



Prifysgol Cymru

Y Drindod Dewi Sant

University of Wales

Trinity Saint David

A New Brain Journal Entry 2

Georgia Katherine Hicks

2004487

Production 1

ADPB6001

A New Brain Journal Entry 2

We are now on week 4 of A New Brain Rehearsals and it's come along so amazingly! Show week is next week and while we still have a lot to do, but we are in a brilliant place. We're now completing runs of the show and then working notes afterwards. The first time we did a run, I really was able to start seeing the shape of the show and all of the research I did on my character Lisa, the Homeless Woman was finally coming into fruition and this was when I really felt like I was in her shoes. Carrying on with the psycho physicality method by Stanislavski I really ascended to a new level of understanding of Lisa. "Psycho-physical co-ordination (whatever is going on inside us impacts on our physical expression, and whatever input we receive from the outside world impacts on our inner life. The membrane between inner world and outer expression is very porous, as we try to remain 'thin-skinned')".

Music and Research

In my previous entry I mentioned focusing on backfrasing and harmonies, looking back I can see I had a very basic understanding of the harmonies and notes, it was now time to add detail! The backfrasing on "A Lousy Day In The Universe" as a note from Dave really helped the emotion to shine through, it felt like Lisa was taking a beat to process the emotion and then react accordingly. When I had the harmonies completely locked in I was then able to add more detail. Specifically a crescendo where it was needed, as an example on the "Hey" in 'Sitting Becalmed In The Lee Of Cuttyhunk'.

Building on my solo song "Change" I found to be quite challenging. I didn't want to go down the stereotypical angry homeless woman because she's so much more than that. I decided to do some more research on the homeless but specifically this time stories of homeless WOMEN.

"When Crisis interviewed some of the women they helped, they found - rather despairingly - that 20% of them had become homeless in order to escape violence from someone they knew. The majority of these women (70%) were fleeing from a partner. Homeless women are also more likely to have greater levels of mental illness than men, says the charity, often as a result of physical and sexual abuse. Additionally, their research shows that women who sleep rough are often in danger of being subjected to physical attacks, as well as verbal and sexual abuse. Seeing no way out of their situation, 28% of homeless women have formed an unwanted sexual partnership and 20% have engaged in sex work - just to keep a roof over their heads."

Finding out this information triggered me into imagining a back story for Lisa, where she's come from, how she ended up homeless, and what fuelled her to want change in the world. This was so helpful to me to give her a backstory and it's allowed me to at least try and feel her emotions, as best as I can of course as I could never know what she's actually gone through.

Accent Class

Given that the musical is set in New York, Luke was really keen to keep it in that accent and that we were able to accurately portray it, so Luke asked Rhian, an accent coach if she would like to come in and help us out! I absolutely loved these sessions, they were so cool and eye opening to all the different kinds of American accents and it was so cool to hear myself talk in that way too! It's also a skill that I'll take with me through my career as well so it was incredibly beneficial. Being in the New York accent whilst playing Lisa definitely felt right, it again just added more layers on top of what kind of character she is.

Staging

We've staged all of the numbers now and we're just sharpening everything up. I love this part of the rehearsal period because now is when it all starts coming together and things start looking and sounding so good! The staging and routines are progressing really nicely and I'm really looking forward to show week and showcasing what we've all been working on!

Bibliography

"Merlin, B. (2016). The complete Stanislavsky toolkit. London: Nick Hern Books."

"HuffPost UK. (2015). *Do You Notice Homeless Women On The Streets? Here Are Their Stories...* [online] Available at: https://www.huffingtonpost.co.uk/2015/03/27/homeless-women-stories-revealed_n_6955524.html [Accessed 19 May 2022]."