

# FROZEN LIGHT

## The Frozen Light Podcast Intro Episode (Prologue)

[Start of recorded material at 00:00:00]

**Lucy:** Hello and welcome to the first ever Frozen Light podcast. We're here today with me, Lucy, and ...

**Amber:** Hi, I'm Amber.

**Lucy:** And we are the Co-Artistic Directors of Frozen Light. And Frozen Light is a theatre company that makes multi-sensory theatre for audiences with profound and multiple learning disabilities.

**Amber:** We've been touring the U.K. for seven years now, we've toured to over 70 theatre venues, reaching thousands of people with profound and multiple learning disabilities across the country. We love our work, we love connecting with audiences and lockdown has changed all of that for us. All of a sudden we can't tour, theatres are shut and we don't know when audiences, particularly audiences with profound and multiple learning disabilities will be able to return to the theatre. So we've been talking a lot about what our relevance is at this time.

**Lucy:** And having sat in lockdown thinking how do we do sensory theatre online and realising that sensory theatre is all about touch and one-to-one engagements and communication through sensory props. We've realised that currently it's not the right route for us. So we have decided to try making a podcast. And the aim of this podcast is to really document our audience's experience through lockdown and to ensure that this already invisible, really disenfranchising, invisible group in society aren't forgotten during this time.

**Amber:** There have been a growing number of articles about people with learning disabilities in the media, but they don't really show people's lives. They don't really show people's experiences during this time. What are people doing at home? What are they doing in their residential setting? What are organisations like us, unable to do their usual work, using this time to do? That's what we're really keen to find out.

**Lucy:** And we acknowledge that we are locked in our houses. We are two non-disabled women. We don't live with anybody with profound and multiple learning disabilities, but we have spent our working life working with, supporting, making theatre for audiences with profound and multiple

learning disabilities. And part of Frozen Light is advocating for that audience and ensuring that when we go to theatres, they are accessible and that there's an accessible offer. But we acknowledge that that's not our lived experience and we really acknowledge the power in the Nothing About Us Without Us movement, but that's why we want to interview people who do have that lived experience and to try and use our voice to facilitate people's voices being heard during this time.

**Amber:** And we really want to keep in touch with the PMLD community in this time. It's a community that have been part of our lives for so many years now, both before Frozen Light, both myself and Lucy have done a lot of work in care settings. We really, really want to stay in touch with this community until a time that we can meet again.

**Lucy:** And we also are all about positive stories. We want to hear positive experiences, we want to hear people's day-to-day lives.

**Amber:** But at the same time we completely acknowledge challenges that might be coming out during this period and we want to hear them too. And we want to know that after lockdown, how can we make the world a better place for people with profound and multiple learning disabilities? How can society change, how can we change during lockdown so when we come out of it, the world is a better and more accessible place?

**Lucy:** And that all the work that has gone into making places accessible isn't forgotten during this time. So, we want to interview parents, carers, support workers, people with PMLD, people making work for people with PMLD, theatre makers, sensory story tellers, the list goes on. Amber?

**Amber:** Yes, and please, if you want to be on the podcast, it can be an interview or a casual conversation. It could just be somebody's experience, chatting if you want, at home. You can involve the person with PMLD that you live with in any way that feels appropriate to you. So please get in touch, we are really open to this podcast being very flexible in terms of its format, we're open to longer episodes, shorter episodes, whatever is best for people. So our email is [info@frozenlighttheatre.com](mailto:info@frozenlighttheatre.com) and if you email us on that, we will get in touch.

One of the things that we've been keeping a close eye on during lockdown is Touretteshero's blog. The amazing Jess Thom, who we're a big fan of. She's highlighted the fact that shielded people during this time mustn't be forgotten during lockdown. Jess Thom writes on her blog, "It's essential we keep talking and listening to each other and particularly to those who experience multiple barriers or risk factors. Shielded mustn't make us invisible." And that's something that we really want to achieve with this podcast.

**Lucy:** So we aim to get our episodes out weekly, if possible. And I think from us that's probably it, all you need to know for this first episode. Coming up on the next episode, we'll be interviewing the wonderful Sharon Slade and her daughter, Lauren, who – well Sharon's a trustee of our organisation and Lauren is one of our regular audience members. Just to hear what they've been up to in lockdown and how it's affected them.

**Amber:** So if you want to get in touch, our email, as I said before, is [info@frozenlighttheatre.com](mailto:info@frozenlighttheatre.com). You can find us on the internet on [www.frozenlighttheatre.com](http://www.frozenlighttheatre.com). We have been publishing sensory resource kits which are full of sensory activities that you can do at home if that is something that you would like to access, and we're on social media on Facebook/FrozenLightTheatre.com, on Twitter, @FrozenTheatre and on Instagram @FrozenLightTheatre.

**Lucy:** So thanks for listening.

**Amber:** And we look forward to next time, bye, bye.

**[End of recorded material at 00:07:21]**