

# A Crip Body of Water

spacing is vital for energy flows, 2023

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A fatigue-accessible audio artwork  
around Caban Coch Dam.



by Rowena Harris  
commissioned by Elan Links & MAC, Birmingham

An audio artwork available to experience via downloading to your smartphone, and listening to at fatigue-accessible routes or locations at Caban Coch Dam.

A Crip Body of Water is available to listen on Spotify via the QR code or this link: [bit.ly/crip-body-of-water](https://bit.ly/crip-body-of-water)

This work was developed in spring 2023 as part of Rowena's two part-residency, hosted by Elan Links, and Midlands Arts Centre in Birmingham. The work is inspired by the water and energy management system of Elan Valley in relation to life altering fatigue. It is spoken from the position of water, in combined Welsh and English language, and takes inspiration from pacing practices for fatigue and radical habitation of space and time living with fatigue creates. It's aims are to re-narrativise this landscape for sick, crip and disabled bodies that are often excluded. There is also a video version of this work, which will be on display at the Watershed exhibition at the MAC 29 June - 5 Nov 2023 [macbirmingham.co.uk/exhibition/watershed](https://macbirmingham.co.uk/exhibition/watershed)

### *How to listen to the work*

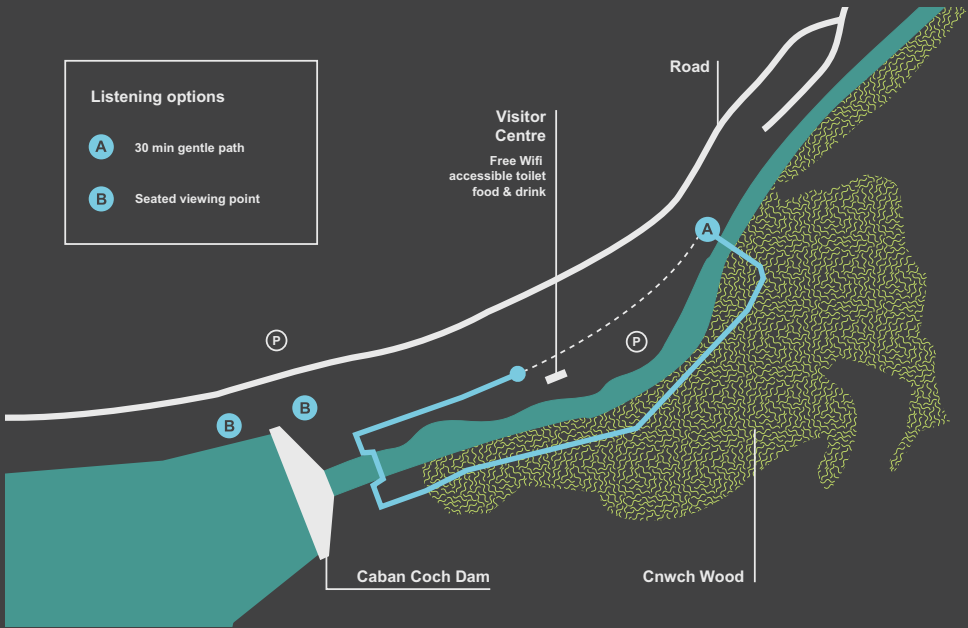
The audio work is approximately 30 mins duration and should be downloaded in advanced as phone signal can be patchy. We recommend disabling noise cancelling on your headphones to include ambient sounds. There are suggestions in the artwork of rhythm, pace and rest, which you can take up as and when it suits you.

### *Listening Locations*

The audio work is designed to be listened to at one of two optional locations, depending on your available energy and access requirements. **A** - a gentle 30 min path through Cnwch Woods; **B** - a seating viewing point above Caban Coch Dam. Both locations are a short distance from a car park, and near the Elan Valley visitor centre, which has an accessible toilet, cafe, shop and free wifi.

### *Trigger Warning*

Themes include fatigue as an aspect of chronic illness, as well as some of the social history of evictions of flooded homes. At times the audio work can be affective. You are in control of volume, as well as pausing, or even stopping the track as you prefer.



### *A - Path through Cnwch Woods*

This route follows the blue 'easy' trail through woods, signposted by blue arrows. It takes approximately 30 mins at a slow pace. There are opportunities to sit down throughout and you can expect to walk up to 10 mins between each bench or seat. The path is wheelchair accessible, though there is a gentle incline towards the beginning that may require some assistance. There is a bench to rest at the top of the incline. The path is compacted stone with some small, loose stones, except for a short distance as you approach Caban Coch where it turns into a well-established track.

The route begins by crossing the iron bridge near the entrance of the car park - it is here that the audio work can be set to play. At the end of the bridge we take a right, and in front is a wooden pedestrian gate - the entrance to the woods. After the gate, we turn right and start a gentle incline on a broad compacted stone path. Do not turn left on the small track up into the woods, this is a non-accessible trail signposted instead with orange arrows.

Our blue route remains on the broad path, continuing forward for some time. There are no turns or deviations, until a second wooden gate just before the turbine house, and as you approach Caban Coch Dam itself. After the gate, we pass the turbine house and turn right to reveal Caban Coch Dam and the masonry bridge that spans the

waters as they form a stream. We cross this bridge and pass by the turbine house on the other side. There is a bench to rest and take in the view, set out on the grass towards the dam.

Passing by the turbine house, there is a final wooden pedestrian gate, which leads us out back towards the visitor centre and car park, with seating available in the picnic area. This is the end of the audio work.

## *B - Seating Viewing Point above Caban Coch Dam*

This listening option is suited to those who require a limited walking distance and are comfortable sitting on available picnic benches for the 30 mins duration, or indeed lying on the grass on warm days.

This option is set at the viewing point above Caban Coch, which can be reached by car from the visitor centre by turning left onto the main road and driving up the incline towards Caban Coch Dam. As you approach there is a car park set back on the right-hand side.

From the car park, you cross the road and, via a painted iron gate, enter the viewing area which is gravel underfoot. There is an impressive view of the top of the dam over the masonry walls, whilst the seated locations for the audio work are set at either side - grass to the left, and trees and shrubs to the right.

The left-hand side has two picnic tables and a bench and offers the front of Caban Coch Dam as its view. The right-hand side has a picnic table and a bench and offers the reservoir as its view. All are options to listen to the audio work.

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English Voice Artist, Jack Trow  
Welsh Voice Artist, Sam Frankie Fox  
Sound Engineer, Christopher Lee

Translation, Delyth Huw Thomas  
with thanks to Long Covid Wales  
an artwork by Rowena Harris

