

Disrupt Disability Arts Festival 2026

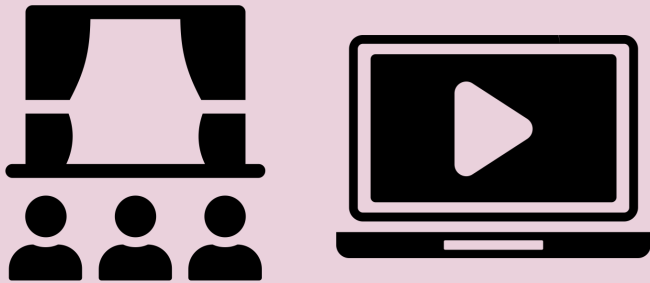
About the Programme
Know Before You Go



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Disrupt Disability Arts Festival is an annual festival by and for the disability community.



The festival will have different types of event:

- Performances
- Workshops and Talks
- Online Streaming



Trigger warnings: We have listed some trigger warnings for each event. For talks we will do our best to warn about any potential triggers during the events as they unfold.

All events will look at **disability** in different ways.

You can use the links below to skip to:

[Thursday 5 March](#)

[Friday 6 March](#)

[Saturday 7 March](#)

[Exhibitions](#)

[Embedded Access Training Programme](#)

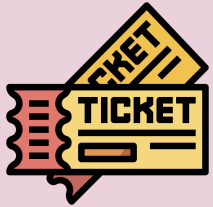


At a glance



Website

You can use this document or [the festival website](#) to find out what is on.



How to book

You can book tickets to any of our events on the [Project Arts Centre website](#) or by calling: **+353 1 881 9613**



Join Online

Many of our events are recorded.

If you book an online ticket you can watch **live** or until **7 April 2026**.



Access Supports

Access supports are listed beside each event.

You can also visit [our access page](#) on the website.

If you have questions you can call: **+353 1 8819 613** or email us at info@disruptfestival.ie

Thursday 5 March



Discover: Disrupt Festival Opening

There will be:

- A circus performance
- A short film
- A panel discussion
- Art exhibitions



Tickets:

€17/€10 in person, free companion tickets available, €5 online ticket

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Free events are noted in the text below and marked with this symbol.



Uncouth by Moss Russell

Circus Performance

The Cube, 5 March, 7:45 pm

Artists: Moss Russell and Brian O'Mahony

'Uncouth' is about social rules that are not explained.

What we think about politeness and behaviour.

How these rules can be confusing and stressful.

The performance uses humour and movement.

The show asks:

- Why do people get judged or left out?
- Why are some people called rude when they are not trying to be?

'Uncouth' is a new show made for the Disrupt Disability Arts Festival.

Access Supports:

- Open Captioning
- Irish Sign Language
- Audio Description
- Online
- Navi Lens
- Sensory Tool Kit
- Relaxed Performance
- Safer air and health measures

Trigger Warnings:

- Identity politics
- Social exclusion



Let Go by Louise Bruton

Short Film

The Cube, 5 of March, 7:45 pm

Director: Louise Bruton

The story is about:

- Two women who used to be best friends
- They meet again as adults
- They remember their teenage years

The film shows:

- Being disabled can be difficult
- Being a teenage girl can also be very difficult

Access Supports

- Open Captioning
- Irish Sign Language
- Audio Description
- Online
- Navi Lens
- Sensory Tool Kit
- Relaxed Performance
- Safer air and health measures

Trigger Warnings

- Gender
- Health care
- Ableism
- Disability-related surgery and amputation



Panel Discussion

After the performance and film, there will be a talk.

