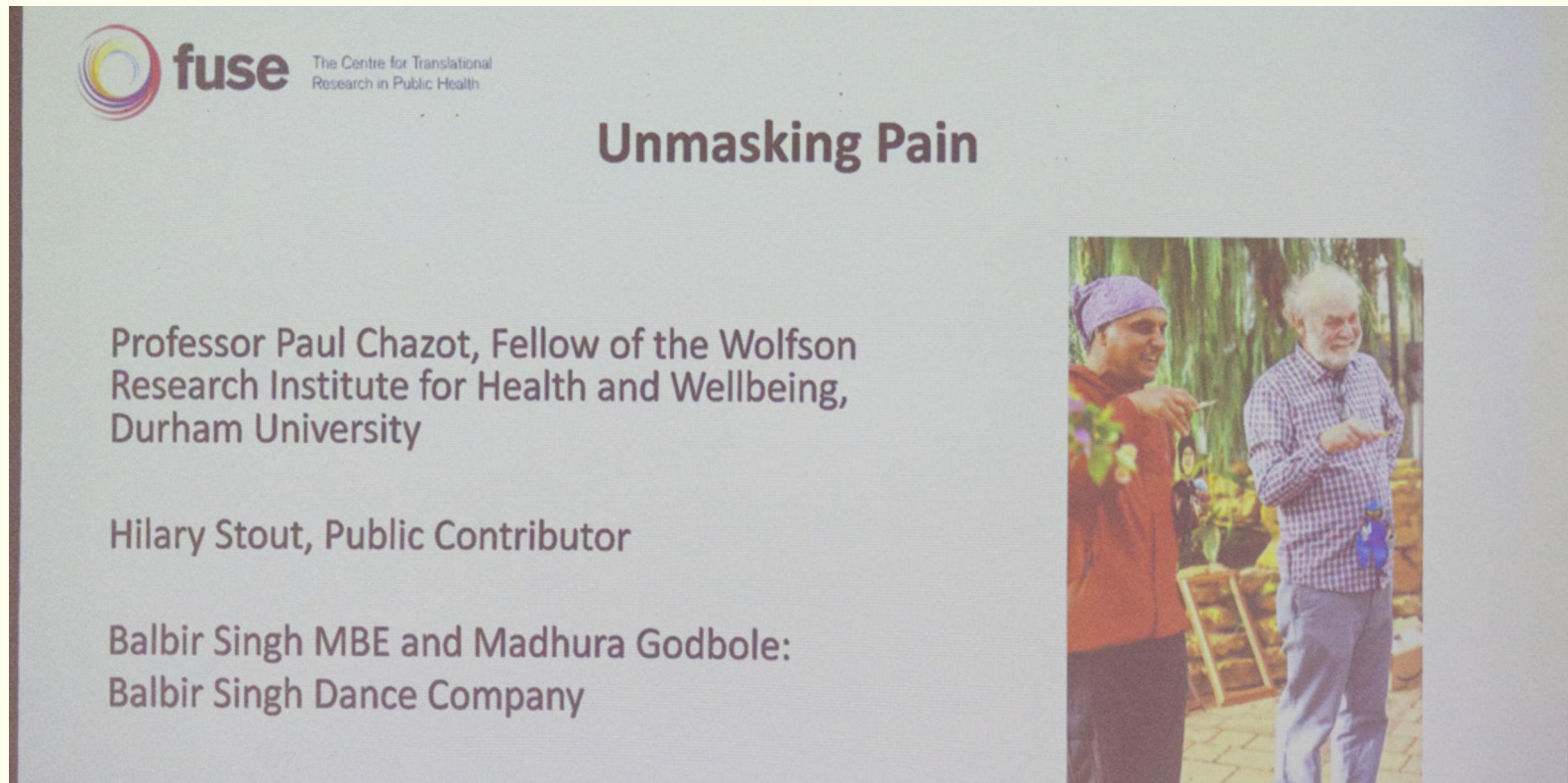


# Fuse Community of Practice

Wednesday, 21 January, 2026

Balbir Singh Dance Company (BSDC) attended the first Fuse Creative Research, Involvement and Dissemination Community of Practice at the Great North Museum: Hancock. Building on the company's Fuse Award-winning project Unmasking Pain, created in collaboration with Professor Paul Chazot from Durham University's Wolfson Research Institute for Health and Wellbeing, BSDC shared insights into how embodied creative practice can shape research and lived experience.





