

Ropes 'n' Pulleys

Environment: Thick twisted hemp rope winding round studio on entry. Pile of tangled ropes and cord in middle of studio, White sails, cloths and sheets on floor, with 4 ready rigged on pulleys to hoist up. Small soft strips of rope to twiddle and spin. Blue lighting change and microphone with echo effect.



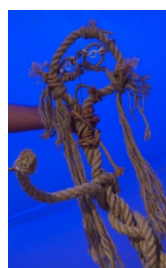
Hemp Follow the twisted thick rope round whole studio, keeping together, crawling under sails, around curves and along straights, balance on, jump either side until you reach...

Tangled ropes Feel the different textures and smell the fibres. Tease out ends of ropes and pull, coil, flick and snap ropes. Hold and take weight, make bridges, rippling rivers, spirals and circles. Explore movement and sound qualities of different thicknesses. Step, jump hop and roll over strands of rope. Thread through wheelchairs and pull them round and round the space, spinning and turning. Find soft, short lengths and flick and spin, create floor patterns and pictures.



Puppet emerges and greets each client in turn. Plenty of time and space for intensive interaction and engagement. Individuals may want to animate the puppet themselves, greeting their peers. Can be shy and playful, gently persuading engagement.

Pulleys Find 'set' ropes and encourage individuals to pull (an action of strength that many find difficult) Sails and sheets rise and fall in response, focusing sightlines up and enabling play with rise and fall motions. As each 'sail' is fixed the space above transforms with angles and lines into a sheltered space. change to blue lighting and all becomes calm and safe.



Shelter Encourage group to gather under shelter and instigate individual mic work - each person having the time to play with sounds and hear their own voices echoing loudly round the space.

Chill Rest under blue sails, wrapped in whites and listen to soft sounds as the sails billow above.

Evaluation Deliberately simple spacious workshop enabled time and space to reaffirm individuals and settle new clients. Very playful ropes section with lots of exploration and fun. Also identified shyer members as actually quite bold and strong! Ropes and pulleys section really focused clients on looking up and watching results of their efforts. Much laughter when ropes are let go and sails fall. Also encouraged working together, helping each other. Gathering together at end unified the group and some beautiful mic work followed with people building rhythms and songs around the echoes of their voices. Workshop also enabled 'role-play' groups to develop storylines of their own - i.e. ship voyage, under the iceberg and so on.

