

BY THE ARTS LAB OF SAVANNA TRUST

"When I think
of my bed, I don't
imagine the real
one. The bed in my
head cradles me
and wakes up
my dreams"

THE BED IN HER HEAD

PROGRAMME

...my bed is a desert
...my bed is a prison
...my bed is my disco
...my bed is my best friend



Established 2006

Transforming Communities Through The Arts



a space to play.create.excel

The Bed In

.....
"The bed is a looking glass through which we can see ourselves."
.....

Anthony Majetese,

Performer and Co-creator

.....
Inspired by the notion that our beds are a place where we can be closest to ourselves, this piece was created through exploring a variety of human experiences, in bed. In the very same place, a person can be at their most vulnerable, their most comfortable as well as most in danger.

The deepest contentment, the most intense ecstasy, the bleakest horror can all be experienced in the same place by the same person. This was the point of departure which took us on a journey into the intimate self.

.....
"Through looking at what happens in bed, we are looking at how we relate to ourselves, and how we relate to the closest people to us"

Tinashe Musa,

Performer and Co-creator

Chorus piece from Bed in her Head at Flame Festival, Joia City 2011



The Bed in her Head intertwines a young mans struggle with sleep, grief and intimacy, with an older woman's recollection of similar. These two stories are set to a backdrop of different couples and characters who relate to their beds, their bedtime routines, and each other in different ways.

.....
"I have a feeling my bed is the first to know something"

Everson Ndlovu,

Performer and Co-creator

.....
The devising process started with the personal – each performer brought

personal thoughts and experience to improvisations, including:

- The first thing that comes to mind when thinking about bed.
- The most funny experience, the most troubling experience.
- Bedtime routines
- What dreams mean
- Rules in bed
- Memories from the childhood bed
- Stories from other people's beds
- Situations where people are physically with someone or others in bed, but feel isolated
- Situations where people are physically alone, but not at all lonely
- Regrets felt in bed
- Hopes felt in bed

Her Head



.....
"It's unfortunate that the creative process is also about cutting. We've got enough material for ten great plays!"

Samantha Ndlovu,

Performer and Co-creator

.....
"It's the most respected thing in the house"

Tinashe Chiku

Performer and Co-creator

.....
The themes that arose here were explored further through interviewing people from different backgrounds and ages. Themes were also



Please tell us what you think of the work in the feedback forms provided.

embodied physically to find the vocabulary from which to choreograph, and to find out how we might express these themes in motion, individually, in couples, as a chorus.

.....
"In my bed is the reminder of my failure its emptiness a knife in the wounds"

Melissa Eveleigh

Director and Co-creator

DREAMS

... reveal hidden rules, and hidden parts of the self...

.....
"If you dream about your wife with an axe, it means your wife is a witch"

.....
"If you dream about a wedding it means death"

.....
"Your ancestors and other relatives can visit you there"

.....
"I was swimming towards my grandmother, trying to reach her, but the water was pulling me backwards"

As characters and situations emerged, we treated them with completely different devising techniques, so that paradoxical performance styles could be combined – we were looking for a style that reflects the way odd, unlikely people, places and events turn up all at once in dreams. The result is a montage of monologue, movement, abstract and concrete story telling.



The Bed In

**Going beyond traditional theatre-for-development...
Raising issues without imposing messages.**

The Bed in her Head is more than just a show – it represents an approach to using the arts for development. The performance, creative process and associated workshops can be used to explore gender politics and health issues such as HIV & AIDS. The concept was developed in 2011 with the first production performing at the Flame festival – an HIV & AIDS awareness raising arts event organised by the Zimbabwe German Society and GIZ. Our aim was to present a performance that would raise questions and present intimate experience without hurling messages at our audience.

Theatre-for-development can often suffer from being too

didactic, alienating the audience by instructing and often times spelling out the problem too directly or proposing the role-model too simply. This can result in reductive thinking about an issue, or about a person's experience. The Bed in her Head process enables deep exploration of a person's internal world, and how this relates to their external world, relationships and negotiation of social rules, roles and expectations. Actions and behaviour that might be judged bad or wrong in more traditional theatre-for-development processes are given space to be understood – enabling a more inclusive approach to personal development

.....

The Bed in her Head show

.....

1. Bedtime

Couples from different walks of life make their way to bed whilst Itai talks through his bedtime routine and Clotilda offers passersby advice on what kind of bed partner to get.

