

Alexandrina Hemsley CV

Founder Yewande 103 | Interdisciplinary Dance Artist | Writer | Facilitator

www.alexandrinahemsley.com www.yewande103.com

20 Beech Close, Folkestone, Kent, CT19 5TB | alexandrina_hemsley@hotmail.co.uk | 07533 758353

Education

- **MA Contemporary Dance**, London Contemporary Dance School, Distinction, 2012
- **BA (Hons) Dance Theatre**, TrinityLaban Conservatoire for Music and Dance, First Class Honours, 2009
- **Foundation Diploma in Contemporary Dance Performance**, Northern School of Contemporary Dance, 2006

Research, Writing, and Editorial Experience

Hemsley, A. & Marsh, K. (eds., forthcoming 2026) *In Other Words 3*, Metal Culture Peterborough

Hemsley, A. (2023). *Poems and collages, bias: bodies in architecture and structures*, Issue 1: Empathy. Publishing house / press: NO GOODS (Norway)

Hemsley, A. (2021) 'Feeling My Way Through Several Beginnings.' In *Performance, Dance and Political Economy*, edited by Katerina Paramana & Anita Gonzalez, Bloomsbury Academic

Hemsley, A. "For Each of Us: Gaps Between Professional Advocacy and Private Experience." *Material*, Vol. 2, Siobhan Davies Dance; originally published online by Disability Arts Online; reprinted in Janković, B. (ed.) (2021), *The Live Art Almanac Volume 6*, London: Live Art Development Agency

Guest editor and author, *Disability Arts Online*, commissioning 12 pieces and authoring 4 articles exploring sustainable arts practices navigating hidden disabilities, July 2019

Hemsley, A. 'Prognosis 3: Slippery Now Because.' In *The Live Art Almanac*, Volume 5, edited by Bojana Janković, Megan Vaughan, and Lois Keidan, *This Is Unbound*, 2019

Hemsley, A. 'Say What You See.' In *The Happy Hypocrite – Silver Bandage Issue 11*, edited by Erica Scourti, *BookWorks*, 2019

Hemsley, A. 'Embers – an ongoing collection.' In *Hereafter*, edited by Charlie Ashwell and Es Morgan, *This Is Unbound*, 2019

Hemsley, A. Foreword in Selina Thompson's *Salt*, Faber & Faber, 2018

Hemsley, A. 'Making Contact: Reflections and Resonances with Imagined Touch.' In *On Time: A SPILL Reader*, edited by Diana Damian Martin, *SPILL Festival / SPILL*, 2018

Keynote speaker, Making Space for Interdisciplinarity, Creative Intersects ACT UJ Conference, Johannesburg, 2015

Hemsley, A. & Johnson-Small, J. (eds.) *A Contemporary Struggle*, Project O / This Is Unbound, 2013

BELLYFLOP Magazine co-editor 2009-2015

Critical Analysis of My Choreographic Work

Mader McGuinness, C. (2018) "Performing Solidarity: Affirmation, Difference and Debility in Project O's SWAGGA," *Contemporary Theatre Review*, 28(3), pp. 367–377. doi: 10.1080/10486801.2018.1475360

Perazzo, D. (no date) "Im/possible Choreographies: Diffractive Processes and Ethical Entanglements in Current British Dance Practices," *Dance Research Journal*, Cambridge University Press. doi: 10.1017/S0149767719000329

Perazzo, D. (2026, forthcoming) 'Vulnerable practice: Thinking through discomfort and precarity in Project O's Voodoo (2017),' in Butterworth, J. & Hunter, V. (eds.), *Contemporary Choreography: A Critical Reader*, 3rd edn, London: Routledge

Massie, E. (no date) "Love Songs and Awkwardness: Non-Professional Performers and Affective Labour"

Burt, R. (2018) "Avoiding Capture," *Dance Research Journal*, 50(3), 99–119.
doi:10.1017/S0149767718000396

Uzor, T.-M. (2018) "Negotiating African Diasporic Identity in Dance: Brown Bodies Creating and Existing in the British Dance Industry," doi: 10.1007/978-3-319-70314-5_4

Yakira, H. (2018) *Relational Autobiographical Choreography – On New Choreographic Practice*, PhD thesis, Trinity Laban Conservatoire of Music and Dance

Selected Inclusive, Participatory Practice, Creative Health and Access-Consultancy

Yewande 103, Artistic Director & Facilitator (2020–Ongoing) – Founder and Artistic Director of interdisciplinary dance company focusing on embodiment, access, and wellbeing. Working across live performance, screendance and inclusive workshops for participants with diverse access needs and lived experiences of trauma and illness

Artist Wellbeing Session – Shobana Jeyasingh Dance (2025) – Designed and led a wellbeing session for teaching artists on care and self-regulation within community and educational engagement

Access, Intimacy and Arriving: Working With Access Riders (2025) – Commissioned by Matthew Bourne's New Adventures; delivered training on access and inclusion for disabled creative workers

Sadler's Wells Disabled Artist Programme (2025) – delivered a movement and reflective writing workshop for programme artists; supporting embodied access and sustainable creative development.

Dancing Otherwise Network: Exploring Pluriversal Practices (2024) – AHRC-funded network led by Professor Victoria Hunter (University of Chichester); weekend-long workshop facilitation at Bath Spa University, leading movement sessions exploring pluriversal approaches to dance practice and contributing written reflections for the network's research outputs.

