

My favourite Sensorium show is...

WHOOSH! because it has heart, kookiness and clarity, all woven into a simple but sophisticated story. The 4 characters are each completely loveable in different ways, the mix of songs and scenes offer a wonderful variety of textures and feelings. It's fun for primary age but teenagers and adult groups also seem to have a rip-roaring rock'n'roll time! The show is the ideal length and perfect balance between narrative / performative aspects and free play. The audience have so much agency and are also totally safe on our spaceship. No two flights are the same!

The best thing about working with Sensorium is...

The love, honesty and professional rigour in the team. We support and care deeply for each other, communicate effectively in both immense joy and challenge, and strive together for best practice at all times.

And the kids. Each and every child. They are the most profoundly inspiring audience to work with. They have changed my life and continue to do so.

A favourite Sensorium moment...

After one *WHOOSH!* show we didn't 'cut ties'. (This ritual ensures we celebrate the bonds we have made with audience but also release new friends from our hearts. We 'give them back to themselves' so we can move on and share our spirits generously with the next children.) This meant that one particular child has stayed in my heart forever. Her joy was so infectious that by the end of the show we were holding hands and laughing together... so much that I totally forgot what I was supposed to do next! She was also a young teenager who reminded me to always assume total competence and to change my tone and jokes to really connect and acknowledge her maturity.

Also...

Before commencing with Sensorium, a debilitating period of chronic illness caused me to sleep 18-20 hours each day. At its worst I could only walk 100m, I suffered significant muscle deconditioning, mental health and concentration difficulties. So although I do not identify as living with disability, I have some insight into some of the challenges our audience members face.

Working with Sensorium is a gift. I am constantly growing as an artist and human. I believe wholeheartedly in Sensorium's work, it's immeasurable generosity and impact.