

Kick Up a Fuss Collective

About the company:

Kick Up a Fuss Collective (aka KUFCo) is a dance-performance company of older women who challenge perceptions and preconceived ideas of what it is to be an older woman. Working together, we aim to translate our own lived experiences into meaningful movement. KUFCo's very existence stems from our belief that it is important to give a voice to older women and bear witness to our struggles and achievements by channelling our stories into performance.

KUFCo's founding members trained with Moving Memory Dance Theatre Company. As part of their wider family, we share Moving Memory's ethos of empowering older women through working collaboratively, telling stories in physical movement, acquiring new skills and exploring creative methods of expression.

About the performance :

This performance piece is entitled *And Then She...*. Through the media of dance, gesture, placards and voice, it aims to portray different times in a woman's life and address the question, 'What would I say to my younger self?'. The performance moves from the freedom of childhood games to the pressures of peer and parental expectations, and the impulse to break away from them, to develop our own, authentic identities. The piece then reflects on the benefits of looking after ourselves, and the importance of mutual support.