

SMALL IS BEAUTIFUL

A festival of micro commissions celebrating innovative and experimental
new work from Solihull artists and creatives

THU 1 & FRI 2 FEBRUARY 7PM
THE CORE, SOLIHULL

VISUAL ARTS - BOTH DAYS

Bally Sembi
Charis McRoberts
Fiona Carr
Kamaljit Suman
Mukesh Kumar
Karoline Rerrie
Kat and Camera

Katie Holtom
Matt Prentice
Melissa Keskinilinc
Shaana Derry
Joanne Tremarco
Tracey Thorne
Victoria Wyton-Mills

PERFORMANCES - 1 FEB

Amber Gollay
Ascension Dance
Credo Kampeta
Elizabeth J. Birch
Emily Holtom

Keneish Dance
Liz John & Hannah Smith
Nicola Prestage
Jaden Mullings
Sohan Kailey

PERFORMANCES - 2 FEB

Amy Leigh Sandford
Aspire Dance
Chris Passey
ITZATNA Arts
Jeremy Clay

Joe Cook
Rose Johnson
Rachel Sambrooks
Zoë Deleata
Parveen Bhairon



Introduction

As Cultural Services a key element of our work is how we support and develop the Cultural and Creative Industries in Solihull. Two key elements make up this programme of work, Small is Beautiful and Core Creatives.

Small is Beautiful

This is the third round of Small is Beautiful micro-commissions held in Solihull. Micro-commissions give artists the opportunity to try out new ideas, ways of working, develop partnerships and extend their practice. Small is Beautiful provides Solihull based artists a testbed and platform to experiment and explore.

Over sixty applications were received from artists, of which twenty-seven have been selected. Work has been selected which covers all art forms, from visual art to aerial, poetry to installations, musical theatre to dance. The work explores a wide range of topics and themes, and ranges from the playful to the serious.

The final element of the Small is Beautiful programme is you, the audience. Your responses and ideas about the work will help artists continue to refine and develop their work and practice. Be curious about the work, ask questions and interact.

Core Creatives

Core Creatives is our new Cultural Hatchery which launched in May 2023. Core Creatives is based on the first floor of The Core and consists of a crash zone, work room, small rehearsal room and individual meeting rooms. Artists living and working in the Borough have access both workspaces and training and mentoring to support their ongoing development.

For more information please visit www.solihull.gov.uk/arts-culture/core-creatives or email corecreatives@solihull.gov.uk

Bally Sembi

DIY Dollhouse - Make Your Own Toys

Visual Art: Craft

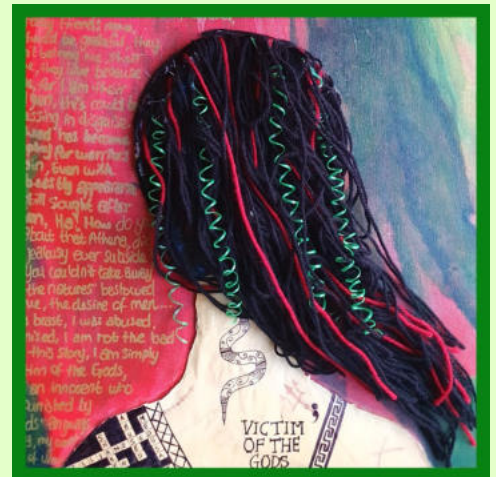
Whilst still at an early stage of my art career, I have been a creative and artistic individual from a very young age. My work is mixed media based, as I like experimenting with different materials, exploring different techniques and trying out new crafts and art forms to help me develop as an artist.

I am passionate about the environment and finding creative ways to help reduce waste. For this commission I have used materials that would be considered waste, and can be found around the home or requested from local shops.

I have made a dollhouse out of materials that can be easily sourced, to encourage young people to use their imagination - instead of buying new toys, they create their own. This will allow them to develop their creativity and many other skills, as the positive impact of making your own toys is endless!

