

TRAMWAY

PAIN & I

Created and performed by Sarah Hopfinger
Original music by Alicia Jane Turner

Running time: 50 mins with no interval

AUDIENCE NOTES | Contains nudity. One track of music is loud– optional ear defenders recommended

ACCESS | BSL Interpreted and Integrated on 8 November. All Performances are relaxed. A Graphic score and audio piece are available on demand.

'Poetic' ★★★★★ *The Guardian*
'Extraordinary' ★★★★★ *The List*

Hello. My name's Sarah, I am 35 years old, and I am in companionship with pain.

*However you have arrived here, however you are feeling, it is perfect, **welcome**.*

Take however long you need to settle into where you are. Throughout this experience feel free to do what is most comfortable for you – you can sit, stand, lie down, stretch, lean, move around. You can stim, snack, drink, make noise, look away, close your eyes. If the content of this performance becomes too much, or for any other reason, you can leave and come back.

You do not need to be a polite audience member. You're invited to do what is most caring for your body and mind. This space shakes its head at pressure and judgement. It wants another way...

What does it mean to care for our bodies, ourselves, and each other in times of personal and collective pain?

Live Performance

Creative Team

Creator & Performer **Sarah Hopfinger**
Music & Sound Design **Alicia Jane Turner**
Dramaturgy & Movement Direction **Laura Bradshaw**
Dramaturgy & Additional Sound work **Jer Reid**
Lighting Design **Michaella Fee**
BSL Interpretation **Rachel Amey**

Production Team

Producer **Stories Untold Productions**
Production Manager **Alice Black**
Stage Manager **Chris Gorman**
Access Coordinator **Laura Fisher**
PR **Joy Parkinson**
Graphic Design **Michaela Pointon**
Production Images **Tiu Makkonen**
Film Media **Lucas Chih-Peng Kao**

Graphic Score

Publication design by **Rachel O'Neill & Michaela Pointon**
Images by **Brian Hartley**

Installation designed by **Rachel O'Neill**

With thanks to Laura Fisher, Jer Reid, Raquel Meseguer Zafe, LJ Findlay-Walsh, Jill Smith, Anita Clark, Sara Johnstone, Margaret Kerr

Tramway is a renowned international arts venue with an interdisciplinary spirit whose mission is to enrich and inspire our communities by providing ambitious, innovative and culturally relevant contemporary visual art and performance.

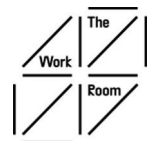
For more information visit: www.tramway.org

platform
the arts centre in Glasgow's east end

TRAMWAY



Part of
Glasgowlife



made in
SCOTLAND

**TAKE
ME
SOMEWHERE**

**BATTERSEA
ARTS CENTRE**

dancebase EDINBURGH
NATIONAL CENTRE FOR DANCE

TRAMWAY

Pain and I is a bold exploration into chronic pain experience by **Sarah Hopfinger** which unashamedly celebrates the rich complexities of living with pain. Layering playful choreography, experimental dance, intimate autobiographical text and original classical music composition by **Alicia Jane Turner**, Hopfinger asks: 'what can pain teach us?' in this powerful, honest, and compelling solo performance.

An award winning diversely accessible body of work, **Pain and I** can be experienced as a **live performance**, an **acclaimed audio experience**, **graphic score** (digital and publication) and a brand-new **immersive installation** (hosted by Dance Base). The Audio & Graphic Score are **free to access** as part of the Scottish tour November 2023 - May 2024.

Audio and Graphic Versions

The **audio** is an intimate 30-minute headphone experience, written and performed by **Sarah Hopfinger** with composition from **Alicia Jane Turner**.

The **graphic score** is an original visual artwork designed by **Rachel O'Neill** and **Michaela Pointon**, created in response to the live and audio versions of *Pain and I*.

The score documents the different elements of the performance - text, movement, and music composition – to create a unique visual experience. Existing both as a digital document (online) and printed publication (physical), the graphic score creatively explores and shares the qualities and intentions of *Pain and I*.

Both the audio and graphic score can be experienced from your home, or anywhere you wish. They can be experienced by those who have not seen the live performance, as well as existing as support materials for audiences to experience before/after the performance. Follow the QR Code posted at the box office or visit sarahhopfinger.org.uk/pain-and-i-audio-graphic-score-holding. Pay what you can by following the donate button.

Sarah Hopfinger (she/her) is a queer disabled performer, choreographer, and director. She works across dance, live art, theatre, crip and disability practices, queerness, and ecology. Her work has been shown at national and international festivals and venues, such as Festival Quartiers Danses, Take Me Somewhere, Buzzcut, Manipulate, Rest and Resistance, Battersea Arts Centre, South London Gallery, Tramway, and Summerhall. www.sarahhopfinger.org.uk

Alicia Jane Turner (they/them) is a composer, sound designer and performance artist whose work spans contemporary theatre, live art and new classical music. Their composition and experimental music work includes commissions from the London Philharmonia Orchestra, the London Sinfonietta, Spitalfields Music and National Sawdust (New York). www.aliciajaneturner.co.uk

Supporters *Pain and I* is supported by Creative Scotland and Dance Base Residency programme. Supported in development by Battersea Arts Centre, Platform, Take Me Somewhere, The Work Room's residency programme and Tramway Supports. Presented as part of Made in Scotland showcase 2022.

Pain and I won the *Choreographer International Performance Award 2023*, *Festival Quartiers Danses, Canada*.

Find us on

Website: www.sarahhopfinger.org.uk
www.storiesuntoldproductions.com

Tweet us on @sarahhopfinger @StoriesUntoldUK
#PainandI

Instagram @sarahhopfinger @StoriesUntoldUK

Facebook @DrSarahHopfinger @StoriesUntoldUK

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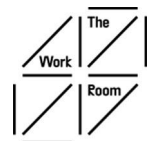
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