2. Making the bed

Beds are made and unmade, lived in and emptied

3. Death in his bed

Itai nurses his brother

4. Talking about the bed in her head

Girls compare how 'pure' they are

5. Your bed is your sanctuary Clotilda's bed awakens

Clotilda throws dirty bedroom items at her TV as an American sexologist advises viewers on how the bedroom setting can improve intimacy

6. From one bed to another

Samantha bemoans her miserable relationship with her bed, as various people come in and out of it

Her Head Show



The process of creation and devising took performers to internal and intimate places. The work you see on the stage is the tip of the ice burg. Arts Lab facilitators can lead educational performance workshops which explore themes of:

- Safety
- Risk
- Comfort
- Danger
- Expression in relationships
- Power in relationships
- Desire
- Fear

...through forum theatre, drama therapy, movement and dance therapy. These workshops can serve NGOs, schools, institutions and communities in fulfilling development goals.

If you would like to work with us to achieve genuine positive change, have a performance or workshop in your school, institution or community email artslabafrika@gmail.com or call +263772933769

7. The disco in his bed

Peter flaunts his 'special relationship' with his bed

8. They wake up at night your demons

Itai meets his brother in his dreams

9. The bed in Clotilda's head, dies

Clotilda's attempts at intimacy fail, the bed she dreamed

of dies, and so does her husband.

10. Inside out the bed in her head, is not in his

Itai reaches out to the Sheila – Sheila relives the bed that haunts her head

11. Searching in the dark

Couples find one another again



About Arts Lab

The Arts Lab is a Savanna Trust programme for professional development of performance artists. The programme provides training, a space to create new work, a platform from which to showcase talent, diversify income and institutional development.

The programme combines performance training, with hands on training in arts leadership, management, production and arts-for-development. All training is linked directly to producing original work, and aims to serve both individual performers and existing arts groups and organisations. Arts Lab also provides links to regional and international practitioners and audiences, through training, collaboration and touring.

Performance Training

Training is centred around the creativity of the performer, with a focus upon theatre arts and contemporary

dance and aims to serve the artistic vision and growth of exceptional talent. Training is split between developing specific performance skills and conceiving, constructing, writing and rehearsing new work. Training and mentorship is provided by leading practitioners in Zimbabwe, and international experts in different performance areas.

The Arts Lab brings together dancers, musicians, singers, actors, writers, visual artists which leads to exploration across art forms. Members of Tumbuka Dance Company have worked with performers from other renowned groups such as CHIPAWO, and New Horizons, as well as established solo artists like Edith Wa Utonga and John Pfumojena.

"Its incredible how much I've grown"

Samantha Ndlovu,

Performer & Facilitator

"Shy kids come out of themselves in the arts clubs, and can now"

Marvin Kudakwashe Ndoro,

Dancer & facilitator

"We own the whole process. I can now develop a concept, put it down on paper, get the money in for it, lead it, run with it, be in control of it. Arts Lab rocks!"

Tinevimbo Chimbetete,

Performer, Facilitator

& Presenter

Creating new work

The Arts Lab facilitates an experimental performance workshop space where creative visions are nurtured and artistic boundaries pushed. The result is fresh original work rooted in Zimbabwean contemporary reality.

A collective of performing artists

Those who have come through any part of the Arts Lab form the Arts Lab Collective which represents a pool of outstanding individual talent, managers and groups who can market, manage facilitate diverse arts-based programmes – for theatres, communities, schools, development partners, corporate partners, events, festivals. In 2012, a new dance group was formed through the Arts Lab programme.

Touring and audience development

Smaller split off ensembles tour high density areas performing work developed in the Arts Lab workshop space, and the Arts Lab team are coordinating a programme to bring community groups to performances at central venues in Harare – this is

attempting to bridge gaps across social, economic divides amongst audiences in Zimbabwe. National tours of Zimbabwe are set for 2012, with two major productions in both dance and theatre.

Performing arts for Development

As well as performance training, the Arts Lab also provides training in using the arts for communication, education and development. This forms part of the hands on training in diversifying income. Through combined training and practise participants are develop their skills in the use of applied arts for individual and community development including forum theatre, issue-based performance for social change, drama and dance therapy, workshop facilitation, social research and project management.

Community arts groups

Performers attached to the Arts Lab programme lead weekly community groups in high density areas around Harare. These use dance and drama processes to explore social, personal, political, ethical, developmental issues, working in partnership with local institutions and groups.

Management training

The programme is founded upon the belief that no artistic vision can be fully realised without sound management structures and no artist can realise their full potential if consistently struggling to make ends meet. A core strand of the Arts Lab's work is to provide arts management training to artists and groups.

Institutional Development

Through programme and proposal development, strategic planning and its training-in-residency model the Arts Lab facilitates organisational growth of arts groups. The programme brings arts professionals with internationally renowned professional experience, whose work and track record is outstanding, to build capacity in arts management and artistic leadership for each sub-sector in Zimbabwe.