I have purposely kept the rawness of the materials visible to show that it's definitely possible to make your own toys, and also to encourage people to interact with the dollhouse when visiting the exhibition.

www.behance.net/ballysembi



Charis McRoberts

Small, Beautiful & Made By Me

Visual Art: Children's Poetry Exhibition

Charis McRoberts is a playwright, poet and facilitator. Her debut play *Expecting*, which explores issues unique to d/Deaf and hearing couples, launched at the first ever Northern Ireland Deaf Arts Festival in 2023 and tours to the USA this year. Charis is currently under commission from the Wolverhampton Grand and Arena Theatre, Wolverhampton to write a new play for their youth group, The Grand Arena Youth Theatre. She was a BBC New Creative and one of thirteen poets selected for Poetry Ireland's Introduction Series.

Her previous work includes audio dramas *Four* (Rural Media, BBC Arts), *Ballynahinch* (United Kingdoms, BBC Radio 4) & *The Raven's Call* (Tinderbox, BBC Radio Ulster).

Small, Beautiful & Made By Me is a co-creation project with Year 5 children from Haslucks Green Junior School and the local children of Kingshurst at Cars Area Together, Auckland Hall, Community Centre. Through poetry the children explored everyday things in the natural world that they found small yet beautiful. They created craft and looked at ways we can help create a better, more environmentally friendly future.

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 charis.mcroberts@outlook.com



Fiona Carr

Fabric/Oil Paint 1

Visual Art: Painting


I am Fiona Carr, an artist and local resident. I am a painter who works in oil on canvas, usually at a medium to large scale. My paintings are rooted within the history of traditional canvas painting.

They can be described as frozen moments, an event in paint, where contemporary reality and history combine. These are made exploring how to create paintings that are meaningful to me, both as an artist and for contemporary viewers.

For *Small Is Beautiful*, I have replaced canvas with vintage patterned fabric on board and scaled down in size, creating paintings with more of a domestic handicraft feel. Returning to painting after time spent away, this project has allowed me to challenge ways of working and reconnect with some existing ideas. The discoveries made through creating these pieces and presenting them to an audience will inform new paintings.



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Kamaljit Suman & Mukesh Kumar

Community-based Practice through Art at the Heart CIC

Collaborative Experiments

Visual Art: Collaborative Visual Media Experiments

Hybrid. With a foot in the East and a foot in the West, this collaboration between artists Mukesh Kumar and Kamaljit Suman investigates a hybrid upbringing through colour. In this first collaboration, subdued palettes clash with vibrant. Traditional painting clashes with new digital technologies, and the possibility of reality becoming extended/augmented.

Hybrid approaches to making artworks form the basis of explorations that change the way that audiences experience and interact with art. Research into emerging technologies is melded with existing practice.

Elements of loss: culture, heritage, ancestral connections to place, grief, and the silence that frames the horror of generational experience of Partition, contrast with the culture and heritage of adopted place.

Hybrid people, with hybrid cultures experimenting with hybrid technologies as a metaphor for the process that brings us to the present.

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Karoline Rerrie

Geometric Screen Prints

Visual Art: Screen Printing


Karoline is a printmaker who has specialised in screen print for over ten years. Her work is characterised by bold outlines, pattern and bright colours so it is particularly suited to screen printing. Karoline regularly exhibits her work in galleries and at print fairs throughout the UK.

Alongside creating her own prints, she works on commissions and licensing projects. Her screen prints have been published as greetings cards by Canns Down Press as part of their Wonderland range. Karoline also runs screen printing workshops for different organisations including the Royal Birmingham Society of Artists, Leicester Print Workshop and West Yorkshire Print Workshop.

For this year's Small is Beautiful Karoline has created three new abstract screen prints which are a contrast to the smaller prints and greetings cards she is known for. To make each print Karoline worked with a combination of photo stencils and simple hand cut or torn stencils. She used the stencils with transparent ink to screen print three overlapping layers of shapes and colour. Karoline hopes to continue developing this technique and these new abstract prints for future workshops and commissions.