For this event, Fuse Centre for Translational Research in Public Health has brought together researchers, practitioners, policy makers and public partners to explore how creative approaches can deepen involvement, challenge traditional research models and open up new ways of generating and disseminating knowledge. Through dialogue, exchange and live creative contributions, the gathering highlighted the growing role of the arts in addressing health inequalities and fostering more human-centred research practices.

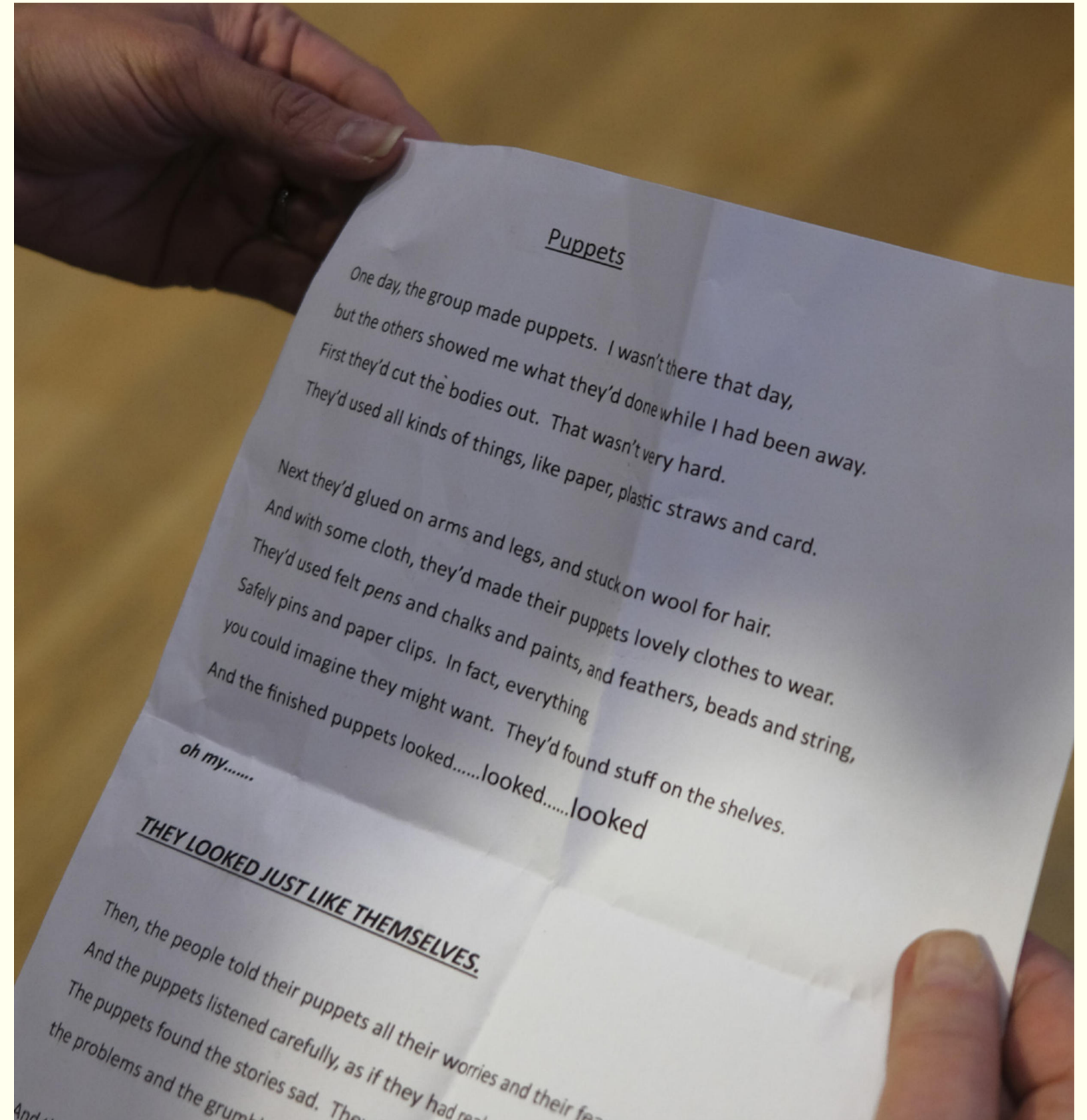


"Setting The Scene" - Welcome Talk

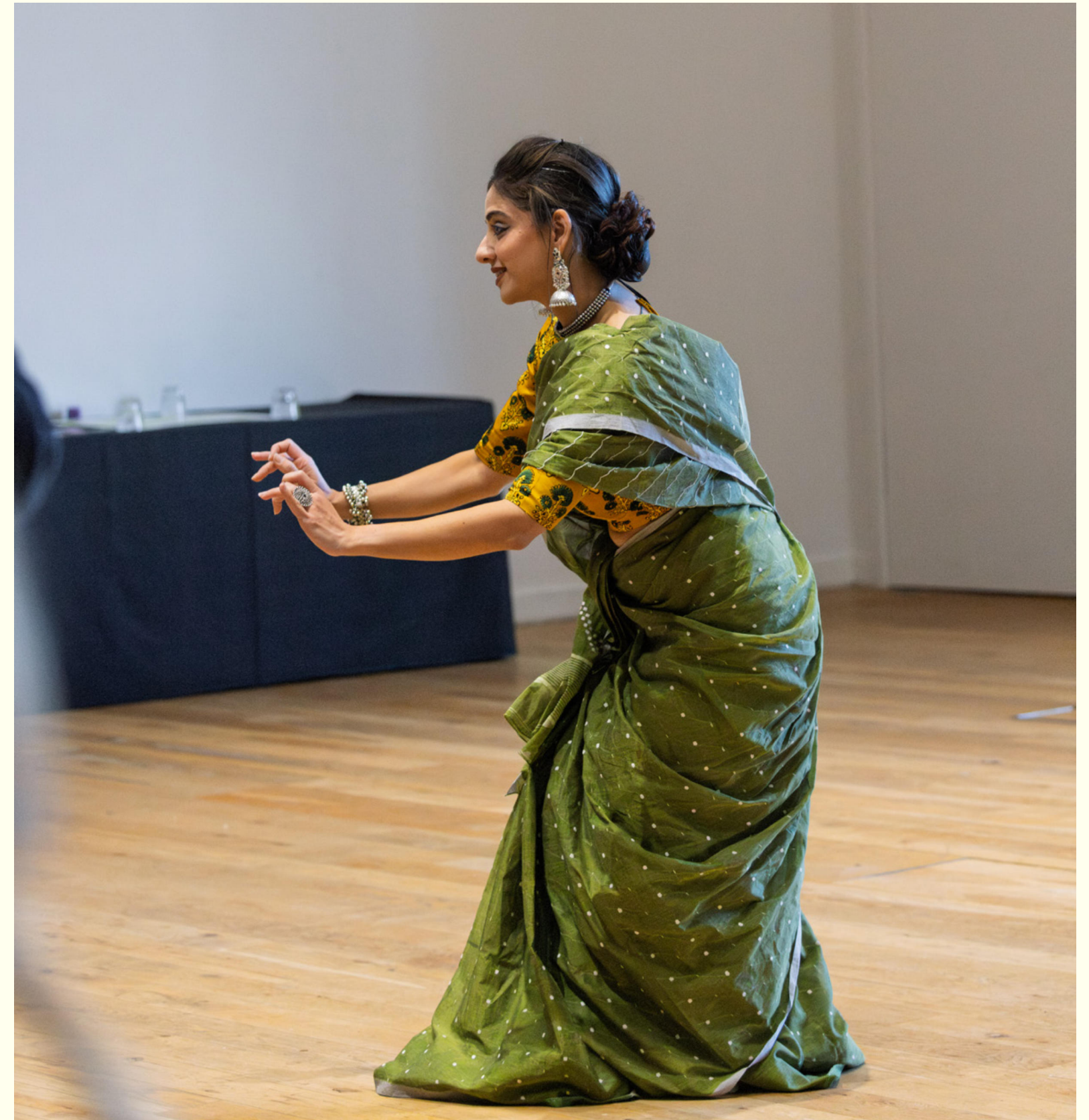
Talks from Fuse colleagues



The "Unmasking Pain" project was presented by Balbir Singh, Madhura Godbole, and one of Unmasking Pain's long-term participants, Hilary Stout. The event offered space for dialogue, exchange and reflection and highlighted dance as a powerful method of involvement, understanding and dissemination.



One of the key elements in "Unmasking Pain" is movement as a device of communication, and dance as a method of inquiry into pain, healing and lived experience. This short performance reflects how embodied practice sits at the core of BSDC's work, intertwining artistic expression with health and wellbeing to create space for understanding, dialogue and transformation.





Movement articulated what words sometimes could not, while poetry and personal testimony gave shape to lived experience. Following the performance, Hilary Stout's deeply personal poems extended this dialogue, reminding us that expression, whether through dance or text, is a vital act of reclaiming narrative, health and sense of self.





"Inspire" - Talks and Performances



Performance and Poetry Reading