

## Summary of Live Stream 17<sup>th</sup> April 2020

CJ Raine from Agile Arts discussing why they've been on such a long break and what's coming up from them in the future.

Livestream is from our new home office which is in our garage.

Agile Arts launched towards end of 2018.

### ***Update on what we've been doing:***

Soon after launch CJ's husband and business partner's father became very unwell and both CJ and Jackson spent several months travelling between Victoria and country NSW to visit him until he passed away at the start of March 2019.

CJ then underwent two spine surgeries on 2<sup>nd</sup> April 2020 and 10<sup>th</sup> July 2020. She spent several months in recovery, including quite a lot of time flat on her back, after each surgery. After the surgeries she recovered well but in October 2020 she broke her finger and is still rehabbing that which has affected her training.

Jackson spent time working and caring for CJ for a lot of 2019 so we weren't able to post much at all.

Over the past few weeks CJ has been working as a clinician assisting with the current Covid-19 pandemic and Jackson has continued to work as described later.

\*Cameo appearance by CJ and Jackson's dog Dexter; he is a white Jacks Russell Terrier with black patches around his eyes. He's getting old and sooky and likes to be cuddled and whimpers when he doesn't get his cuddles 😊

Jackson has been working as the Technical Director (TD) at St Michael's Uniting Church in Melbourne's CBD for many years and given the current pandemic they have abruptly switched to online services. Jackson has been extremely busy with this changeover making the required adjustments for "social distancing".

In churches (religious organisations) the requirement for physical distancing is double that of civilians so they have to distance at 4m instead of the 1.5-2m recommended in public life.

Jackson was especially busy over the recent Easter period with three services to produce and upload instead of the usual one per week.

At Agile Arts we prefer to use the term **physical distancing** instead of social distancing as we'd like to reduce the feeling of social isolation in the community.

At St Michael's Jackson has to set up cameras at a distance and microphones before others enter so they can then film and he can return to retrieve the footage, edit and upload online.

CJ has spent the past weeks educating herself about Covid-19 on a clinical level and making changes at her practice to keep staff and patients safe and assist everyone in the best way possible.

On top of all of that CJ and Jackson managed to take a little time off to get married back in January.

### ***Update on where we're headed:***

Jackson will be continuing his TD work at the St Michael's as he is currently very busy there and it is much needed.

CJ will be doing quite a few things including:

- She recently took on a volunteer assistant dance teacher role at BAM Musical Theatre. BAM runs classes for children and adults with both intellectual and physical disabilities. She was assisting with their weekly dance classes.
- Since the pandemic, whereby classes can't currently run, CJ has started doing choreography for BAM classes in preparation for recommencement of classes.
- CJ will be starting her Vlog soon. She was intending to start before her first surgery last year but due to the surgeries she wasn't able to film them as it was very difficult to film Vlogs lying flat on her back for some time, it makes your arms really tired having to hold the phone above your head to film!
- CJ's Vlogs will be about all things artistic including our artistic endeavours, talking about being a performer with a disability both about performing and having a disability in general. She will also be talking about the individuality of disability including within the arts.

Very importantly CJ would like to highlight that whilst she is a qualified doctor and is currently practicing she won't be giving any medical advice. If you have any injuries or concerns you need to see a clinician of your choice. Many clinicians are still seeing patients face to face and doing hands-on treatments during the pandemic. There are some issues where practitioners just can't treat you online or over the phone, for example, if you have a chest infection the doctor would need to listen to your chest to assess this; or if you have a shoulder injury, they would need to see you and assess your shoulder and the current issue.

It's also important to realise that asking for advice on social media often isn't the best way to go. There are lots of people with lots of opinions and personal circumstances that may not apply to your condition so it's important to see a practitioner of your choice and get an expert assessment and opinion. You could see a doctor, physio, myotherapist, acupuncturist, etc or you could also see any alternative practitioner that you wish to and feel can help you with your clinical problem. CJ believes that it doesn't matter what type of clinician you see as long as **they are helping you and you are not coming to any harm.**

While CJ and Jackson continue on with their current work we at Agile Arts have some big projects in the pipelines. We know lots of people have less work at this time, but we seem to have become busier than ever before.

We're working on some screenplays and also a couple of prospectively big projects that have some social and community aspects to them; we know this is a bit vague but it will all become more clear in the near future.

We'll also be sharing some of our past work, something which lots of people are doing during the pandemic.

During what was basically our family honeymoon in January CJ went and hung out and jammed with Lauren Watson, a disabled Aerialist who runs Adaptive Circus and Aerial Classes and CJ collaborates and jams with. We interviewed Lauren and the interview is in the final stages of editing and will be released soon. Plus we have some great pics that we'll be posting too.

You'll be able to get to know us better through the works we'll be posting soon. We have a website [agilearts.com.au](http://agilearts.com.au) where you can find out loads more about us, what we've done and what services we offer. In addition you can find us on our Agile Arts Facebook page, PM Jackson Raine or I (CJ Raine) directly through Facebook or email us [contact@agilearts.com.au](mailto:contact@agilearts.com.au). We'll also have an Instagram page up and running soon.

I hope everyone is coping ok with lockdown. We really want to use this platform to be collaborating and engaging with people. Even though we'll be showing past work we're showing you what we've achieved and indicating where we're heading which hope will help to keep everyone on track and keep everyone's morale up during this interesting and challenging time.

Hopefully we'll see you all very soon.

Take care.

Bye! 😊