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 @karolinererrie

Kat and Camera

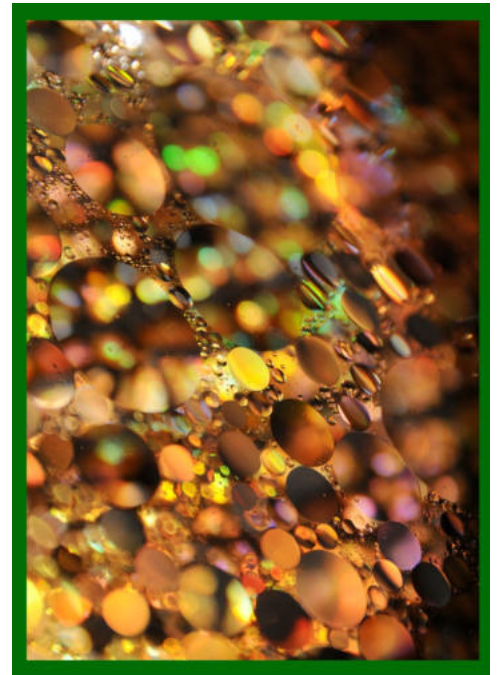
Drop Blobs Not Bombs

Visual Art: Photography

Kat and Camera's addition to the Small is Beautiful celebration is a petite collection of macro photography, blown up big!

The abstract images all revolve around the tiny world of water droplets. To follow the theme of the subject matter, the photography will mostly displayed transparent, using acetate. Using a mix of natural and man-made materials, Kat and Camera creates slightly surreal visions of globular landscapes, liquid within liquid swirls and vivid dewdropped colours.

Expect big colours and big blobs captured from a small world.



www.katbennettphoto.com |  [@splushstuff](https://www.instagram.com/splushstuff)

Katie Holtom

Home Is Not A Place

Visual Art: Cyanotype Prints

Katie is a creative producer and artist, specialising in working with community groups and young people to offer access to artistic opportunities. She is interested in using the arts to explore themes of placemaking and home.


While her usual practice is rooted in creative writing and physical theatre, Katie has used Small is Beautiful as an opportunity to experiment with visual arts as a way of looking deeper into the theme of home.

These cyanotype prints have been created by members of the community in Solihull, who have each identified what most represents home for them. These range from teddy bears, to guitar picks, dog collars and even wedding rings, which in this artform appear as ghostly and whimsical memories on paper, as they react to the sun.

This type of printing is unpredictable and experimental, yet gives even the most inexperienced of artists really beautiful and soulful works.



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Matt Prentice

Fragile Statement #6

Visual Art: 3D Printing

I am an artist and educator whose primary creative practice is experimental filmmaking. I have also worked in theatre, 3D printing, and interactive mediums.

The enquiry of notions of progress are a central preoccupation of my practice, frequently exploring how contemporary technology can be used to develop work that encourages active engagement with technology. I am interested in the overt and subtle ways that technology shapes society and how it mediates many of our interactions. I have become increasingly invested in understanding broader definitions of progress beyond science and technology and how these ideas influence the society that we build.

Fragile Statement #6 is a column of uniform, repeating and interlocking 3D printed components. I have been engaged with 3D printing as a medium for the past 18 months and the results of this playful exploration have been the increasing complexity of the forms of the Fragile Statements series. Drawing inspiration from Steve Reich's minimal compositions and the complexity that emerges from repetition. I have become increasingly engaged in the notion of 'emergence' both aesthetically and as a way of interpreting social and cultural phenomena.

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Melissa Keskinilinc

Melissa's Melting Pot

Visual Art: Glasswork

I am a glass and enamel artist, teacher and art psychotherapist.

I create glass artwork, jewellery and homeware, with each piece designed and created by hand. I focus on colour and form, creating interesting shapes and designs in my work.

Through using the techniques of glassblowing, fusing, lampworking and enamelling I am able to use glass as medium to take an idea from my imagination and bring it to life. My work is bright, colourful and I love to make work that will makes people smile!

The collection of work exhibited is a range of new work that I am in the process of developing. They show the journey of a piece of work from the initial idea to a piece of glasswork that I can display.



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Shaana Derry & Joanne Tremarco

Medusa

Visual Art: Mixed media collaboration

Shaana is a mother of three right at the start of a glorious arts career. She has always loved art but has no official training. Having attended Hear Here arts & wellbeing workshops led by Joanne, she was then selected to be the project's assistant artist. Hear Here was exhibited in The Shakespeare Memorial Room at Birmingham Library, with a promenade performance where the 13 metre textile piece was unveiled.