Movement & Journaling Workshops: Pregnancy and Baby Loss (2024) – Arts Council England & South East London Maternity & Neonatal System; facilitated trauma-aware movement and writing sessions to support emotional expression and communal care of people bereaved by pregnancy and baby loss

Lavanderia a Vapore, Turin (2024) – Facilitated senior leadership workshops exploring access, equity, and embodied approaches to organisational change

Lavanderia a Vapore Intergenerational Community Dance Group, Turin (2024) – Led participatory sessions with elders, including participants with Parkinson's, supporting connection, creative expression, and wellbeing

CripLab, Zurich (2024) – Weekend workshop for local disabled artists exploring loss and repair

Artistry & Access Lab (2023) – taught movement-based sessions within the curated programme (Annie Hanauer & Susanna Recchia), offering facilitation rooted in tidalectics and embodied enquiry; supported artists to explore access as an aesthetic, relational, and choreographic tool.

Next Choreography, Siobhan Davies Dance (2019–2021) – Re-designed and led 2 annual cohorts supporting young artists (18-25yrs old) to explore choreography through embodied and reflective practice

Magpie Dance / Oxleas NHS Trust (2010–2020 / 2018–19) – Co-delivered inclusive dance classes for young people and adults with learning disabilities and neurodiversity

Pembroke House Inclusive Dance Summer School (2018) – Co-led a one-week summer school for young people with learning disabilities, facilitating participatory dance sessions with a final sharing for carers and family

Visiting Lecturer and/or MA supervision - The Place, Trinity Laban, Northern School of Contemporary Dance, Royal Central School of Speech and Drama, Independent Dance (professional morning class).

Research, Choreography, and Creative Projects

(Selected Projects 2012–2025; Creative Director / Choreographer / Performer roles unless otherwise noted)

Many Lifetimes (2025-present) – Yewande 103 Group dance work; commissioned by Dance City, FABRIC, Battersea Arts Centre; Arts Council England support; presenting Spring 2026 at Lilian Baylis, Sadler's Wells

Europe Beyond Access Lab (2025–present) – Co-devising and facilitating choreographic lab for 8 disabled artists, Lisbon, Holland, Barcelona

Bioluminescence (2025) – Criptonite full-length show, TanzHaus Zurich [Dramaturg & Audio description support]

The Land Beneath Sleeps Lightly (2025) – Voiceover for Katarzyna Perlak film, Liverpool Biennial [Commissioned Writer]

FOUNTAIN, immersive dance film (2022) – Commissioned by The Lowry & Cambridge Junction; UK Picturehouse tour

Fountain (:) Live (2022) – Durational live performance at Theaterformen, Germany (*disabled arts showcase*), as part of Yewande 103 curated event

Rest: Soft Mess (2022) – Video presentation, Disability Arts Online

Black Holes (2019) – Collaboration with Seke Chimutengwende, afrofuturist performance

Shield and Sword Down. Down. Both of them. Down. (2019) – Screened at No Limits Festival, Berlin (*disabled arts showcase*)

Words Collect In My Mouth: Conversations on Intimacy and Repair (2019) – Yewande 103 and Dadafest Publication [Editor & Creative Director]

Research group member (2024–2025), Digital Black Dance Ecologies – Dr. Tia-Monique Uzor-led collaboration with Bernard College, Birmingham Open, Royal Central School of Speech and Drama

Project O (2012–current) – Ongoing interdisciplinary collaboration with Jamila Johnson-Small

Dad Dancing (2012–2018) – Collaborative intergenerational performance project with Helena Webb and Rosie Heafford integrating a community cast of dads and children of all ages

Podcasts

The Disability And... Podcast (Disability Arts Online & Mind the Gap)

Season 1, Episode 13: "Disability and...Race" — Co-interviewer in a joint discussion with Deborah Williams.

Digital Black Dance Ecologies – Episode 3

"Digital Creativity for Repair at the Intersections of Blackness" — Discussion between Valencia James and myself, chaired by Dr. Tia Monique Uzor.

Documenting Failure (Selina Thompson Ltd)

Upcoming, Spring 2026 — Guest speaker in conversation with Toni-Dee Paul and Ray Young.

Advocacy, Leadership, and Sector Roles

- Steering Group, **What Next? Culture** (2020–present)
- Working group member, **Barriers to Progression & Employment in Dance for Disabled People**, 2024–2025
- Roundtable Contributor, **held by What Next? with Baroness Hodge, Hodge Arts Council England Review** (2025)
- Research group member, **Digital Black Dance Ecologies**, Bernard Collage, NY, Birmingham Open and Royal Central School of Speech and Drama (2024–2025)
- Trustee, **Chisenhale Dance Space** (2015–2021)
- Artist Advisory Group, **International Curators Forum**, (2025–2026)
- Freelance consultant on **#WeShallNotBeRemoved 7 Inclusive Principles to Ensure an Inclusive Recovery**, UK Disability Arts Alliance, Ramps on The Moon and others (2020)

Professional Residencies & Associate Roles

- Associate Artist, Cambridge Junction (2019–present)
- International Associate Artist, Dance Ireland (2020–2021)
- New Wave Associate, Sadler’s Wells (Project O) (2018–2020)
- Founding Studio Resident, Somerset House Studios (Project O) (2015–2021)
- Black Business Incubator, Somerset House, 2022–2025

Select Panels, Talks, and Workshops

- *Whiteness and Contemporary Dance*, Independent Dance, 2019 [Panelist]
- *Skin in the Game*, Diverse Actions Symposium, 2019 [Performance & Writing]
- *Arts and Politics in Conversation with Project O*, Slade School of Fine Art, London, 2017 [Artist talk]
- *Present Histories*, Live Art Development Agency DIY12, London [Workshop facilitation]

Key Skills & Areas of Expertise

- Interdisciplinary choreographic research integrating dance, film, and creative writing
- Inclusive and participatory arts facilitation for disabled artists
- Creative health, trauma-informed practice, and somatic methodologies
- Sector advocacy and research on equity, access, and disabled labour
- Cross-cultural collaboration and co-curation