



PARLOR DANCE

*Directed by* \_\_\_\_\_  
Helen  
PARLOR

*Designed by* \_\_\_\_\_  
Steve  
DENTON

*Original score by* \_\_\_\_\_  
Nathaniel  
REED

Five poignant and  
personal life stories  
exploring the nature  
of care

Using beautifully  
woven and  
exhilarating  
contemporary and  
contact  
choreography.

# Home from Home

Dance triple-bill  
Touring Autumn 2015





# Book NOW for UK touring

## Autumn 2015

After the success of 'Close Distance', which toured from February 2013 until June 2014, Parlor Dance presents their new dance theatre production which explores personal stories surrounding care and people's life stories.

**Running time:** Approx 90 mins in total: 40 mins (piece 1 & 2) with a short pause between the 2 pieces to re-set // Interval // 30-35 mins (piece 3)

**Age Guidance:** Suitable for age 8+. This show is not aimed at children but there isn't anything defamatory or any nudity. It has light and shade within it and young people will enjoy the physicality and storytelling.



Divided into a triple bill, 'Home from Home' uses universally relevant subject matter and beautifully woven and exhilarating contact choreography to take the audience on a journey through space and time. Athletic and startlingly brilliant, witty and very real, stories will be brought to life in front of your eyes as performers move and weave across the stage and are suspended in mid-air in a set designed by Steve Denton. This show will open a door onto four very different lives, but it is their experiences of care which brings these characters together. The audience will get to know and relate to each of them, becoming immersed in their poignant and personal life stories. Layers of timelines and experiences will unravel and cleverly interlink to create spine-tingling moments of synchronicity and shared experience.



# Production, music and design

The set and choreography will work as one. Artistic Director Helen Parlor will work with Designer Steve Denton on unique staging to physically bring these stories to life. 'Home From Home' will use a simple scaffolding frame with a mechanism which can suspend, trap or engulf performers. Seats will be hanging from the set to create a floating waiting room and an uncomfortable fold up bed will be integrated into the inspiring design. Pictures, personal objects and comfort items from the characters' lifelines will be lowered and integrated into the space and used within the sections of dance to add context.

The sides of the scaffolding will be lined with fabric and woven elastic. James Mackenzie will create a lighting design and imagery that will cleverly project onto the fabrics of the set to enclose or open out individual spaces on stage, providing texture, layering the choreography and visually animating the stories.

Composer and musician Nathaniel Reed and Helen Parlor have collaborated on previous productions including the most recent 'Close Distance'. An original score will be created that draws its inspiration from people's life stories. We will record a range of people talking about their experience of care in various contexts. These moments will then be integrated into the sound world of 'Home from Home'. The nature of these stories will be used to guide instruments, tone and rhythm in the final composition.



## The triple bill – in detail

**Duet 1** - A tightly choreographed contact duet studying the nature of a debilitating illness. This work focuses on the journey we embark on when an illness takes hold of our own physicality. Surprisingly humorous and witty, and with particular reference to brain injury and recovery, this work looks at the fragility of the human mind and one woman's determination to re-build her world.

**Duet 2** - Studying the evolving relationship between a father and a daughter through time. Duet 2 studies our family bonds and roles in today's society, with particular reference to and reflections on other cultures. The duet looks at how we care for people as they age, drawing on real stories. Using text and intricately woven choreography this work illustrates the role of a father with his daughter and the moment when this starts to change and evolve. It poses the question 'who is caring for who?' See footage from the R and D here: <https://vimeo.com/89506563>