Joanne is an interdisciplinary artist with 20 years' experience of making thoughtful work and supporting people to make beautiful creations out of their lived experience. She works as a performer, painter, textiles maker and installation artist. She's also a trained doula and wellbeing practitioner. As a performer she has toured improvised plays internationally with the aim of shedding light, bringing laughter, and encouraging people to feel that their voice matters.

Medusa is a collaborative installation including textiles, sculpture, video, and poetry, exploring Medusa as a figure both violated and demonised by patriarchy. Can we give her her head back?

Poem by Savhannah Nguyen | Prop making support by Caroline Sumner | Technical support by Christopher Murray



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Tracey Thorne

Through the Window

Visual Art: Photographic Art


Tracey Thorne is a photographer and photographic artist predominantly working with cyanotype based in Birmingham. Her image making is bound up in her experiences of urban and rural spaces, exploring themes relating to place, visual culture and collective memory.

Tracey has made a series of blue prints from photographs taken in Solihull's town centre called – Through the Window.

The series is a set of cyanotypes prints on paper; using the photographic printing process known for its distinctive blue colour. The images explore the delicate interplay of blue tones, serving as a visual border that intricately delineates the threshold between public and private realms, blurring the lines where the outside world meets the intimate spaces within.

Cyanotypes 210 x 299 mm on Arches Aquarelle (300gsm)



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Victoria Wyton-Mills

Lambent

Visual Art: 2D Drawing and Painting

My practice is based in responding visually to what I see around me. Endeavouring to capture light and colour at play on scenes and objects. Drawing being first and foremost in composing and developing ideas. In particular I have become increasingly interested in figures and portraiture, exploring how light filtered through coloured fabric and cast shadows interact with the image or how viewing a face through transparent surfaces disrupts lines, and forces the viewer to look more closely.

I have been developing a series of 'parasol' portraits in oils, inspired by a visit to a gallery in Dublin where I saw 'The Sunshade' by William John Leech. On returning home I bought colourful parasols and asked friends to pose with them. Having a prop such as a parasol is not only good for the colourful shadows it can create, and also helps with composition in framing the face. I have experimented with different poses and zooming further in or out.

When not painting in oils I have been experimenting with making my own liquid charcoal, crushing charcoal and mixing it with gum arabic, testing it on different papers. It creates unpredictable textures which I have used in my 'Summoning' series. This time exploring viewing the face and figure through a clear sphere.



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Amber Gollay

ADHD Day in the life

Theatre Performance - Thursday 1 February

Amber is a Birmingham-based actor and creative. She graduated from the University of Birmingham with a BA in Drama & Theatre Arts in 2019 and subsequently graduated from the Royal Birmingham Conservatoire with an MA in Acting in 2020. Since then, she has worked on a variety of projects, for stage and screen, as well as making her own work. Amber has a keen interest in comedy and particularly physical comedy, with a lot of her work focusing around this. Amber is very excited to be working on an autobiographical comedy piece for Small is Beautiful, focusing on her own experiences of living with and understanding her undiagnosed ADHD.

Amber is hoping that this work will eventually blossom into a full-length piece, involving audience interaction in a game-show style and drawing upon live art practices.

Amber has hundreds of notes in her phone. Hundreds. Spanning seven years of important (and not so important) stuff noted down. And she's going to attempt to tell you all about it whilst being interrupted by music that will be played at random...she'll either be completely derailed or get on with the show.

Welcome to ADHD Day in the life of Amber!

 @AmberGollay | www.linkedin.com/in/ambergollay
app.spotlight.com/4773-5644-7469



Ashley Jordan of Ascension Dance Company and Credo Kampeta

Contemporary Dance Performance & Score Composition

Dance Performance - Thursday 1 February

Collaboration between dance performance artist Ashley Jordan and composer Credo Kampeta as they explore black heritage and identity through the live performance. Understanding the depth of their own ancestry in collaboration with our core sense of British identity.

The piece is centred around the Black British experience of duality and displacement. Drawing from lived experience, the feeling of neither being fully British or Bajan (from Barbados) or, for Credo, Rwandan.

It's the outcomes of a shared sense of displacement and grey area. Rhythm, syncopation, text and performance will take the audience on a journey of realising you are living in the "inbetween".



