

Helga Deasy,

Cork City Dance Artist in Residence at Dance Cork Firkin Crane  
Presents

## **To Motherhood (film)**

**&**

## **CURA**



Friday night's performance will be followed by a reception in the Musgrave

Saturday night's performance will be followed by a Q&A with Laurie Uprichard

***\*\*\* Any filming / photography during the event is strictly prohibited \*\*\****

Welcome to this evening's presentation of Cork City Dance Artist in Residence, Helga Deasy. We came back to live performances just over a year ago with Helga's evening, *Mosaic in Motion*, for which we had to strictly limit capacity. We're so happy to have her company back on stage and to have you back in the audience.

We hope you enjoy the performance!

— Laurie Uprichard, Executive Artistic Director,  
Dance Cork Firkin Crane

During my 2022 Cork City Dance Artist in Residence Programme at Dance Cork Firkin Crane I have been exploring the notion of care through the moving body. A current and pertinent issue given the times we live in, it also holds great personal relevance and meaning to my life as a relatively new mother. As the culmination of my 2022 residency, I am delighted to present the outcomes of this creative investigation: TO MOTHERHOOD, a dance film, and CURA a dance performance with live music.

In the creation of TO MOTHERHOOD I collaborated with a group of local mothers, exploring everyday experiences of motherhood through movement and writing. This process has been very close to my heart, and it has been an absolute privilege to work with these wonderful women and mothers. I would like to thank Jean Gardiner, Neo Gilson, Ann Njeri Njuguna and Macha Shewolf for the openness, kindness, generosity and boundless creativity they brought to this project. A very special thank you to Neo Gilson for her beautiful creative writing workshops, and to film maker Catarina Araujo, composer Justin Grounds and singer Jessie Kennedy for their wonderful work on the film.

CURA is the result of a choreographic inquiry into the body's centrality in the act of caring. It explores the importance of touch, attentiveness and support in our daily lives. I would like to express a heartfelt thank you to the dancers Sara Hernandez, Yumi Lee and Anderson de Souza for their beautiful movement, hard work, dedication and trust in this process. Many thanks to Justin Grounds for his exquisite music, to Tim Feehily for his wonderful lighting design and to Jenny White for the beautiful costumes. A special thank you to producer Eoin O hAnnrachain who has gone above and beyond in planning and organising every detail of this production.

It is a great privilege to have a home in Dance Cork Firkin Crane and to develop my practice and create work in such a vibrant, supportive and inspiring environment. I am very grateful to Laurie Uprichard and the fantastic staff at Dance Cork Firkin Crane for their ongoing support, generosity and kindness throughout the residency. Last, but not least, many thanks to Cork City Council and the Arts Council for their generous support.

—Helga Deasy,

Cork City Dance Artist in Residence at Dance Cork Firkin Crane



# To Motherhood

*A dance film exploring experiences of motherhood*

This film is the result of a creative project that gave space and expression to the personal experiences of the many aspects of being a mother. Invited through an open call, a group of local mothers came together to creatively explore their everyday experiences of motherhood through movement and writing. During April and May of 2022, they danced, reflected, wrote and shared their personal stories and shaped them into the choreography and poetry captured in this film.

Concept and direction: Helga Deasy

Facilitator of creative writing: Neo Gilson

Facilitator of movement and choreography: Helga Deasy

Performance, choreography and spoken word: Jean Gardiner, Neo Gilson, Ann Njeri Njuguna and Macha Shewolf

Film maker: Catarina Araujo

Original composition: Justin Grounds

Vocals: Jessie Kennedy



# CURA

*A tender and visceral performance of dance and live music  
exploring care*



CURA is a celebration of care as the process of becoming truly human. The work is inspired by the mythological figure Cura (meaning 'care' or 'concern'), a goddess who, according to the Roman myth created the first human. Poignant, intricate, at times vibrant and uplifting, at times thoughtful and evocative, the dance navigates the opposing meanings of care – care as burden and care as solicitude. It explores the body's centrality in the act of caring. Ultimately the performance celebrates the radical significance of care to being human.