Consultative, needs-based and relevant, the Arts Lab concept was developed alongside The Culture Fund and The British Council after extensive consultation and research within the Arts and Culture sector in 2011.



Poems

You catch me
Wrap me up
I am complete
Completely one with you
Completed by you
Your touch the comfort my
skin my soul desires
My skin drinks all of you
Drowns in pleasure with you

Mountains do not know the
heights we reach
The ocean doesn't know the
depths we dive to

The darkest caverns don't
know the hiding places in my
soul

That you can touch

I am safe

Safe and free
To be all of me

Safe to fall
In to the folds of you

I see you, all of you
You see me, all of me

I stare at it. Wide and empty.
I creep in to it: reluctantly
The sheets are like ice
I want to get out of it

The cavernous gap left by
your absence
Feels like death
Cold as death

For how long will I have to lie
here.
Cold. Shivering. Staring.

There used to be something
that was only for me. Here.
Now these sheets reek of
loneliness.

The shadows in the folds of
the sheets are like ghosts.
They tell stories
Of his pleasure with another
Of the contours of his lips
meeting the curves and
contours of anothers
Body

My bed is now a desert
A cold cave with no light
A basement with no escape
Trapped here with what's left
of myself
My hands find nothing to hold
on to

I am invisible
In the dark



who's who on the programme



- 1 ANTHONY MAZHETESE** An actor, poet and director. Has an honours degree in theatre arts at the university of Zimbabwe including the commemoration of Doug Hamershault at Africa university. His appearances include a play on the effects of Murambatsvina, a production by Theory X called, 'Disco inferno', 'Heartless'. Anthony has also worked with the Born Free Crew which has staged some productions for the British council.
- 2 KUDAKWASHE M. NDORO** Until recently Kudakwashe was a senior dancer with Tumbuka Dance Company. This year he has become a founding member of Zaidi Dance, an Arts Leader and facilitator in the Arts Lab programme.
- 3 EDITH KATIJI** She pursued music with the Army School of Music. Toured the country and the region with Amakhosi Edith had leading roles in Wonder Guchu's Alone But Together, and Tawanda Kanengoni's HIFA Debut of Silent Words. A lead vocalist for the group Edith WeUtonga. Zimbabwe's only female Bass guitarist!
- 4 MONALISA KALUBI** A graduate of the Dance Foundation Course (DFC). She has performed twice at the HIFA and has performed a piece called 'tempered souls' from a South African choreographer called Itumelang. Currently working under the auspices of Tumbuka Dance Company.
- 5 CHARMAINE FRANCIS- PICARDO** A TV presenter for the programme, 'ndeipi gen'a'. She is currently the chairperson of CHIPAWO youth council as well as the CHIPAWO 'new horizon' theatre company. She is an ambassador for sexual and reproductive health rights at 'the right squad'.
- 6 SAMANTHA NDLOVU** Writer, actress and dancer with a certificate of playmaking from the university of Zimbabwe. She has done numerous stage and on screen productions which include; 'I want a wedding dress 2 and 3', 'the team', 'new dawn', 'shades', 'sacrifices', and 'the jackal'.
- 7 TINEVIMBO CHIMBETE** He is a full time artist, winning modelling competitions at the age of 4 to joining CHIPAWO at the age of 6. Has attended United Nations General Assembly special session on children, world summit in south Africa and is a marimba player, mbira player and dancer. Was a TV presenter for 'star kidz' and works for the CHIPAWO media centre as well as being part of the new horizon theatre company and having made it into the UMOJA performance group. He is assistant director for the TV show, 'ndeipi gen'a'.
- 8 TINASHE MICHAEL MUZA** He is a performing artist in music, acting and dance and is a recent graduate of the Dance foundation course where he was trained in a myriad of dance styles and technique. He formerly worked for CHIPAWO media centre and has toured Europe and Africa with UMOJA. He has graced the HIFA stage over many years. He is a drummer for Macintosh Jerahuni and the Guests.