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Elizabeth J. Birch

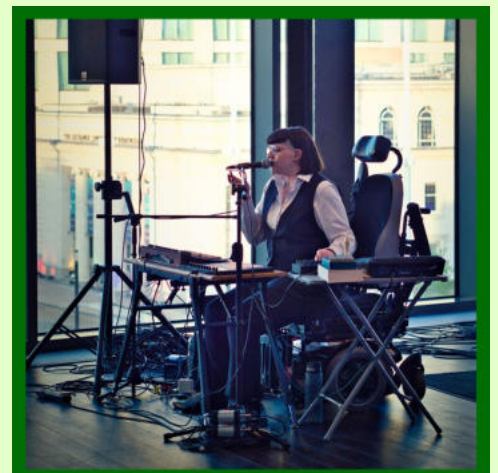
Building a Song from Scratch

Music Performance - Thursday 1 February

Elizabeth J. Birch is an undefined glitch, known for blurring the boundaries and striving for innovative ways to envision and make music. An award-winning musician, she combines synthesisers, haunting vocals, and ordinary everyday objects to craft a sonic landscape that tells stories and portrays emotion.

A producer, composer, vocalist and tech-enthusiast, her second EP 'Kenopsia' released in 2023 explored challenging subjects such as loss and grief, and received radio support from BBC Introducing, Unmade Radio and Black Country Radio. She won the 'Inspirational Music Leader' award in 2023 for her community music work with inclusive songwriting and technology workshops.

Elizabeth, with the help of the audience, will build a song from scratch by sampling common objects live and she invites the audience to be inspired by the sounds used and the stories they carry.



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Emily Holtom

The Space Between the Moments

Poetry Performance - Thursday 1 February

Written in her characteristically abstract form, Emily's poetry explores the human experience in all its base simplicity. From the whimsical power of the natural world to the intangible qualities of everyday life, she fuses abstract imagery with lyrical prose to create poetry aimed at warming the soul.

A local poet and writer, Emily holds the belief that anyone can access poetry. An art form with such creative expression and individual interpretation, her pieces aim to speak to the individual without having to be overly dissected. When reading her work, she encourages you to seek your own stories and hear your own melodies, so that each becomes uniquely yours.



 @Emily_OnThePage

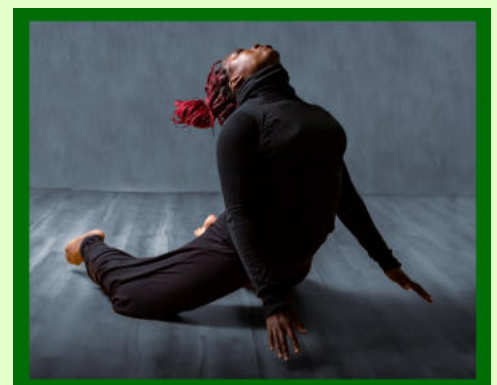
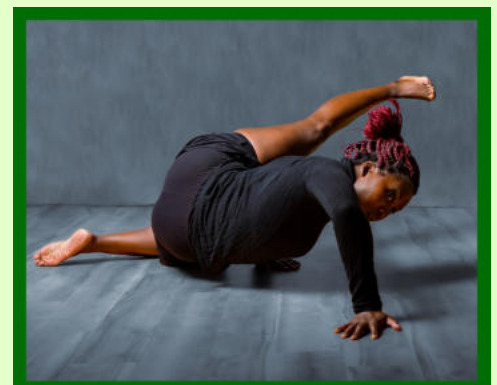
Keneish Dance

Balance


Dance Performance - Thursday 1 February

Keisha Grant is a Jamaican Birmingham born dance maker, who uses dance to make sense of our selves and the world around us. Under her leadership Keneish Dance was awarded 'Best Contemporary Dance Company' from Midlands Enterprise Awards.

