

## **[PRESENTATION SCRIPT]**

### **[View start of film to 1.15]**

These voices you just heard are the genuine words of the patient diaries of Long Covid sufferers, collected by Dr Mark Faghy and team. My dancers and I had the opportunity to read these diaries and were shocked by what we learnt. Having not been aware of what Long Covid truly was, we became invigorated to make sure our work raised awareness to others like us. The fact so many of the entries simply said 'I guess I will just have to learn to live with Long Covid' resonated. Nobody should feel resigned and feel there is no help or hope.

### **[Listen to patient voices 2.10 – 3.08]**

What you just witnessed was our main approach to embodying the voices. This is a choreographic device called Verbatim. Verbatim is used across all performing arts genres, but when done specifically with choreography you are relying on the movement to compliment and enhance the words being said. In the studio these words were played on a loop, and we look at three aspects:

- The rhythm of the words
- The narrative of the words
- The emotions portrayed.

The movement sequence is then generated as a mixture of these embodiments. They are not there to mimic the voice; they are used to make the words come to life. Dance is often referred to as the universal language, so if you were to take away the actual vocals, you would be left with movement that still speaks true to the narrative. Perhaps it would be portrayed more subjectively, but the intent would still be apparent.

Throughout we wanted to make sure the suffering of these patients was clear – their days were often described as terrible. This is no way to life, and the public needed to hear and see it.

### **[Listen to patient voices 4.29 – 5.00]**

As a team we quickly became aware of our responsibility to make this art and health sector collaboration work effectively. These dancers you see here are all Alumni from our BA Dance programme. Now all working professionally they have been invigorated by this project and now seek work that is aiming to raise public awareness, or embrace the community to enhance quality of life and wellbeing. They have become acutely aware of their civic responsibility, as have I. Leading me to embark on new projects centred around a Baby Loss, a lived experience of my own. I have seen that a project like this has impact and wish to use this knowledge in this area too.

This project not only addresses a pressing health concern but also demonstrates the potential of civic pedagogy to drive student engagement and success. By integrating alumni into the

project, we strengthen ties within the university community and showcase the transformative power of education through the arts.

One aspect of this work that has been transformative is raising awareness around symptoms of Long Covid that many are unaware of.

**[Listen to Patient voices 6.48 – 7.11]**

When starting this project, I was aware of perhaps four symptoms of Long Covid, I now know there are many many more. Those who have watched my work and visited the Shed have gained a unique understanding that is rare to find among the general public. This has to change, and a project such as Shedding Light on Long Covid is the start of this change.

Creating a piece of choreography with a sole purpose to raise public awareness was a new venture for me, and as I have alluded before I plan to use this knowledge further.

As you see the dancers here move seamlessly from one to the other, freely breathing, freely moving, free. Remember those who have Long Covid and do not have these liberties.

I have learnt from them

My Alumni have learnt from them

The public will learn about them.

It is our Civic responsibility.

**[Watch work to the end]**