- Our staff and volunteers are briefed to support a relaxed and inclusive environment



# Final Notes

- Photography and video recording by audience members are not permitted during the show. A photographer will be on site to take photos of the show. Let us know if you would not like to be in any photos.
- We've worked closely with Moss and Promenade to ensure this performance is inclusive and joyful for all. Please let us know what you think of our efforts so we can get better at ensuring a welcome for everyone.



We hope you enjoy the show



If you have any questions or  
access requirements, please  
contact Cork City Council Arts  
Office in advance:

021 492 4116



Comhairle Cathrach Chorcaí  
Cork City Council  
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