



(h)ovo

Poetic

Body

Community art

(h)ovo Poetic body

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

Collaborative creation of video poems and video clips around the visibility of the life processes of bodies that are in the process of stopping menstruation.

A production from



Context

In life,
In life,
from so much silence,
my pussy has closed,
and I don't even know what I feel anymore.

This is a short lyric that emerged from a creative process.

A text that has given voice to a song.

A text that reflects the connection between the vagina and throat.

The throat and larynx have a special connection with the vagina and uterus; Not only do they look physically similar (they have a hollow, empty, moist canal), but these organs have similar reactions. Both the vagina and the throat are coordinated, so to speak, by the parasympathetic system, so it makes sense that they have some impact on each other.

Throughout the lives of women and people who menstruate, there is a lot of structural, physical and emotional violence that contributes to both the throat and the uterus.

become tense and blocked. This, added to the naturalization, invisibility and silencing of violence and our voices make the voice weak and speech become insecure.

The period of the peri-menopause and menopause is like an entry portal where we stop to take stock. It is a space where the need to shout appears, to release the voice and speak loudly. And I tell myself that perhaps this desire to release our voice is a wise movement of our bodies, which seeks to free the pelvis, and bring health to our battered wombs.

Our wish

- ◆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.

Poetic body is a community writing proposal between women and people who have menstruated or are in the process of stopping. An invitation to write from a loose, loud and clear voice.

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 joint writing of a poem or rapped song with which we will carry out the creative process to design a video poem or video clip.

The resulting videos will be posted on a YouTube channel and on the IG profile of this project @hovo_sin_huevos, platforms that we will use to make visible the people who live this moment of life and their bodies..

With the desire to **bring a non-idealized and informed image** to the collective imagination, about the people who inhabit this moment of life.

Who is it intended for?

Between 6 and 15 women and menstruating people who are going through the menopause (including young people who are experiencing a surgical menopause)

Our values

◆**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.

Poetic body It's one of the proposals that are part of the (h)ovo project

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 in which our eggs are finished, called **menopause**, is full of information gaps that leaves 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.

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: Filming and editing.
- ◆Presentation: Viewing of the video clip or video poem in a community space, with subsequent debate.
- ◆Evaluation: Moment of reflection and review of the process.

Team

Ángeles Gordillo : Facilitation and creative proposal

Kirsty Abernethy: Camera and video editing.

Fafá Franco: Styling advice

Vega Montero: Sound

Example of a video poem presenting the project (h)ovo



Who are we?

(h)ovo is a project by the artistic company **Las Miradas Compartidas**. The company focuses 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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