Direction and choreography: Helga Deasy

Dancers: Sara Hernandez, Yumi Lee and Anderson De Souza

Original Composition and live music: Justin Grounds

Costume Design: Jenny White

Lighting Design: Tim Feehily

Producer: Eoin O hAnnrachain



**Helga Deasy** (Ireland/Germany) is a choreographer, dance artist and educator.

Grounded in choreology and somatics, Helga's practice spans choreography, performance and cross-disciplinary collaboration including music, theatre and film.

Fundamental to her practice is the centrality of the body in perceiving and shaping experience. Helga's work captures the universal significance of personal experience and draws attention to the subtleties that go unnoticed in day-to-day life.

She has performed and presented work in Ireland, Germany, the UK and the US and received awards from the Arts Council, Cork City Council, Culture Ireland, Dance Ireland and artsandhealth.ie among others.

Helga feels passionate about the empowering and transformative potential of dance. She works extensively in arts and health settings, is a facilitator on the Teacher Artist Partnership Programme and is an early years practitioner with Graffiti Theatre Company.

She is Cork City Dance Artist in Residence at Dance Cork Firkin Crane 2021 - 2023 with kind support from Cork City Council and the Arts Council and works as Alumni Ambassador for Trinity Laban Conservatoire of Music and Dance. [www.helgadeasydance.com](http://www.helgadeasydance.com)

**Sara Hernandez** is a dance artist based in Cork. She studied at the conservatory of dance "Institut del Teatre" in Barcelona and danced with Ballet Biarritz Junior and Cienfuegos Danza in Spain, and with Inma Pavon in Cork. Since 2016 Sara has been working with choreographer Helga Deasy on the pieces, *Helica*, *River Fragments* and *State of Flux*.

Sara's own choreographic works include: *Samskaras*, presented at Cork Midsummer Festival 2017 and Skibbereen Dance Festival 2018; *Im- I Am* and *True North*, pieces commissioned by The Cork Butter Museum in 2019 and 2021; *Dancing in the Storm & Winter Seascape*, works commissioned by Cork County Council, Macroom 2021 and *Your Breath*, a piece created for Faoin Speir- In the Open programme, Cork 2022.

Sara has been teaching contemporary dance, both ballet and creative dance classes for children and adults since 2008 in various schools in Catalonia and Cork. She graduated in Hatha and Pregnancy Yoga.



**Yumi Lee** is an Ireland-based professional dancer, dance teacher and performer. Yumi holds an MA degree in Contemporary Dance Performance from the University of Limerick in Ireland. She started ballet training at 6 years old in South Korea and trained in jazz, traditional dance, aerial dance and contemporary dance. She has worked as yoga, aerial yoga and pilates instructor in Gwangju and Seoul, South Korea. After completing her education in South Korea, she trained in contemporary dance and capoeira in the UK, Germany, Austria, Poland and Ireland.

Since her graduation, Yumi has been working with Winona Lin, Liz Roche Dance Company, Helga Deasy, Mary Nunan, Tobi Omoteso and Fearghus Ó Conchúir, among others. She is also a guest lecturer of University of Limerick and Limerick Youth Dance Company and a teacher at Irish Aerial Creation Centre.

Originally from Brazil, **Anderson de Souza's** background in Dance has brought him over 15 years of experience in Dance Theatre, experience teaching all ages and abilities and versatility and skills in a variety of dance idioms as a teacher. He continued his formal training studying Dance Therapy, Anatomy, Dance Methodology, Methods and Materials in Teaching Dance, Advanced Technique and Pedagogy, Laban Movement Analysis, Jazz Dance Culture and Pedagogy, Theory and Methodology in Ballet Pedagogy, Fieldwork and Analysis Seminar in Ballet Pedagogy.

Dublin-based, Anderson is a choreographer, director, performer researcher and pilates instructor. Since then, Anderson has worked with DYDC (Dublin Youth Dance Company), Mariam Ribon, Karla Holden, Fiona Quilligan, Coiscéim Studios, Philip Connaughton Company, THISISPOPBABY, Philip McMahon, DTI / Robert Connor & Loretta Yurick, Eimear Byrne, Emma Meehan, David Bolger, Anna Newell, Helga Deasy.

