

# C-DaRE Conversations... On Touch

## Sharing research and reaching out to our community during lockdown

*Touch is essential to our wellbeing, from the time we are babies. It's how we transmit meaning, care, love and community. Our sudden loss of it has been agonising - V (formerly Eve Ensler)*

One of the most noticeable difficulties for many during the lockdown was the loss of touch. In C-DaRE, a dance research centre at Coventry University focused on the moving body, touch often forms a large part of the research and practice that takes place. Touch connects us to each other, touch can heal, touch can help us connect to the world.

This sense of critical loss was reflected in an article, 'Touch saved me from loneliness. What will we become without it' by V (formerly Eve Ensler) published in the Guardian on 21st April 2020. This article resonated with many of the C-DaRE members and we were compelled to share our experiences and thoughts around this subject.

**Touch saved me from loneliness.  
What will we become without it?**



'Touch is how we become part of this human community.'  
Illustration: Alva Skog/The Guardian



C-DaRE Conversation... On Touch Friday 1<sup>st</sup> May with Simon Ellis, Rosemary Lee, Scott deLahunta, Rosemary Cisneros (not pictured) and Kate Marsh. The video has been viewed 437 times as of 06/08/2020.

Like many institutions and companies C-DaRE quickly adapted and developed new initiatives in response to the pandemic of 2020. What followed was the beginning of a series of conversations on touch that took place online via Microsoft Teams.

Each time the group has been different, to allow multiple voices from C-DaRE to share their thoughts in this, including one from the previous group, so that each of the conversations has a link.

The conversations were recorded and shared on C-DaRE's [YouTube](#).

Following an open call to our online community, these questions were posed, some of which are addressed in the conversation:

- How does establishing touch, support investigation into the other within oneself?
- How do we sustain, and develop a sense of touch as contact, (I mean beyond remembering, creatively)?
- What do we mean by contact?
- How can choreographers - going forward - use touch as a politically subversive tool that re-defines this dismantled world we will find ourselves in, where a "new normal" must be established?
- If possible, how can dance use this deconstruction to REconstruct how touch is applied in our choreography, in our contact with bodies on stage?
- How do I sense my internal structure/self when there isn't someone else touching, squeezing, pulling it?



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C-DaRE Conversation... On Touch Friday 18<sup>th</sup> May with Sara Reed, Susanne Foellmer, Emma Meehan and Kate Marsh. The video has been viewed 143 times as of 06/08/2020.