who's who on the programme



Performers

- 9 TINASHE LAWRENCE CHIKU** A versatile performer and arts practitioner, having worked for the Dance Foundation course teaching hip hop, the Harare College of music and currently with CHIPAWO as an arts educator. Tinashe recently performed in "Mutambo Wepanyika" a Shona adaption of a Spanish classic. Tinashe is focused and committed and also equipped with stage design and sound engineering experience.
- 10 PAULINE TENDAI GUNDIDZA** An accomplished Mbira player and musician, this is Pauline's debut performance with the Arts Lab. Pauline has a passion for women's issues and human rights and strongly believes in the power of the arts to right the wrongs of injustice.
- 11 TINASHE MASAWI** A singer who has received high grades at the Eisteddfod. She came 2nd at the Sing Your Way to Paris competition and the Harare's Got Talent competition in 2011. Has performed in productions which include; Rosencrantz and Guildenstern Are Dead, Killer Queen - We Will Rock you, Joseph and his Technicolour Dreamcoat, Rent, Motown.
- 12 PRISCILLA MUTENDERA** Started professional acting in 1996. Her first lead role was in a local drama "Taka". Her theatre debut was in "Fame" at Reps Theatre in 1998. Other credits include performing with Rooftop Promotions in "Brother Jero", "Waiters" [a TV sitcom], "Waiting for the constitution" which toured Zimbabwe and "Alone but together". Priscilla is also a partner in Sister Sister Entertainment which has done numerous plays at the Mannenberg. Films appearances include "The Team" by Rumbi Katedza, "Yellow Card" and "Ndakaitei".
- 13 CATHERINE DOUGLAS** Inspired by watching Tumbuka perform Cathrine started dancing in the Tumbuka Outreach programme. She was then invited to the Dance foundation Course which paved way to be the only female dancer in Tumbuka. Cathrine has been furthered her training with Ecole des Sables - Senegal, and recently returned from a female project which she was collaborating 4 women from 4 different countries in the continent. She has toured extensively with the Company. Catherine is currently a founding member of Zaidi Dance and teaches on outreach programme at DTZ.
- 14 FADHIL JUMA** Fadhil from Tanzania, learnt to dance at the age of ten and that is where he found his inner strength and discovered what passion he had for dance. Fadhil joined street dance groups (hip hop circles and traditional) where he participated in many hip hop competitions after which he joined the College of Arts.
- 15 EVERSON NDLOVU** An acclaimed and versatile performer, Everson performed in 2011 NAMA nominated 'No Voice No Choice. Featured in a 2hander 'Allegations' in 2009. Did a three year Acting Training Course Initiative[2008-2010]. Performed a one man show 'This Or That' in 2008. Featured in 'Conquered Plans' in 2005. Performed in 2004 'All Systems Out Of Order' which earned me a Zambian award and Nama Nomination[2005].
- 16 MACDONALD JULIUS** Started his dancing career in 2000 when he studied with the Dance Foundation Course for three years after which he joined Tumbuka. Currently Macdonald is a founding member of Zaidi dance, and Arts Leader and Facilitator with the Arts Lab, and works with different artists to create performance. Macdonald is also a dance teacher.



The Arts Lab team

Melissa
Eveleigh

Programme Director

Melody
ZAMBUKO

Programme Manager

Calvin
Chimutuwah

Associate Visual Artist

Baynham
Goredema

Graphic Designer

17 BRIAN GEZA Movement Director, a choreographer and dancer Brian is a graduate from Dance trust of Zimbabwe, a former dancer with Tumbuka dance company and a graduate from Oslo Academy of the Arts in the masters of choreography 2011

18 THE PRODUCTION ASSISTANT

19 LEEROY GONO CO-DIRECTOR A graduate from the Theory X training programme. As well as founding the Youth Cultural Arts Festival in Masvingo, Leeroy established the X-Lab on graduating last year. Leeroy has performed and directed many productions most recently the acclaimed adaptation of 'Accidental Death of an Anarchist' and 'In the Continuum.' Leeroy recently joined the Arts Lab team for this production in March of this year.

*** SAVANNA TRUST (ST)** is a non-profit making organisation that uses theatre for social change. Formed in 2006 Savanna Trust's Mission is "To use theatre and the arts in building a Zimbabwean citizenry that is committed to the democratic development of their communities". The Trust achieves this through working with communities in creating and presenting play performances that address various socio-political and economic issues affecting communities. The process helps communities to map a way forward on issues and problems they would have identified in their day to day living as well as engaging their leadership.

Savanna Trust programmes target disadvantaged communities focusing on particular community issues that are urgent and persistent to that community. The organisation targets society's politically, socially and economically marginalized populations. These include farming, mining, rural, high density suburbs. ST is also aware of the centrality of women and youth in community development and as such activities have a deliberate bias towards these two.

Savanna Trust's vision is a just society where all citizens freely and actively participate in its development. For further information or partnership please contact savanna.trust@yahoo.com or visit www.savannatrust.org

*** ARTS LAB** is a programme through which many performers and groups come. All the performers in the collective have rare talents and skills, as well as proficiency in project management and creating new work. If you'd like to work with performers or facilitators from the arts lab collective, do not hesitate to contact us: artslabafrika@gmail.com +263772933769



Special Thanks

Belgravia Sports Club, Bengt Post, Preston Rolls, Daniel Maposa,
Martha Ferguson, Peter Churu
Walter Maparutsa RIP



a space to play.create.excel

