

(h)ovo

Pulsating organs



Community Art

(h)ovo

Pulsating Organs

Community art and social transformation project with women and people who menstruate, who are going through the menopause.

Artistic and participatory installation around the visibility of the life processes of bodies that are in the process of stopping menstruation.

A production from



Cover photo: María Contreras Coll

Context

To this day, we still do not know why women and people with a uterus menstruate monthly, unlike most mammals.

We also don't know why we are one of the few species of mammals that once the reproductive period is over, we continue to live.

Approximately 50% of the planet's population has a uterus. And yet, women and/or people with a uterus are being made invisible since. For centuries, science has postulated that studying men was synonymous with studying human beings. It was not until 1970, thanks to the second feminist wave, when these gender biases in health began to be denounced, although such inequity is still present today. In this way, we find ourselves facing a gender gap in the research of our bodies..

The (h)ovo project focuses its attention on the process that women and people who menstruate go through when we stop doing so.

This process, called **menopause**, is full of information gaps that leave to the people who go through it in a state of loneliness and isolation.

Menopause is not a disease, but the consequences of not adequately supporting the process can cause diseases.

Even if we stop menstruating,
we keep beating.

Our wish

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| 🌱Contribute to establishing the sexual rights of women and people who menstruate. | 🌱Collect and provide precise information on the changes that bodies experience, on a physical, mental and emotional level, during this vital process. | 🌱Create community spaces where we can break some myths and look for care tools for the climacteric period. | 🌱Create collective knowledge about menopause and open the dialogue about female cycles to a community dimension. |
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The community art project “Pulsating Organs” proposes an artistic and participatory installation that collects stories and experiences of women and menstruating people who are going through the process of menopause.

We will open a space to recognize bodies and their changes, listen to our own experiences and those of others, and remember the knowledge learned..

These stories will serve as a point of inspiration for the construction of a participatory artistic installation designed for public spaces..

Artistic installation is a genre of contemporary art where the exhibition space is used to create an environment or a global experience in which several senses or the viewer's entire body are involved. Often the viewer can walk through the work or interact with objects or elements.

The participating women will be in charge of most of the creative process. The result will be a visual, poetic, participatory journey that will intertwine the stories of menstruating women and people who experience the menopause. The objective is to create resonances and synergies between the spectators who become travellers of the experience.

Who is it intended for?

Between 8 and 10 women and menstruating people who are going through the menopause (including young people who are experiencing a surgical menopause)

Our values

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| ● Universality: We intend to open a conversation that involves everyone in the community and go beyond the idea that this is an issue that pertains exclusively to the women who are experiencing it.. | ● Intersectionality: We recognise women as experts of their own lives, in their diversity. Without forgetting the influence of social inequality factors that affect bodies and impact each one's access to health. | ● Social art: Expand the collective imagination of the body and women in the menopause, creating images and metaphors. | ● Participation: Creation of artistic spaces that involve public participation. |
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Participatory methodology

As a work technique, we will develop the project in the following phases:

- Proposals: Carrying out exercises to collect motivating proposals for the group of participating people.
- Choice: Seek consensus among the participants.
- Preparation: Development of the artistic proposal. Distribution of tasks among the participants.
- Execution: Presentation of the artistic project publicly.
- Evaluation: Moment of reflection and review of the process.

Why talk about menopause?

I am Ángeles Gordillo. I consider it important to talk about the menopause from a documentary and artistic perspective.

From a feminist and rights perspective. Listening to the stories. Letting the definitions emerge in our own words. Trying to facilitate the construction of support networks.

Providing information.

And above all, bringing this life process to the public space..

Who are we?

(h)ovo It's a project promoted by **Las Miradas Compartidas**. Entity born in 2020, focused on the development of projects that generate new narratives for social change using the tools offered by artistic languages, NVC- Nonviolent Communication and narrative practices .



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