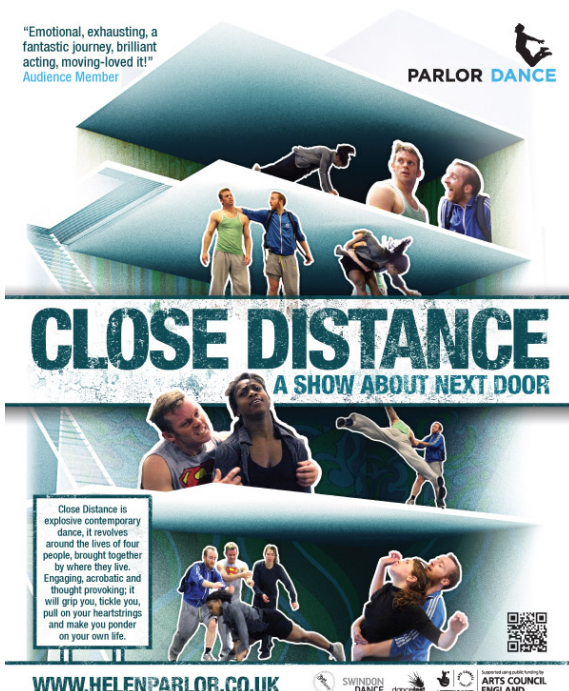
**Trio** - Fast paced and highly physical, this work studies how care has affected each of us during our lives and where our inevitable time-line leads us. Dynamically integrating choreography with the set by Steve Denton, the dancers are captured, released and suspended. This work looks at three individual time-lines, focusing on moments when life suddenly grips you. The work encourages its audience to pause and reflect on our own reality, mortality and life direction. See footage from the R and D here: <https://vimeo.com/89506565>





## Previous productions from Parlor Dance

Over the two 'Close Distance' tours we performed 28 times in front of 1,849 people; worked with 300 workshop participants; engaged 50 artists in making and touring our work; and reached 3,000 people online and through digital campaigns.



**On 'Close Distance':** *This fast paced, provocative dance theatre show that explores our complex human relationships. Audiences young and old will be blown away by the physical virtuosity of her incredible dancers who effortlessly move between character using both text and movement. This is a gutsy first show from one of the UK's hotly tipped emerging dance makers.* Natalie Richardson, Former Associate Producer, The Hat Factory

*'I felt so moved by this show. I have attended so many concerts and concerts in my life- but this surpassed all my expectations. I laughed, I cried. I SOBBED. I feel inspired by the energy and flight of the dancers. I feel stunned. I feel liberated.'* Sudhi Salooja, Audience member at 'Close Distance', Bridport Arts Centre.



# Helen Parlor, Artistic Director

Helen trained at the Northern School of Contemporary Dance, graduating in 1998. Since then she has been performing and making work nationally and internationally. In 1998 Helen joined 'Dansconnect' a performance in education company, led through Swindon Dance, performing works by Jonathon Lunn, Scott Amber and Yael Flexor. In 2000 Helen joined Motionhouse and remained with the company for six years, touring 'Atomic', 'Fearless', 'Volatile' and 'Perfect', alongside being lead dance artist on various education projects and site specific works, including 'Dreams and Ruin' in Witley Court. In 2006 Helen moved to Oslo to join 'PantaRei Danseteater', performing work for young audiences across Norway, Sweden and India. Helen also created site specific work in Halmstad, Sweden, with the company. As a director of her own work Helen artistically directed 'Headcase', in collaboration with The Point, Eastleigh, with an all male ensemble, which toured the South East in 2005. She was also Creative Director for 'Forbidden-A Tale of Love and war', in 2008, a huge site specific performance with over 100 community dancers and professional aerialists throughout the grounds of Goodrich Castle in collaboration with Dancefest, Herefordshire. Helen created this full length work alongside composer Nathaniel Reed.



After performing with Mobius Dance Company in 2010 Helen has taken time to develop her own work and choreographic style and start her own company. This began in 2012 when Helen was assistant choreographer for the London 2012 opening ceremony of the Paralympic Games. Following this Helen then created 'Close Distance', Parlor Dance's first work which toured nationally and internationally from 2013-2014. Helen choreographs and teaches for Swindon Dance, South East Dance and DanceXchange and has enjoyed collaborations with Cirque Bijous, Mid Wales Chamber Orchestra, Fringe MK and Milton Keynes Gallery.

