

GlassHouse Dance



A LITTLE BIT OF LIGHT

An Interactive Dance Performance
Designed For Older People In Care Settings



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Imagine intimate stories woven into our everyday environments. Where movement spins human tales of ordinary lives. This is GlassHouse, a place where everyone is invited to watch and participate.



About GlassHouse

Visionary, Challenging, Passionate & Poignant...

GlassHouse was set up by Sarah Lewis and Laura McGill to take the high art of contemporary dance into the heart of the community. They create essentially human, touching dance pieces with wide appeal for performance in public spaces.

GlassHouse offers opportunity. People of all ages are invited to experience dance, working with professionals in a process of intergenerational collaboration, exploration and play. It is a shared route, a journey to celebrate the commonality of being human. Everybody carries a story within and the beauty and challenge of GlassHouse is to set those stories in motion.

The Dance-Makers

Laura McGill and Sarah Lewis are visionary dance artists, choreographers and teachers. They have worked with all ages in schools and the community, sharing experience, inspired by the rich complexities of being human.

Laura has worked as a performer, teacher and choreographer for over 14 years. Her choreographic inspiration has led her to work in unusual settings especially creating work for outdoor environments. She has a keen interest in cross art form collaboration and has researched the relationship between performance poetry and dance. She currently runs two performing companies; Full Tilt youth dance company and Mosaic, a company for performers over 50. For examples of her work please see lauramcgilldance.co.uk

Sarah has toured nationally and internationally works by Henri Oguike, Darshan Singh Bhuller and Wendy Houstoun with graduate dance company Verve 08. She worked with Neil Paris and SMITH Dance Theatre in Agnes and Walter: A little love story for rural and national touring. She has been devising work professionally since 2009, presenting work at The Robin Howard Dance Theatre and The Playhouse, Norwich as well as creating 'Unravelling Pathways': a site-sensitive performance at Binham Priory, mentored by Rosemary Lee. See sarahlewisdance.com

About the Production

'A Little Bit Of Light'

Two girls enter an attic looking for a very special box. As they search among the lost props of family history, they discover a little bit of light and a touch of magic.

A poignant exploration of remembering and the melancholy sweetness of nostalgia. The girls discover the life hidden in objects from the past, and on a voyage of playfulness become stowaways from the present.

A Little Bit of Light is an emotionally powerful interactive dance performance designed for older people in care settings. It combines music, dance and participatory moments where the audience can join in. Dementia-friendly, it is an enchanting, uplifting and gentle voyage of understanding the importance of things lost and found.

- *Depending on venue size audience numbers can be up to 50 approx.*
- *The performance lasts 45 minutes. We recommend allocating an hour to allow time for refreshments and chat with the performers following the show.*

Film links

■ ■ A Little Bit of Light Promo

Touring Requirements

The performance is available for touring from 2016 onwards. It is a 2 person cast with 4 people on the road for touring. The show is completely self sufficient and comes with it's own sound system and full set. The performance can be adaptable to various spaces but will require an area of 4 metres². Hosts will need to provide seating for the audience.

There is also an adapted version of the show which is suitable for hospital ward settings which requires no defined stage area.

Education and Participation

Both Sarah and Laura are experienced dance practitioners with a wealth of teaching experience. They have a genuine interest in community and education work and are keen to offer workshops alongside the performance. Workshops would be led by 2 artists.

Production Information and Fees

Please [contact GlassHouse](#) to discuss performance fees and possible locations. Upon request we will provide images, PRS and risk assessment information.

Choreography

Laura McGill and Sarah Lewis

Performers

Gaelin Little and Hayley Barker





“You were amazing. *A Little Bit of Light* had the audience mesmerised”



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Design

José McGill

Photography

Jemma Mickleburgh