**Justin Grounds** is a violinist, composer and music producer originally from Cambridge, UK and now living and working in Clonakilty, West Cork. He studied electroacoustic composition at Durham University and toured with the electronic band Keiretsu. He has released 4 records of solo music, as well as working as a collaborator with singer Pearse McGloughlin in the band Idiot Songs, The Vespertine Quintet and ADT recordings. He has received commissions and awards from the Arts Council of Ireland, CREATE Ireland, Uillinn Arts Centre, Cork Orchestral Society and frequently creates works for contemporary dance and independent film. His large-scale oratorio *The Embracing Universe* was premiered to a sold-out audience at Skibbereen Arts Festival in 2019. His most recent work *CumuloNimbus* for orchestra and soloists, commissioned by the East Cork Early Music Festival, was premiered on early music day 2022.

**Jenny Whyte** is a performance designer and visual artist. She studied art and design in Wicklow before earning a BA Honours in Theatre and Drama Studies from MTU Cork School of Music. Recent productions include: Costume Design for MACBETH (Little Red Kettle), Prop Maker for MORRIGAN (Cork Opera House / Everyman), Scenic artist for THE WAKEFIRES (ANU Productions), Art Director/Set Designer for MEADOWLANDS (Netflix / Sandpaper Films), Costume Design for HUMANS: A ROBOT MUSICAL (Graffiti Theatre / Everyman) and Design Assistant for THE HEART OF A DOG (Everyman / Dublin Theatre Festival) which was nominated for an Irish Times Theatre Award for Best Costume Design in 2022.

**Tim Feehily** is an international Lighting designer. Recent credits include *Ghostlight* for Theatre Makers Everyman Palace, *Mosiac in Motion* Helga Deasy Dance, *The Crucible* for Bolt productions, *Walls Talk* for Erui Dance Company, *A Safe Passage* for Cork Midsummer Festival, *The Village* for Erui Dance Company. *Fulcrum* for Dylan Quinn Dance Theatre. Tim has also lectured in lighting, sound and technical theatre at UCC.

**Eoin Ó hAnnracháin** has been producing with Helga since their production *Longing Belonging* premiered in the Cork Midsummer Festival in 2015. He is also a director, writer and producer of Film, Theatre and Radio productions including the IMRO award nominated radio drama *Whispers*, the short film *River Fragments* that screened in competition at the Indie Cork Film Festival and *Thomas Kent–1916 Rebel* which toured as part of the 2016 Commemorations. Eoin also works as a freelance cameraman and editor, most recently working with Decadent Theatre Company, The Everyman, Curious State, Lime Tree Theatre and the Butter Museum.

**We're teaming up with The Everyman  
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a double bill evening of contemporary dance theatre.**

See two acclaimed productions at two of Cork's finest performing arts establishments.

Start your evening at **5:00pm at Dance Cork Firkin Crane**, where you will enjoy the world premiere of **Irish Modern Dance Theatre's *Othello (Maybe a Dance)***, a physical approach to Shakespeare's *Othello* by renowned choreographer John Scott.

After a short stroll down to MacCurtain Street, take a seat in the iconic auditorium of **The Everyman at 7:30pm** to see the Cork premiere of ***Dances Like a Bomb*** from the award-winning **Junk Ensemble**,



performed by esteemed actor Mikel Murfi and leading Irish dance artist Finola Cronin. *Dances Like a Bomb* was a sellout hit of last spring's Dublin Dance Festival.

*Each show runs for an hour without an interval*

**Buy a ticket to either show and you will receive a code for €5 off  
your ticket to the other.**

# DANCE CORK FIRKIN CRANE

**Dance Cork Firkin Crane** is the home of dance in Cork, a place for dance artists, dance enthusiasts and dance audiences. With our specialist dance facilities, we provide support and resources for training in dance, and the production and performance of revised and new dance work.

## **At Firkin Crane:**

Executive Artistic Director: Laurie Uprichard

General Manager: Kathleen Aleton

Dance Administrator/Box Office Manager: Andrea Stapleton

House Technician: Andrew Sheehan

Front of House Manager: Ann Rea

## **Board of Directors:**

Yvonne Coughlan (Chair),

Conall Ó Riain, Kieran McCarthy, Ann Dempsey,

Mick Nugent, Luke Murphy, Linda O'Shea Farren.