

PRESS RELEASE
JAN 2024



Harbour House starts 2024 with an exhibition by local Kingsbridge-based choreographer Catherine Seymour and Devon based filmmaker David Lefeber bringing together Harbour House's movement and art programmes for the first time

Opening Event: Friday 2 Feb 2024, 6pm-8pm, performance at 6.45pm
Exhibition: Sat 3 Feb - Sat 9 Mar 2024 (Mon - Sat: 10am-5pm)

BOWLAND BETH

Zoe Arshamian | Rob Godman | David Harsent | David Lefeber | Catherine Seymour

Harbour House is delighted to show 'Bowland Beth', a collaboration between Kingsbridge-based choreographer Catherine Seymour and film maker David Lefeber, inspired by the poem 'Bowland Beth' by David Harsent, with a score composed by Rob Godman and danced by Zoe Arshamian. The poem is an elegy to Beth, a Hen Harrier born and tagged on the wild moors of the Forest Bowland in Lancashire and illegally shot before she could breed. Seymour and Lefeber's collaboration with Harsent, Godman and Arshamian shines a light not only on Beth's story, but on the plight of the Hen Harrier in the face of the grouse shooting industry. This is part of Harbour House's ongoing programme strand exploring themes around nature, the environment and climate change, shaped by our conversations with students at Kingsbridge Community College.

The exhibition brings together Harbour House's art and movement for wellbeing programmes together for the first time and also marks the first time that Harbour House has programmed free movement-based workshops for the community.

The exhibition will open at 6pm on Friday 2 Feb at Harbour House with a dance performance by Zoe Arshamian, choreographed by Catherine Seymour at 6:45pm. The exhibition continues until 9th March. The performance and the exhibition are free to attend and open to all, and there is a free drop-in movement-based activity in the gallery resource area.



Catherine Seymour is a Kingsbridge-based choreographer and resident yoga teacher at Harbour House. The intersection between arts and music is at the heart of her choreography practice and as a yoga teacher she aims to bring students to greater mental and physical ease to create space for new creative ideas and inspiration. David Lefeber is a classical-music record producer/sound engineer and filmmaker, specialising in performance and arts. His practice includes music-performance films and arts documentaries.

Catherine and dance educator Lauren Pomfret, an expert in accessible movement for all, will be leading several 'Sky Dancer' workshops relating to the exhibition, exploring the flight and life of the Hen Harrier and other birds through mark making and movement. The workshops will be open to different generations in the local community including children at Kingsbridge Community Primary School, students at Kingsbridge Community College and the over 55s. An intergenerational workshop for all ages is then offered, and the work made by the community during these workshops will form part of the final exhibition. Two of the workshops will be open to the public and bookable via [Harbour House's eventbrite](#).

Over 55s Sky Dancer Workshop: Weds 31st Jan, 5:30pm - 6:30pm at Quay Lane Studio, Harbour House

Intergenerational Sky Dancer Workshop: Sun 10th Mar, 12:30pm -2pm at Quay Lane Studio, Harbour House

Offering an intergenerational approach to the workshops came out of conversations from our continued partnership with the Kingsbridge Community College Young Curators. Young Curator Phoebe Carpenter says: 'We realised it was important to bring the generations together within the town, and want to use art to do this.'

'Bowland Beth' was screened at: [Fisheye Film Festival](#), Buckinghamshire New University (2023), [Nature & Culture Poetry and Film Festival](#), Copenhagen (2023) and [Birmingham International Art Film Festival \(2023\)](#).

~ENDS~

About the Workshops

'Sky Dancer' Workshops:

Catherine will be leading several workshops relating to the exhibition and exploring the flight and life of the Hen Harrier and other birds via mark making and movement. We will be working with primary school children, students at KCC, and the over 55s, and finally an intergenerational workshop. We are working with an access specialist, Lauren Promfret to ensure this experience is open to all, no dance experience required. We will share more information about these on our social media channels.