Keisha and Heidi from Keneish Dance will present 'Balance' - a 10 minute scratch performance to test new choreography, set and costume. 'Balance' serves as a metaphorical mirror for tackling injustices, and finding equilibrium in an ever-changing world. In our hectic and busy lives, how often do we acknowledge what your cells are doing? How does such a crucial force of life become to insignificant to think about? The only time I talk about cells is when I teach Yoga or meditation, so I wanted to see if I could create this interoceptive experience via a dance performance. I spent hours looking at videos of cells that had been seen down a microscope - I was fascinated by the fanning motion of a particular white immune cell, its spontaneous shuffling motion, the way they changed shape and behaviour before attacking bacteria / harm. I wanted to experiment with play as a single dancer performance and see how props and costume can be used to enhance the spontaneity.



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 @keneishdance |  @KeneishDanceChoreography

Liz John & Hannah Smith IN THE GAPS

Short Film Screening - Thursday 1 February

IN THE GAPS is a collaborative project featuring writer Liz John and visual artist Hannah Smith. Hannah recorded the creation of an expressive abstract acrylic painting, which Liz used as inspiration for an audio monologue. Throughout their collaboration, Liz and Hannah explored the resonances in their different creative aims and processes, and the end result expresses the joint strength of their experience as female artists.

Liz John writes drama for stage, screen and audio, including BBC TV Doctors and R4 The Archers. Her topical microplay Together about the NHS crisis was performed at The Rep last month, and her site-specific playtime was part of Gem of a Place (BOLDtext Playwrights). She performed her monologue Under the Knife at 'Small is Beautiful' 2022.

Hannah Smith specialises in acrylic abstract paintings inspired by nature. She paints expressive abstracts, intuitively responding to feelings that arise from nature as her starting point, exploring acrylic paint marks in a layering style. She responds to each mark until she senses the final artwork has been revealed. A 'happy calm' is how a collector once described what Hannah's paintings had brought to her, extending this healing power to others is truly magical.

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Nicola Prestage (Tiger Features) and Jaden Mullings (Princ3 Mor1) Privileged

Short Film Screening - Thursday 1 February

Nicola Prestage is a local film maker and digital artist who makes films about love and acceptance. She met Jaden working on a project at his local youth group, Urban Heard. She was so blown away by his talent and saddened by the lack of opportunity offered to him that she decided to do something about it.

Privileged is a short film in the style of an urban music video, featuring the true story of Jayden a young, talented, black, spoken word/rap artist situated in North Solihull. *Privileged* showcases the struggles of this up and coming artist due to the lack of opportunities offered to him. It also gives the audience an insight into the difficulties he has faced growing up in Chelmsley Wood. Jaden has written and performs the music, whilst Nicola Prestage filmed and directed the film. Using drones and 4K cameras we see six different areas within and around Chelmsley Wood where the story takes place. There are elements throughout the film that make the audience question what they are seeing.

www.tigerfeatures.com |  @nicolaprestage

 @tigerfeatures |  @tigerfeatures



Sohan Kailey

Bhangra Beat

Bhangra Dance Digital Tutorial - Thursday 1 February

I am a performing artist, dancer, entertainer, presenter and YouTuber. I specialise in Bhangra Dancing which is a North Indian Punjabi Folk Dance. The dance was originated by the farmers and the movements carry out duties such as digging the soil, planting the seeds, gathering crops and celebration.

I provide Bhangra dance workshops in schools and across the wider community for all ages. Being very passionate about working with children and schools I wanted to create a Digital Bhangra Dance Tutorial Video for online use aimed at Primary Schools. The dance tutorial enables children to learn basic Bhangra dancing steps and its links to the farming community. The material also helps to expand children's understanding of the diverse world. This video is a taster and part of a bigger project in which I am applying for funding support, research and development. The video has been recorded and produced by myself.

So get ready to move your feet to the Bhangra Beat!

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 [@sohankailey](https://www.instagram.com/sohankailey) |  [@sohankailey](https://twitter.com/sohankailey) |  [@sohankaileyofficial](https://www.facebook.com/sohankaileyofficial)



Aimee Leigh Sandford


That's Class!



Theatre Performance - Friday 2 February

Amy Leigh Sandford is an MA Acting graduate from The Royal Birmingham Conservatoire and a proud working-class Brummie actress. She enjoys writing and performing material that highlights taboo yet very current and relatable topics that she has a personal connection to.

