



**(Quick) Stepping out of our comfort zone by Helen Fountain, Maggie Twydell and Janet Parry-April 2023**



**Helen's reflections.**

On a very rainy evening at the end of March a small group of our Oxfordshire Age Friendly Creative Ambassadors braved the downpours to pay a visit to the Mill Arts Centre in Banbury for a performance entitled Let's Play Forever by the aptly named Remarkable Dance Company, the Mill Arts Centre's resident age friendly dance company. The Company have a well-established track record and didn't disappoint with this performance which explored the notion of play and the idea that we cease to play as we get older. Minimal use of props, vibrant costumes and brilliant use of lighting made for a thought-provoking performance which was a rainbow-coloured feast for the eyes.

After the interval we were treated to performance entitled Because I Can by Eva Recacha. This was a complete contrast, a single performer who explored notions of power, memory and growing old, and the theme of value in relation to gender and age, Eva managed to project intense vulnerability and strength simultaneously- no mean feat. We experienced a range of feelings, discomfoting sounds and a wonder at the energy and range of the performer. At times the layers of sound and changes in volume might have been a little challenging for the hearing aid user which caused us to wonder if a pre-show sound warning might be useful in these circumstances but warm welcome as always from the Mill staff made for a very enjoyable and thought-provoking evening.

**Maggie's reflections.**

I'm a big Strictly fan but really that's the only dancing I watch, so it was good to try something new and the contemporary dance was very different and clever. The Remarkable Dance Company were amazing, there seemed to be a real joy amongst them in their performance. I also thought that of the solo dance, how impassioned she was by

dance. I think my most vivid impression is how different all of it was, the interpretation of feelings and memories in a few movements and words.  
Has it inspired me to dance? I think I might stick to watching but it has reminded me to go out of my comfort zone sometimes.

**Janet's reflections.**

Thank you for a lovely evening, I have been thinking about the show.  
The first half was about children's play, it was very well done and colourful.  
I associate the behaviour more with boys, so it was interesting to see women playing like children. The Second Half was a wonderful display of dance exercise and yoga, techie, it seemed to me, by one person.

For more information about the Remarkable Dance Company click on the link [here](#)

For more information about Eva Recacha click on the link [here](#)

Helen is part of the Team the Age of Creativity project, is the Age Friendly Creative Manager for Age UK Oxfordshire supporting the Oxfordshire Age Friendly Creative Network and leading on Lived Experience. Maggie and Janet are both part of the [Oxfordshire Age Friendly Creative Ambassador](#) programme.

Contact- [helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk)