



Traces Through Time

Visual Story



About

Traces Through Time is a unique collaboration with Fallen Angels Dance Theatre and New Note Orchestra, this powerful production has been devised with the dancers and musicians in recovery, bringing their life experiences and stories to the stage.

Fusing dance, music and spoken word, Traces Through Time explores the complex journeys of recovery including mental health adversity and transformation.



Content Guidance

Spoken text includes mention of addiction, self harm and abuse.

Introduction

How to use this Visual Guide:

You can read through this guide before the performance so you know what to expect and/or follow along with the performance.

The show is divided in to sections:

- Beside The White
- The Wood
- Seven Takes
- I'm Sorry
- Angel Wave
- Astrals Journey
- Finale

Each section will include lighting, sound and movement descriptions.



Lighting



Music and Spoken Word



Movement

Remember you can

- move around and fidget
- get up if you need to
- leave the auditorium
- use ear defenders

Who Is On Stage



Image Description: All the performers stood and kneeling in a group. They are all wearing black with some orange accents. Some musicians are holding their instruments, the rest of the people holding their hands out in a fun pose. Everyone is smiling.

Fallen Angels Dance Theatre

Fallen Angels Dance Theatre are pioneers in delivering exceptional dance theatre experiences for people in recovery from addiction where they are accepted, valued and reach their potential.

Fallen Angels Dance Theatre was founded in 2011 by Artistic Director Paul Bayes Kitcher and Creative and Strategic Director Claire Morris.

New Note Orchestra

Brighton based New Note Orchestra uses music and storytelling to help people sustain their recovery from addiction. Providing a safe space for people to be creative, build confidence and develop relationships with people away from drugs and alcohol and helping musicians learn new skills and cognitive dexterity.

Documentary Film

Length: 4 minutes

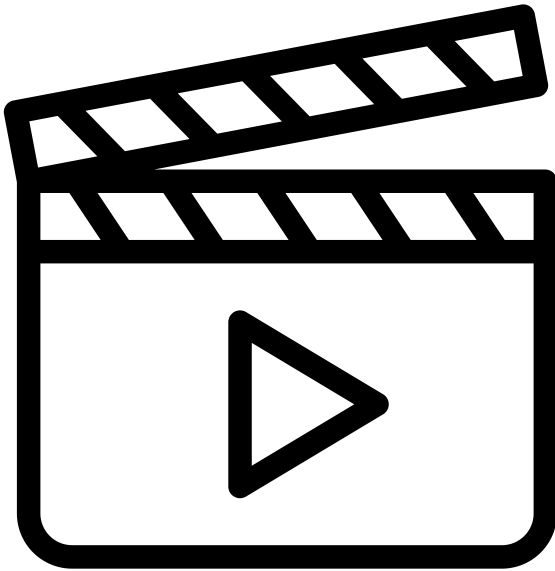


Image Description: Black outline of a film clapperboard

A short documentary style film starts the performance.

Insight to the company and development of Traces Through Time.

The research process the company went through in Brighton Summer 2023.

Development of activity around Traces Through Time.

How Fallen Angels Dance Theatre and New Notes Orchestra collaborated. Their thoughts and feelings on the process.

Beside The White

Length: 16 minutes

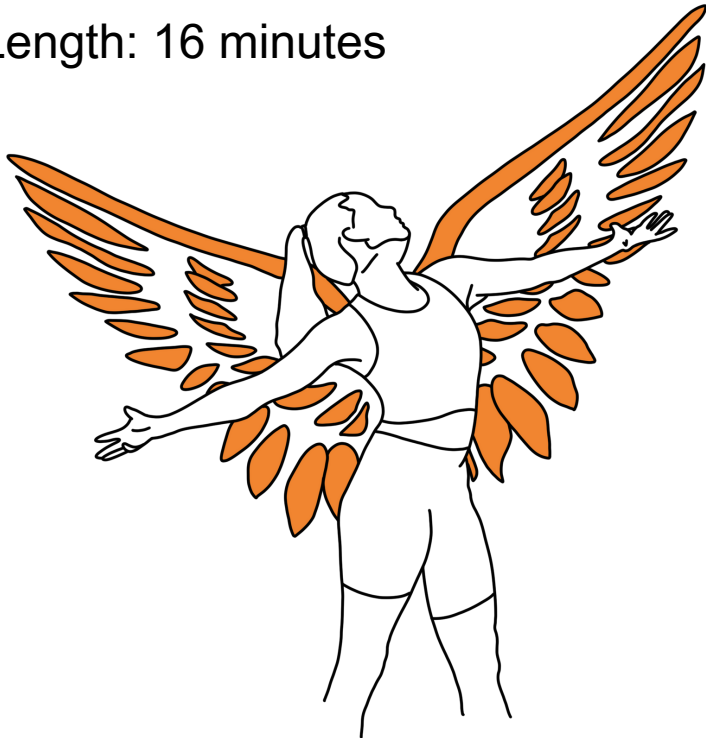


Image Description: Black outline of woman. Her arms are reaching out to the side. She has orange angel wings



Lighting:

Dancers lit from the front
in white light



Music:

Full Orchestra
Complex Rhythms



Movement quality:

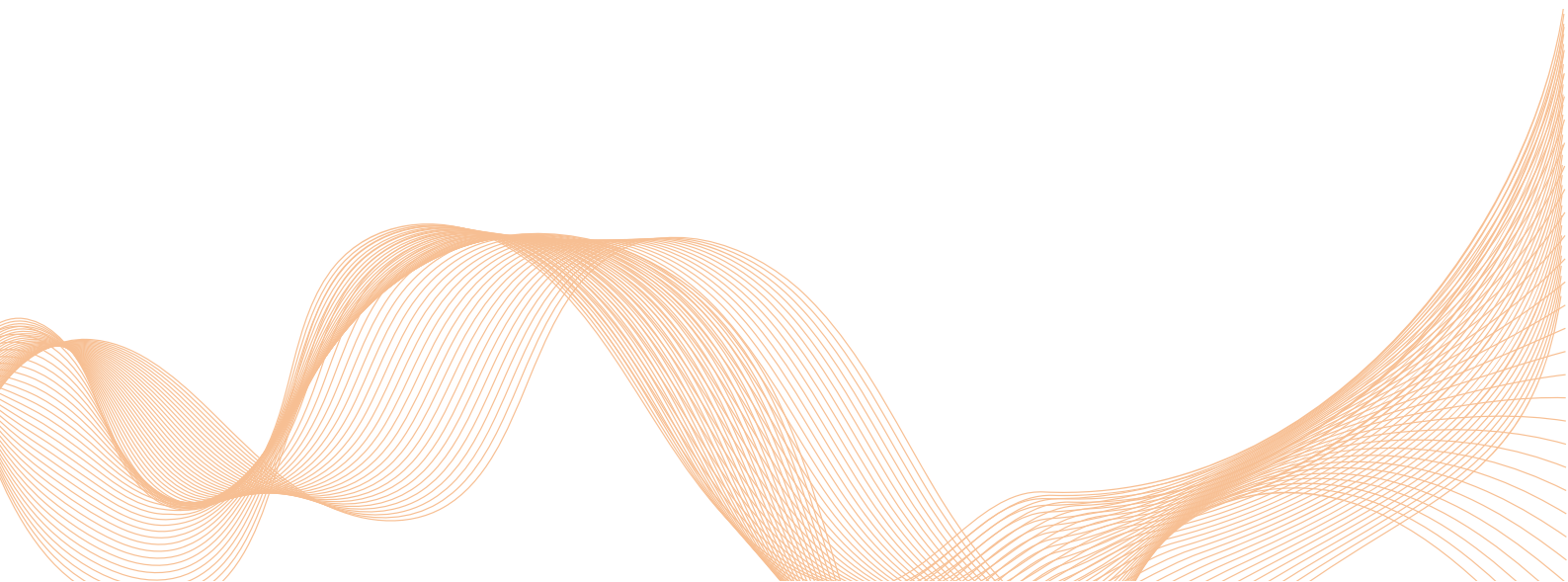
Dancers dance together on stage, but are insular and focused on themselves, they don't make eye contact with others



Spoken by: Crispin

Or maybe because of how I was living on the outside
Or maybe because of what I was thinking on the inside
Or maybe because I grew up in a family that...
Or maybe because I grew up in a world where...
Or maybe because everything was always kind of topsy turvy
So many different ways to end up wounded
Cruelty has many faces
Physical, emotional, sexual, verbal
Abuse is a word they use now
Cruelty has many faces
Coercion, conditioning, self-harm
So many different ways to end up traumatised
So anyway, maybe, not surprising then, that everything keeps
getting pushed down verything keeps getting pushed down
Everything keeps getting pushed down
And, when you've a hole inside
You can't ever seem to find what it is that you're looking for
I think I just wanted oblivion

So many different ways to end up traumatised
And, when you've a hole inside
You can't ever seem to find anything that fills it
Cruelty has many faces
And I think I just wanted obliteration
And, when you've a hole inside, you can't ever seem to find
what it is you're looking for
Because everything was always kind of topsy turvy
And I think I just wanted obliteration
Or maybe because when you've a hole inside
Everything keeps getting pushed down
I think maybe I just ended up wanting
You can't ever seem to find what it is you're looking for
I ended up just wanting



The Wood

Length: 10 minutes

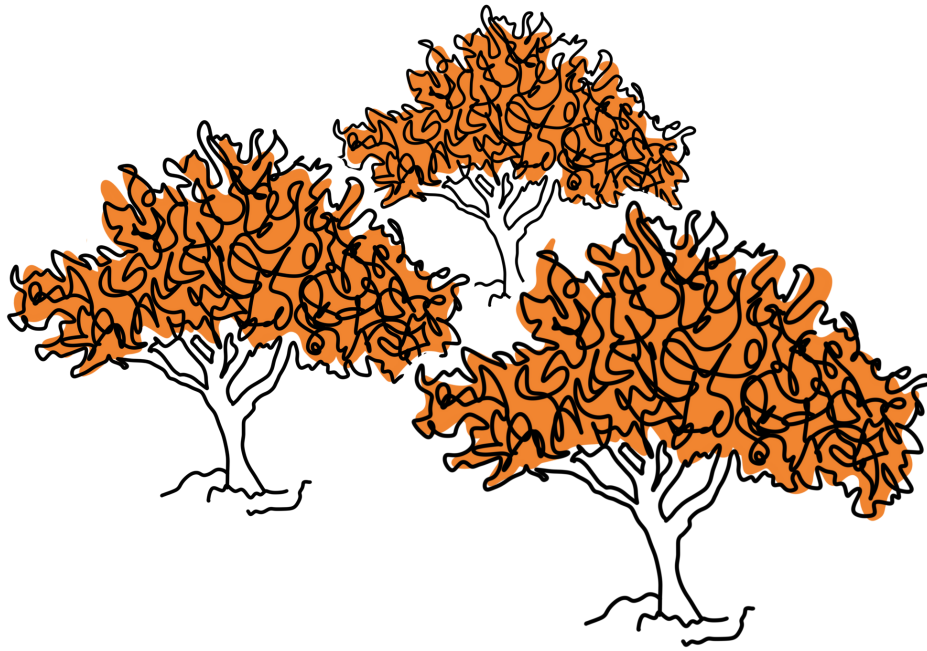


Image Description: 3 trees abstractly drawn with a black outline. The leaves are orange.



Lighting:
Red lighting
Creating a feeling of nature



Music:
Drawing on sounds from nature



Movement quality:
Duets



Spoken by: Dawn

...So dreaming and dreaming-up and daydreaming, and waiting for someone to take me away?

Finding ways to pretend, make believe, dressing up from a young age, that was definitely something ...

I used to be very much into escapism of sorts.

Maybe taking on different personas, making a whole world that I can just kind of be lost in... that kind of stuff

I think it might have been about me trying to sort of muscle-up against the world, and fight back...

... It gave me an ability to lose myself... alcohol...

Lose all sense of myself.

7 Takes

Length: 8 minutes

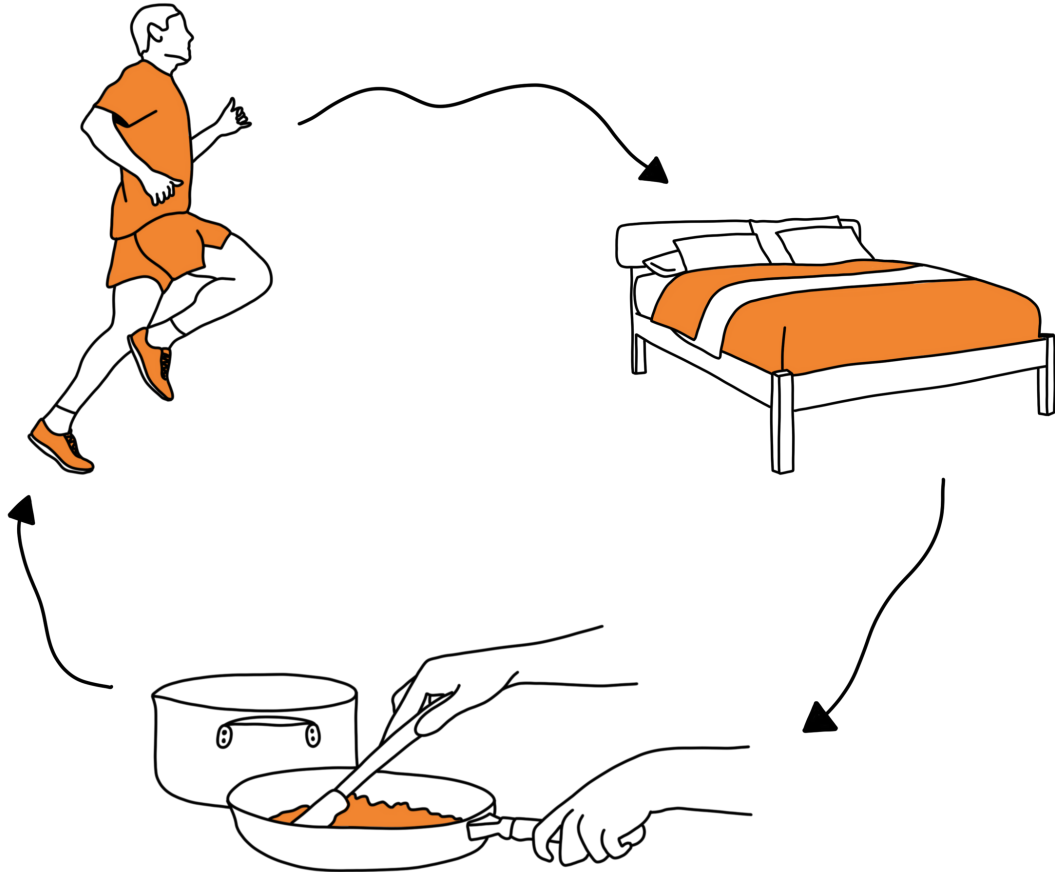


Image Description: a circle of 3 images connected by a wobbly line.

Image 1: black outline of a man running, his clothes are orange.

Image 2: Black outline of a bed. The sheets are orange

Image 3: 2 pans drawn in black outline. There are hands holding one of the pans and stirring the food inside. The food is orange



Lighting:

Central corridor lit on the stage
Corridor starts narrow and widens
through the section



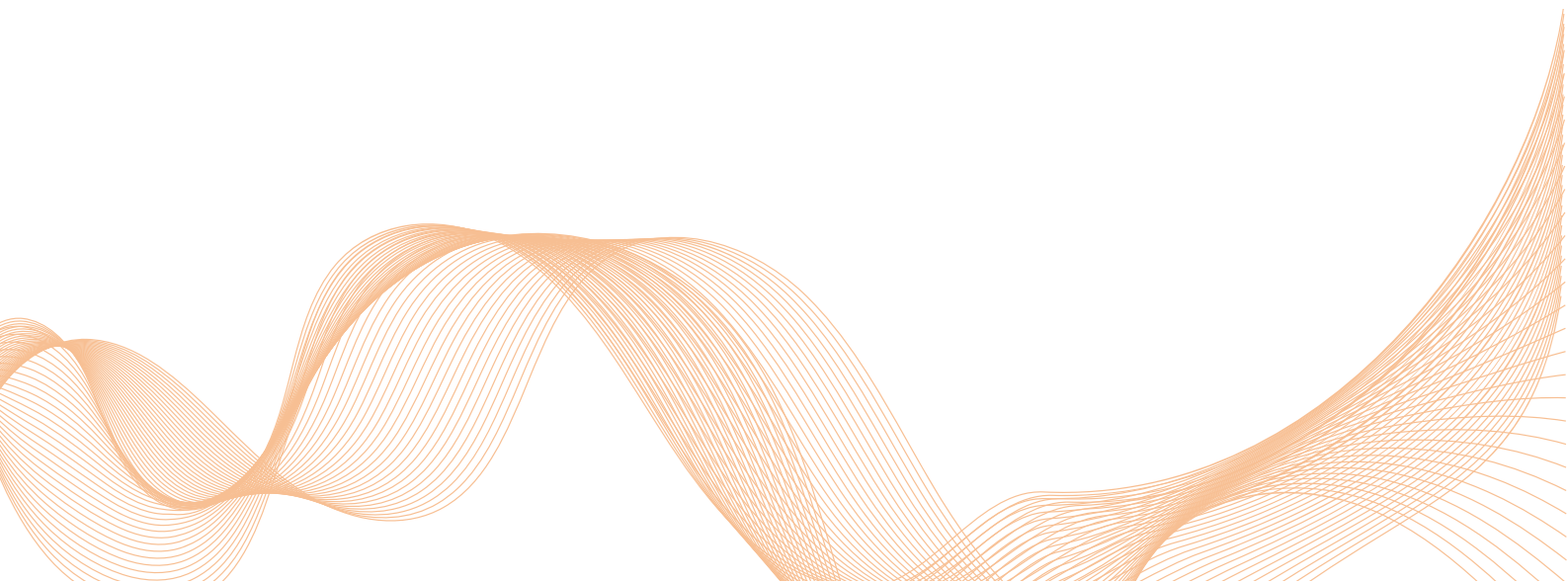
Music:

Starts very structured
Becomes more chaotic



Movement quality:

3 dancers
Starts very repetitive
Movement becomes disrupted/stuck



I'm Sorry

Length: 10 minutes

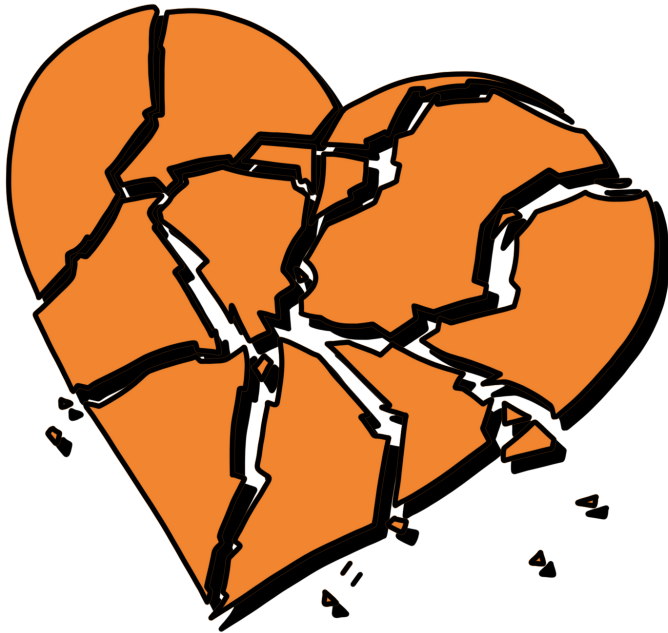


Image Description: Drawing of a shattered orange heart .



Lighting:

Centre Spotlight on 2 dancers
Widens throughout the section
Cool in colour



Music:

Solo piano
Atmospheric



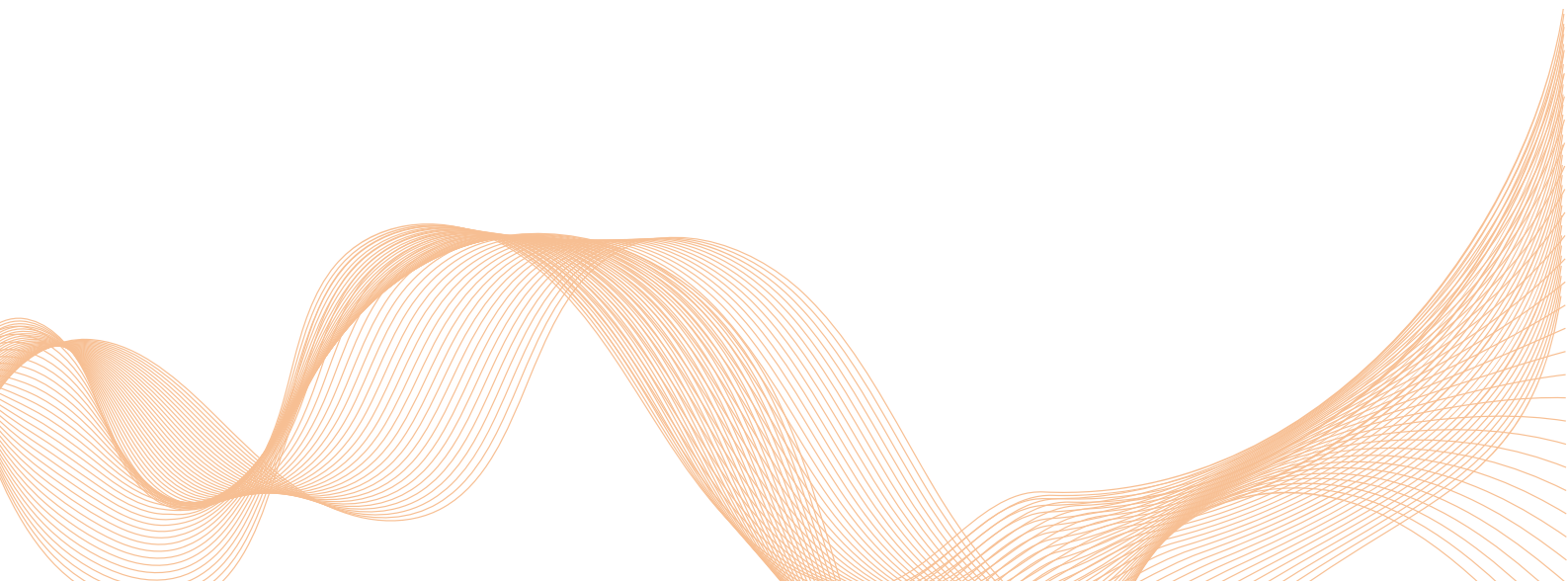
Movement quality:

An emotional duet starts together and
eventually drifts apart.
Slow sustained movements



Spoken by: Adele

I'm sorry for your pain,
Destruction, loss and shattered hearts,
To have no control as I watched you melt,
Addiction had your life's free pass,
Relentless disease its momentum fierce,
The thundering strength of alcohols breath,
I'm sorry for your pain,
When in times I had to look away,
For love could never save you,
I'm sorry for your pain,
So I live my life to honour,
The sparkle of your eyes



Angel Wave

Length: 5 minutes



Image Description: Black outline of an ocean wave with orange highlights



Lighting:

Light source from above

Starts quite dark

Gets brighter gradually



Music:

Atmospheric sound with a healing energy

Only a few musicians playing



Movement quality:

Slow sustained movements travelling across the stage.

The wave washes and gathers the solo dancers.

Then move together as an ensemble of 12

Astrals Journey

Length: 5 minutes



Image Description: Black outline of a woman reaching towards an astral star. The womans image is repeated behind and to the left of her in orange outline.



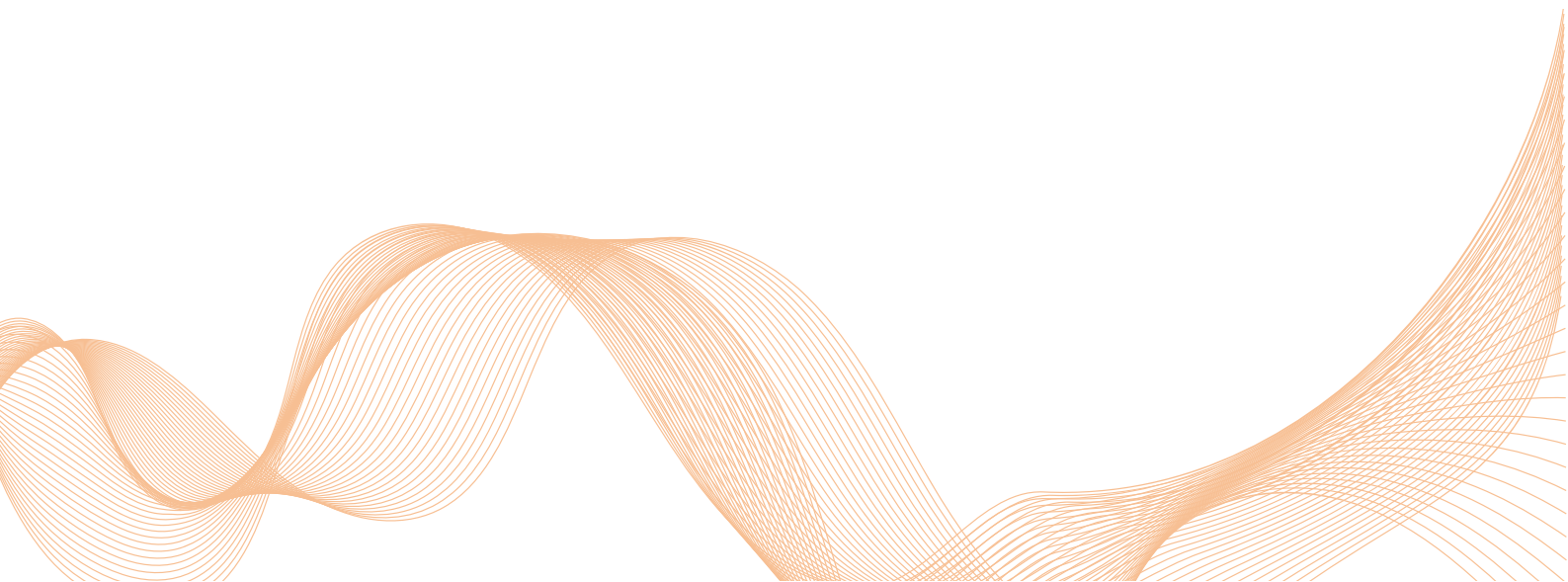
Lighting:
Dark and atmospheric
Warm yellow lights



Music:
Full orchestra
Theremin - featured instrument
Other worldly sound



Movement quality:
Ensemble of 10.
Start in solo then move together. Dancers
connect through duets then gather
together in a clump moving as one.



Finale

Length: 10 minutes



Spoken by: John

I was just falling, falling, falling but now finally I have landed.

There was a little spark - A flicker

I started moving
I think that's where it began

In the breath
I started dancing

It was like a spiral, the point of the spark
It spiraled, a fire within me, a healing light

You can find yourself
If you open that door

Open it out to the world

Every single thing that has happened to me, has made me who I am and recovery has helped me be resilient and strong, kind and generous,

Recovery has taught me to be proud of the person I am today.

Recovery has given me so many gifts...

I am grateful to be sane.

6 people from the company will come to the microphone to express their heartfelt gratitude for those that have supported their individual recovery journey.

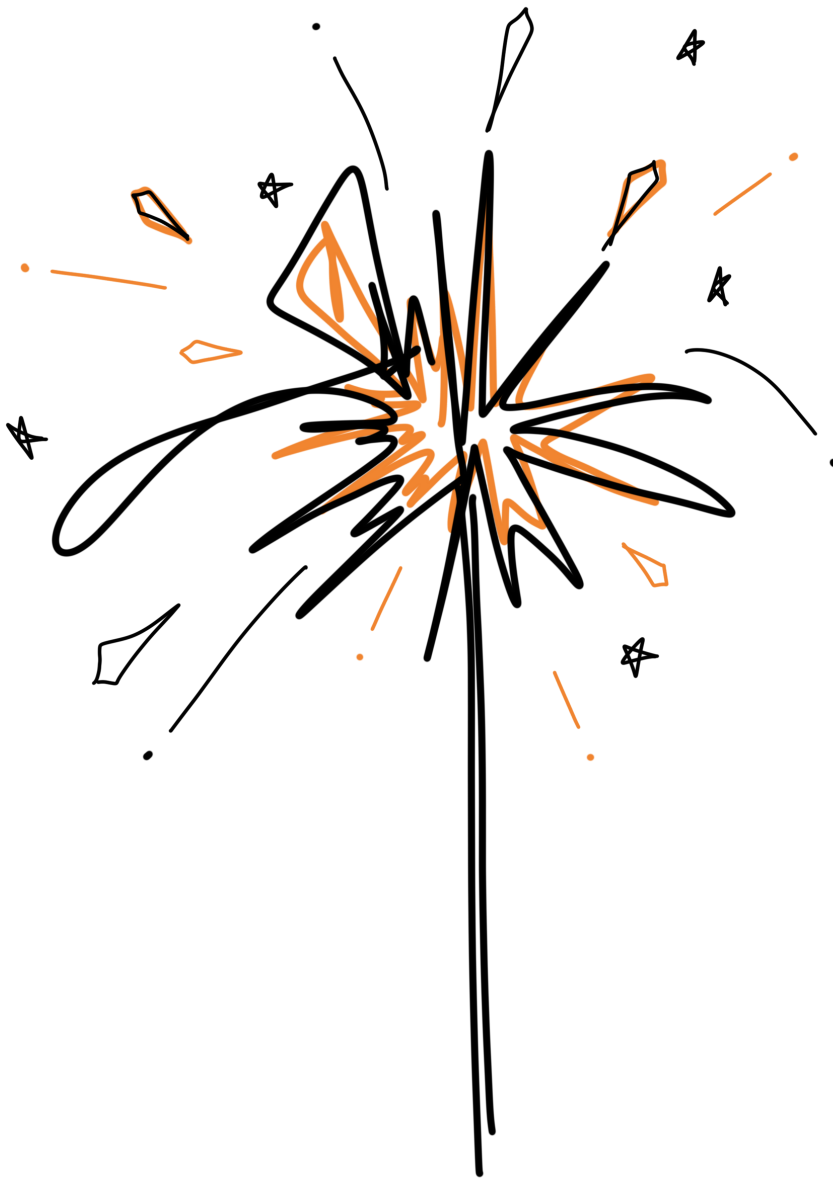


Image Description:

A sparkler drawn with black outline and orange accents.



Lighting:
Bright
Warm



Music:
Full orchestra
Echos from previous sections, interweave with
more celebratory tones
Builds in energy



Movement quality:
The energy is up beat.
The dancers are connecting.
Echos previous movements and drawing on
their transformative energy of moving together.



Thank you for joining us!

We hope you enjoyed our performance and wish you a safe journey home.

If you have been affected by any of the themes in tonights show and would like further support we have some hand outs with resources and organisations that can support you.

Please see a member of staff for more details.



Image Description:

Fallen Angels Dance Theatre logo



Image Description:

New Notes Orchestra logo