This piece reflects her experience working as an actress in the industry, being frequently judged, typecast, and overlooked because of her Brummie accent and socio-economic upbringing. After further research and discussions with other working-class actors, Amy was inspired by the universal feeling of class discrimination within the industry. This was the catalyst for the creation of "That's Class!".

"That's Class!" is a piece that highlights the struggles and discrimination that working-class actors face within the industry. Only 12% of working actors identify as being from a working-class socio-economic background. This one-woman show uses different characters to show genuine experiences and conversations that working-class actors face daily based on their education, upbringing, financial disadvantage, and regional accents, amongst many other factors.

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Aspire Dance with Anushka & Holly

Aspire Dance

Dance Performance - Friday 2 February

Our presentation involves a dialogue between two cultures aiming to investigate potential similarities in their respective dance practices.

The African dance segment highlights key elements found in various styles, such as grounding, polyrhythm, spinal undulations. Meanwhile, the focus of the Indian dance segment is on gestures, footwork, and rhythm.

In both practices, music plays a crucial role in conveying the essence of the dance, serving as a fundamental component in storytelling and cultural rituals. This connection between music and dance is further accentuated by the use of drums, a significant cultural identity in both communities, amplifying the messages being communicated.



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 [@aspiredanceeducation](https://www.instagram.com/aspiredanceeducation) |  [@aspiredanceevents](https://www.instagram.com/aspiredanceevents) |  [@Aspire-Dance](https://www.facebook.com/Aspire-Dance)

Chris Passey

Millie's Socks

Music Performance - Friday 2 February

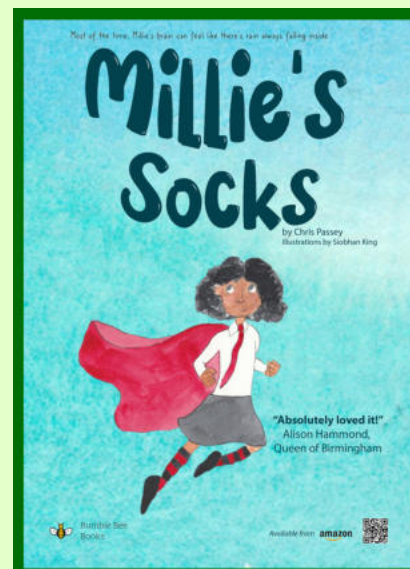
From the critically acclaimed children's book 'Millie's Socks' comes a new musical adaption!

Brand new songs, arrangements and developments have been able to lift Millie off the page and onto the stage. With more development on the horizon for a musical about autism, neurodiversity and acceptance.

Millie is different to everyone else. She has rain in her brain and butterflies in her tummy. Her friends, family and teachers always try to make her feel better, but the only thing that works is socks.

Book by Shona Eaton

Music and lyrics by author Chris Passey.



 [@MilliesSocks](https://twitter.com/MilliesSocks) |  [@millies_sockss](https://www.instagram.com/millies_sockss)

ITZATNA Arts

Coyote & Owl Collect Stories

Theatre & Visual Arts Performance - Friday 2 February

ITZATNA Arts are an emerging artist collective that create cross-cultural collaborations between artists and diaspora communities between México, Latin America, and the UK. ITZATNA cultivate intergenerational, decolonial, and ecological approaches to creating cutting-edge cultural projects for all ages.

ITZATNA Arts are based in Birmingham, UK and have presented projects around the UK and the EU, including Centrala, Friction Arts, Coffin Works (Birmingham) Warwick Arts Centre, Coventry Artspace, Twycross Zoo, OPEN Ealing Art Centre, Mexican Embassy in the UK, performance space [(London), Sarean Centro Cultural (Bilbao), and MeinBlau Galerie at Month of Performance Art (Berlin), among others.

In 2023/2024 we are developing 'October Fiesta: Stories On The Wind' an interactive children's theatre show inspired by Mexican Day of the Dead and reimaged traditional stories and games about life, death, and rebirth in the animal kingdom. Through playful interaction, these stories and games support how families and adults can engage their young ones to think and talk about the subjects of grief, loss, and remembrance, through a renewed appreciation for life, animals, and Planet Earth, through the lens of Mexican culture.