- The artists will talk about their work
- Share ideas and experiences
- Discuss disability, art, and access

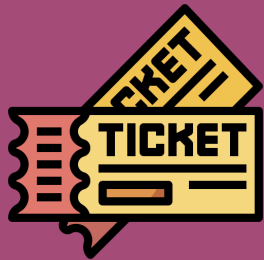
Friday 6 March



Disrupt Day Two

There will be:

- An online talk: Our Place & Carlow Arts Festival
- A touch tour: Unveiled
- A theatre performance: Unveiled
- A talk: Unveiled
- A dance performance: The Arc of a Heart Shaped Curve
- A dance performance: Amoroso
- Art Exhibitions



Tickets:

€17/€10 in person, free companion tickets available, €5 online ticket

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Free events are noted in the text below and marked with this symbol.

FREE



Our Place: Cross-Sector Discussion **Strengthening Inclusion for Artists with Intellectual Disability**

Online, 6 March, 10:30pm - 1pm

Duration: 150 minutes

Free Event

We will talk about the best ways to include people with learning disabilities in the arts.

We will focus on:

- artists with an intellectual disability
- fair and equal working conditions
- inclusion and access in the arts.

There will be short presentations and times when you can talk in small groups.

The event is for:

- Artists
- Arts workers
- Organisations
- People working in disability and arts sectors

Access supports:

- Open Captioning
- Irish Sign Language
- Audio description
- Online
- Comfort Breaks
- Technical Assistance

Trigger warnings:

- Ableism
- Inequality
- Exclusion
- Disability Rights



Unveiled: Touch Tour

The Cube, 6 March, 4:30pm

A Touch Tour allows people to touch props and costumes, and become familiar with the stage

Access Supports:

- Relaxed Entry
- Sensory Tool Kit
- Safer Air & Health Measures



Unveiled by Max Whelan

Theatre Performance

The Cube, 6 March, 5pm - 6pm

Duration: 60 minutes

Writer: Max Whelan

Director: Al Bellamy

- This is the story of Soul.
- Soul is trapped in a body that does not work the way they want it to.
- Soul feels lost, alone, misunderstood.
- Body and Soul must work together to be heard.

Max is **non-speaking**, the play is based on his life.

Access Supports:

- Open Captioning
- Irish Sign Language
- Audio description
- Online
- Relaxed Performance
- Sensory Tool Kit
- Safer Air & Health Measures

Trigger Warnings:

- Powerful emotions



After the performance, there will be a **discussion**.

It will be about the ideas in the play.



Amoroso by Teatr Klucz

Dance Performance

Space Upstairs, 6 March, 7pm - 8pm

Duration: 60 minutes

The show is presented by Disrupt, Europe Beyond Access and Project Arts Centre. It is a dance performance by Teatr Klucz, a theatre company from Poland.

The show is about love:

- Love for other people
- Love that is happy
- Love that is lost
- Love that is difficult

The show asks:

- What does love mean to you?
- What would you give up for love?

The show is slow, calm and poetic.

Access Supports:

- Open Captioning
- Irish Sign Language
- Audio description
- Online
- Relaxed Performance
- Sensory Tool Kit
- Safer Air & Health Measures

Trigger Warnings:

- Disability



The Arc of a Heart Shaped Curve by Sighile Hennessy and Cindy Cummings

Dance Performance

The Cube, Friday 6 March, 8:30pm - 9:45pm

Duration: 75 minutes

Dancers: Sighile Hennessy and Cindy Cummings

Director: Steve Batts

Music: Dave Boyd

This is a dance show. It is new.

The show is about:

friendship, trust and connection.

The dancers move slowly, calmly, with care.

The show invites you to slow down, relax your body, and watch two people connect.

It was created by: Sighile Hennessy, Cindy Cummings, Steve Batts, Dave Boyd and Eoin Winning.

Access Supports:

- Open Captioning
- Irish Sign Language
- Audio description
- Online
- Relaxed Performance
- Sensory Tool Kit
- Safer Air & Health Measures

Trigger Warnings:

- Disability

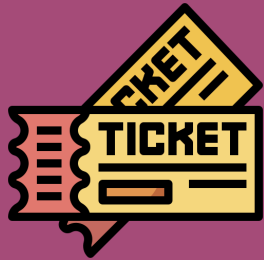
Saturday 7 March



Disrupt Day Three

There will be:

- A workshop: Learning Irish Sign Language
- A workshop: Fócloir Faoi Mhíchumas - Disability Dictionary
- A touch tour: Mark of a Woman
- A theatre performance: Mark of a Woman
- Art Exhibitions
- Our Closing Party!