*"My artistic vision is to create accessible, visually engaging and exciting contemporary dance for all people to engage and participate with. My passion is dance theatre and contact work. I am inspired by work which affects people, reaches out and is powerful enough to move an audience to react. Dance should touch people in the way that cinema affects its audiences, provoking tension, drama and emotional responses.*

*I enjoy working with bodies and exploring how they can support one another, throw one another, dodge, spiral around and fly at one another to communicate a sense of energy. I create work about real life situations and environments so that the audience can relate and be vocal about the work. My choreographic style has an interesting and engaging physicality, I genuinely enjoy the element of interaction with the public in the work that I do."* Helen Parlor, Artistic Director, Parlor Dance

# Home from Home dancer biographies

**Effie McGuire Ward** Effie is a graduate of Stella Mann College and the Northern School of Contemporary Dance. Her performance projects have included working with Shobana Jeyasingh, Ffin Dance, Pagrah Dance and Rosemary Lee. She has previously worked with Parlor Dance on 'Step Forward' in collaboration with Oxford Brookes University and also assisted Helen Parlor with MÓTUS, a dynamic dance festival for Milton Keynes.

**Laura Vanhulle** Originally from Belgium, Laura completed her vocational training in the UK at the Northern School of Contemporary Dance. Upon graduating Laura carried out an apprenticeship with ACE dance and music and worked on various elements of their educational programme before re-joining them to perform 'ICE'. Following this Laura completed projects with Shobana Jeyasingh, Motionhouse and Sonia Sabri. Laura has been developing her own projects and received funding from the Arts Council to complete her project 'Angles in Life', collaborating with international dance artist Seifeddine Manai. Laura has also performed with Rutherford Dance Company and Kinneish Dance Company; performing 'Head vs Heart' and 'Tabularassa'. In 2014 Laura joined Autin Dance Theatre and Coda Dance Theatre alongside receiving funding from the Arts Council to tour 'Angles in Life'.

**Richard Headon** Richard is a performer, artist, writer, director and science boff. He has created numerous installations and outdoor animations. He is co-Artistic Director of 'Desperate Men' and in 2014 was Co-Artistic Director of the Wye Valley River Festival and lead performer of 'Slapstick and Slaughter' (a WW1 Dada commemoration show). Previous projects include Dramaturge and Co-Director for 'Happy Families' at The Circus Space, Co-Artistic Director Battle for the Winds, London 2012 Festival launch of the Olympic and Paralympic Sailing at Weymouth and Portland. Between 2006 and 2009 he was co-Artistic Director of The Severn Project and is a writer and performer on Science based shows; CSI Clowns, Everything Gets Eaten and Darwin and the Dodo. He has also performed in Rick, Dick and Vic, The Four Horsemen of the Apocalypse and The Lighthouse, in Cirque Bijou's Sequins and Sawdust and An Oak Tree with Tim Crouch.

**Johnny Autin** Johnny has his own company Autin Dance Theatre. Original from France, he lives in Birmingham and has been UK based for seven years. He is currently working on a new show called 'Pathos'. With the support of DanceXchange Johnny co-directs Man Made Youth Company and is currently working with Lindsey Butcher's Gravity & Levity on 'Rites of war', with choreographer Darshan Singh Bhuller. He originally graduated from the National Conservatoire of music and dance of Poitiers, France, in Contemporary Dance and Ballet. From very early on he performed, choreographed and directed work; experimenting with styles, from contemporary and street dance to flamenco. He has worked internationally collaborating with choreographers and companies in France, the Netherlands and Spain, as well as touring work across Europe and South America. Johnny works as a performer, rehearsal director, choreographer and dramaturge for companies including Kompany Malakhi, Tempered Body Dance Theatre, Harnisch-Lacey Dance Theatre, State Of Emergency, SmallPetitKlein, 2Faced Dance Company, Ludus Dance and Company Decalage. He has performed for Kwesi Johnson, Balbir Singh, Tom Dale, Tamsin Fitzgerald, Freddie Oppoku-Addaie, Helen Parlor, Gregory Maqoma and Luca Silvestrini. He is an experienced dance teacher and freelances at The Place London, the Royal Opera House, the Wales Millennium Centre, DanceXchange, Southbank Centre and Sadler's Wells. As a choreographer Johnny's latest commissions include the outdoor work 'Intangibles' for DanceXchange 4square weekend event, 'Against the grain' choreographed for Roses Theatre Youth Company and 'The Calling' in collaboration with 2Faced Youth Dance Company.