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Joe Cook, Jeremy Clay & Rose Johnson Sand, Siege and the Lost Veil

Music Performance - Friday 2 February




Joe Cook is a musician, lyricist, music producer and spoken word artist. Through a love of lyricism, hip-hop and songwriting, Joe crash-landed in the spoken word poetry scene. Joe's work has been shared on BBC platforms such as BBC Arts, BBC 1XTRA, BBC Asian Network as well as performing on BBC Doctors.

Jeremy Clay is a composer, arranger, performer and music educator. Recent commissions include a work for the Commonwealth Games exploring historical industry in the Black Country and a track for DJ and Orchestra which premiered at Leicester's De Montfort Hall.

Rose Johnson is an Operatic Soprano and Outreach Practitioner. She is the Opera Outreach Officer at Royal Birmingham Conservatoire. Most of her performances this year have been to diverse communities with RBC LEAP Ensemble and audiences of Primary School children.

Through an exploration of Joe's family heritage, this collaborative piece draws upon the themes of migration and place, community and finding love,. Joe's Irish grandfather met and married his Maltese grandmother during WWII in Ħal Lija Malta. War, death, tragedy, intrigue and love all play a part in their eventual migration to Midlands. The music is influenced by L-Għana (trad. Maltese) and Irish traditional music, finding a contemporary outlet in this piece.



 @joecook349 |  @jeremyclaymusic |  @rosejohnsonsoprano

Rachel Sambrooks

Deva-Diva

Live Literature Performance - Friday 2 February

'Once upon a time there was a forest that covered this land. Trees so dense and thick that even the Romans couldn't penetrate it. A connection of roots that spoke to each other of goddesses, faeries, dreams in the night and people who hid there. Each tree has its own spirit, a deva who speaks for the whole.'

A live literature piece containing poetry, story, ideas of connection and magical roots as the deva speaks to us of her journey through the Forest of Arden.

Rachel Sambrooks is a poet, stand-up comedian and writer of stories. She has been broadcast on BBC Radio 4extra, BBC Radio 5live, published in Digbeth Stories by Floodgate Press and a collection 'Harpy' published by Palewell Press. She was longlisted in the Writers & Artists short story prize 2023 and Bridport Poetry and Short Story prizes. She's fascinated by finding magic in the ordinary and discovering new ways to connect with the nature and history around us.



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Zoë Deleata & Parveen Bhairon

Just Move

Physical Theatre & Aerial Performance - Friday 2 February

Just move, you'll feel better. Sometimes you feel down, unmotivated, unenthusiastic... That's okay. Sometimes the smallest movement lifts your spirits, changing your perspective. Sometimes all it takes is getting out of bed, a small act, but it leads to great places. Every journey starts with one step. Small movements are enough.

A physical theatre piece depicting mental health and how movement is used to convey a release of emotion or anxiety. We explore the effects of movement on wellbeing through innate choreography; highlighting a sense of healing to help you move through fear, anxiety, stagnation.

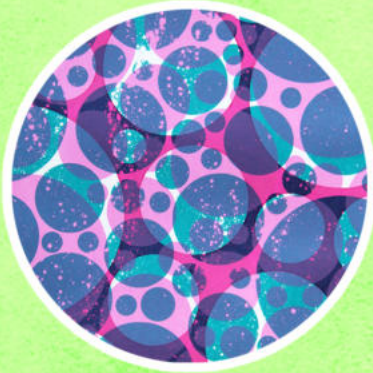
Parveen: In this way of theatre I am performing dance, physical theatre and melodrama. My performance background derives from theatre, whereby I practiced professional theatre, dance, contemporary acting and conventional drama. I'll express that in my 20 years of acting I have developed an array of different styles and techniques of performance.

Zoë: Movement is something that means the world to me, I aim to make my practices as accessible as possible – I am an Aerial Hoop performer and instructor. Through this piece we demonstrate what we hope to be a relatable human experience.

www.deleataz-entertainment.co.uk |  [@deleata_z](https://www.instagram.com/deleata_z)

www.beacon-ofbrightness.com |  [@theparveenbhairon](https://www.instagram.com/theparveenbhairon)





**Thanks for visiting The Core Solihull
and supporting the artists involved with this project.**