Both workshops are bookable via Eventbrite:

Over 55's workshop: Weds 31 Jan 2024, 5:45pm - 6:45pm @ Quay Lane Studio, Harbour House

- Link: <https://www.eventbrite.com/e/sky-dancer-a-movement-and-mark-making-workshop-open-to-those-55-and-over-tickets-793167855407?aff=oddtcreator>

Intergenerational Workshop: Sun 10 March 2024, 10:30am - 12pm @ Quay Lane Studio, Harbour House

- Link: <https://www.eventbrite.com/e/sky-dancer-an-intergenerational-movement-and-mark-making-workshop-tickets-794120675317?aff=oddtcreator>

Collaborators

Zoe Arshamian - is a dancer who trained at Central School of Ballet and the Royal Ballet School. Her recent performances include a role in Dr. Semmelweis, alongside Mark Rylance, Harold Pinter Theatre, Jun-Oct 2023 and Nutcracker and Cinderella with Birmingham Royal Ballet. She has also appeared in On the Town choreographed by Ashley Page and for contemporary and classical choreographers, including Eleesha Drennan Dance, Christopher Wheeldon and Liam Scarlett. Further credits include HBO series Game of Thrones and Phantom of the Opera.

Rob Goodman - is a composer and sound designer in whose music speech rhythms are central. His fascination is for exploring the musicality and 'sound' of language with particular regard to regional dialects and accents as in his sound compositions for Sam Jury's film To Be here (AHRC Research in Film Awards 2018) and This you must remember (2021/22) multichannel installations in galleries in Istanbul and Belgrade. The relationship between art and science, interdisciplinary methods and spatial properties of sound are central to his practice. His book chapter Echeia – an early example of assisted resonance in Roman Theatres, will be published in Brill's A Companion to the Reception of Vitruvius, in 2024. He is currently Reader in Music, University of Hertfordshire.

David Harsent - is a Faber & Faber published poet. His collections include Night, 2012, which won the Griffin International Poetry Prize, Fire Songs which won the T.S. Eliot Prize in 2014. Loss, appeared in January 2020. A Broken Man in Flower, his versions of poems Yannis Ritsos wrote while in prison and under house arrest, was published by Bloodaxe in March 2023. Faber will publish a new collection in 2024. Harsent's collaborations with composers, most often with Harrison Birtwistle have been performed at the Royal Opera House, the Salzburg Festival, the Concertgebouw and Carnegie Hall.



David Lefeber - is a classical-music record producer /sound engineer, and a filmmaker specialising in the performing arts. His practice includes music-performance films and arts documentaries. Recent commissions include the journey to bring a 16th-century Italian musical manuscript to life in performance, another a film Faces of Clay on the artistic process of late sculptor, John Mills (1933-2023) for Stapleford Granary, Cambridge. He is currently writing and developing his first feature film, with dance and mental health issues at its core. Bowland Beth is the second of a series of films in ongoing collaboration with Catherine Seymour. The first, We Who Stood Upon This Place, filmed along the river Plym, and screened at The Space, Dartington, 2019, explored the idea of generations of women succeeding each other walking to the mouth of the river, waiting for loved ones to return from sea, or yearning to journey across it.

Catherine Seymour - is a choreographer who enjoys cross arts and music collaborations as the heart of her practice. Projects range from a residency year at the Royal Festival Hall, to a Year of the Artist project with Chelsea Pensioners, to Fresh Dairy Cream, an Architecture week gig in a Hackney kitchen, involving a lot of chocolate eclairs! As with the Bowland Beth 'Sky Dancer' workshops within the Kingsbridge community, she most enjoys exploring and developing participants' own creativity. Favourite Visual Arts projects over the years include Exhibition-ism for the Royal Court Young People's Theatre within the Howard Hodgkin exhibition, Hayward Gallery, and Time Dance, a multi-generational collaboration with Japanese artist Tatsuo Miyajima. She is excited about future film collaborations with David Lefeber. As a yoga teacher her main aim is to bring students greater mental and physical ease. Breathing practices, meditation and deep relaxation also creates space for new creative ideas to bubble up.

NOTES TO EDITORS

About Harbour House

Harbour House is a welcoming contemporary art and wellbeing centre within the heart of Kingsbridge, South Devon. We use the power of art, creativity and wellbeing practices to enrich the lives of the people of our town and surrounding communities.

Our ambitious projects respond to Kingsbridge's challenges and opportunities as well as engaging with the broader issues of our time. We do this through an inspiring and inclusive exhibitions and performance programme, outreach, learning and engagement activities.

We also provide a range of flexible spaces dedicated to yoga, movement, and mindfulness to support and improve wellbeing.

For further information/images or interview requests please contact:

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