

LOU ROBBIN



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ARTIST

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ABOUT

Lou is a multidisciplinary artist, wellbeing practitioner and creative producer, with a particular interest in mental health, performance, and producing innovative participatory projects and events. Centring care at the core of their work, Lou utilises their creativity to explore themes such as personal and structural change, identity, and togetherness. Drawing upon their background in Psychotherapy, Breathwork and Somatic practice, they intend to bridge the gaps between alternative play and wellbeing for the somatic liberation of othered bodies.

Involvements include:

Traumascapes, Cambridge Junction, BUZZCUT Festival, Talawa Theatre Company, The MAIA group co, Venice Biennale, Wellcome Collection.

WORK

Tessellate

"For the frogs in my throat, for the freeze response, for the tightness in my jaw. I forgive you, I am forgiven."

Lou draws from inner child healing and therapeutic practice in a multidisciplinary performance about how to change your mind. It's a story set in adolescence in a dreamy teenage girls' bedroom, with fluffy orange rugs, a killer dressing table, and a glittery inflatable bean bag chair.

This world is governed by the radio, where different stations represent different states in the psyche. Avoidance FM uses 90s-00's hits to keep Lou in MTV music video fantasy and delusion while their life floats by. Shadowland drives Lou into spirals of fear and existential crisis, and Divine Frequencies allows Lou to regulate, reminding them of their safety, their power. The writing in *Tessellate* takes inspiration from Lou's lived experience of moving through trauma, whilst the movement is rooted in psychotherapeutic practices. Other influences on the movement in the show include Street Dance, West African dance, and Qi Gong.

Our mental health can be hugely influenced by our beliefs, and many of our beliefs come from outside us, our caregivers, our peers, the media. This show looks at our thoughts, and subsequent behaviours as mirrors to our subconscious. It encourages the audience to gently self-reflect on the potency of our beliefs, and their ability to run our lives.

The work is poetic and playful, featuring journal entries and a lip sync on rollerskates.

This work is still in development, 60 minutes of material has been performed publically through work in progress sharings. The movement and characters are still being refined, the creative team is still coming together, and relevant partnerships are still being brokered.

Number of Performers: 1 | **Duration:** 60 minutes | **Touring:** Spring 2026. | **Audience:** For ages 16 and over.