**Stuart Waters** Originally from Devon, Stuart Waters graduated from the Northern School of Contemporary Dance and recently completed an MA in Contemporary Dance Studies at the London Contemporary Dance School. As a performer, Stuart has toured nationally and internationally for companies such as Interplay Theatre Company, Attik Dance, Motionhouse Dance Theatre, Barebones, Wired Aerial Theatre, Made by Katie Green and Panta Rei Dance Theatre (Oslo). Through this Stuart has collaborated with a variety of directors including Mike Ashcroft (RSC), Henri Oguike, Helen Blackburn, (Montreal) and David Massingham, amongst others. Stuart joined Protein in 2009 for the creation and tours of 'LOL' (lots of love) in 2011 and 2012. He was also part of Protein's 'Crossroads' project in 2011 and 'Real Life Real Dance' programme in 2012. Stuart remained with Protein to perform 'Border Tales'. Stuart has been collaborating with Helen Parlor and Parlor Dance since 2003 and was an original member of the research team for the development of 'Home from Home'.

# Education outreach and audience development

The themes explored within 'Home from Home' could help extend and develop audiences within your venues through engagement with a current issue that effects so many people's lives. We are happy to explore ideas with you to create bespoke outreach packages for groups. We offer great value and BIG impact.

Using contact, fast physicality and modern / relevant theatrical content, we perform where your imagination dares to take you. 'Home from Home' is designed for five performers in theatres but with support it can also be scaled down to be performed in for hospitals, care homes, festivals and public spaces, or as an integrated, community piece with sections of the show performed and enhanced by workshop participants.

## **We can offer:**

- Taster sessions
- Workshops – we can work with groups of adults, exploring character and contact work and improvisation to create small 'scratch' performances that could accompany the professional work. These could also be performed at platforms, festivals and as part of larger showcase
- Choreographic residencies
- Curtain raiser opportunities for both dance groups and community groups of all ages
- Packages for groups to perform alongside the company
- Placements for young people can be offered to come and spend time with the company. This can also apply to local professionals. This was a very successful programme within our 'Close Distance' creation time and tour. In total we had 7 young people/dancers in training come and spend time with the company during our rehearsals and tour; both over a period of time and through engagement with our drop in class opportunities. The company made 7 curtain raisers with groups to perform alongside Parlor Dance.
- Open dance classes starting from 10am
- Open rehearsals and chance to chat with the artists

*"Helen is an exceptional artist and teacher who is able to work with a great diversity of groups, communities and artists. She drives people to achieve their best, producing beautiful creative results"* Anna Brown // Hampshire Dance // Artist Development Coordinator

*"Helen Parlor has already had an outstanding career as a professional performer in national touring companies, in particular in Motionhouse, she therefore brings to her current career as a choreographer and director of her own work a vast body of professional knowledge and experience of performing / teaching and touring. Helen's work is always passionate, in both movement and energy and reflects the clear thoughtful, creative process with which she makes her work. She is a great example of today's new generation of dance makers creating work that has a real resonance in a real world. Swindon Dance is committed to supporting Helen's work as a choreographer through offering an opportunity to present her new work in our studio theatre at Swindon Dance and to help her develop an audience for her work in Swindon and the region".*

Marie McCluskey // Swindon Dance



# Marketing

Parlor Dance has an excellent Artistic Director at the lead and an experienced team of dancers. We understand the challenges involved in generating audiences for dance and will be offering enticing marketing materials for you to use. Behind the scenes Nicky Smith (The Lift Creative Services) will design a marketing pack and quality promotional materials to make your booking a great success.



## Technical requirements

We can set up the stage design within 2 hours. The total get-in takes approximately 7 hrs plus breaks. We normally arrive at 10am to the venue to start get-in. Get-out will take approximately 1.5 hours.

**Performance space dimensions:** Ideally 8m x 8m stage space, but we can go down to 6m by 6m - please call us to discuss if this is an issue. The minimum ceiling height is 10ft or 3.05m, which will allow us to suspend a dancer from our framework.

The design can be flexible in terms of how much space it fills. We will provide a small/ medium/ large ground plan to cover most venue possibilities and it can be performed in a traditional stage area or in a village hall, sports or community centre. Parlor Dance enjoy the creative challenge of sitting their work within different spaces and contexts.

## Book now

To make a booking, for prices and generally more information about the show - please contact our Producer Charlotte Gregory: [charlottegregory1@hotmail.com](mailto:charlottegregory1@hotmail.com) // Tel: 07950 151024