Tickets:

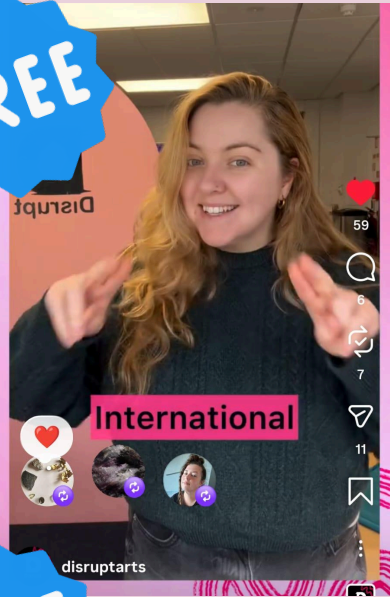
€17/€10 in person, free companion tickets available, €5 online ticket

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Free events are noted in the text below and marked with this symbol.

FREE



Dis-Cussion: Learn ISL Basics with Disrupt Space Upstairs - Saturday 7 March, 3pm - 4pm
Length: 60 minutes

Free Event.

A drop-in event to learn Irish Sign Language.

This is a relaxed, friendly, learning session.

It is open to everyone.

Access Supports:

- Irish Sign Language
- Audio description
- Relaxed entry
- Sensory Tool Kit
- Safer air and health measures

Trigger Warnings:

- Disability

FREE



Fóclóir Faoi Mhíchumas - Disability Dictionary
by SoSo Ní Cheallaigh and Billí Mills.
Friday, 6 March, 4pm - 5:30pm
Length: 90 minutes

Free Event.

In this workshop you'll explore Irish words about disability.

This session is beginner-friendly and open to everyone.

Access Supports:

- Irish Sign Language
- Audio description
- Relaxed entry
- Sensory Tool Kit
- Safer air and health measures

Trigger Warnings:

- Inequality
- Exclusion



Touch Tour: Mark of a Woman

The Cube, 7 March, 6:45pm

A Touch Tour allows people to explore the stage, touch props and costumes, and become familiar with the space.

Access Supports:

- Relaxed entry
- Sensory Tool Kit
- Safer air and health measures



Mark of a Woman by Chisato

Minamimura

The Cube, 7 March, 7:15pm - 8:15 pm

Length: 60 minutes

Created and performed by **Chisato Minamimura** a UK-based Deaf performer.

The show uses sign language and technology. It is about seeing and feeling sound.

It explores women's lives, tattooing and body marking.

The show uses Visual Vernacular (a poetic and choreographed form of sign language).

Access Supports:

- Audio description
- Irish Sign Language
- Visual language
- Relaxed entry
- Sensory Tool Kit
- Safer air and health measures

This performance uses haptic straps.

- There are a limited number
- Deaf audience have priority

Trigger Warnings:

- Strong emotion
- Body marking



Sign The Night Away by Sarah Jane O'Regan

Disrupt Closing Party

Space Upstairs, 7 March, 9pm - 10:15pm

Length: 75 minutes

End the festival with our Disrupt Closing Party.

Dance and enjoy music with Sarah-Jane O'Regan,
who will perform in Irish Sign Language.

Everyone is welcome!

Access Supports:

- Irish Sign Language
- Open Captioning
- Relaxed Entry
- Audio Description
- Sensory Tools



Exhibitions



Cumha by Elena Horgan 5 - 7 March, Project Arts Center Foyer

Elena is a youth and community worker, and a filmmaker.

‘Cumha’ explores language and loss. It looks at land, identity, and language.

Elena ask us:

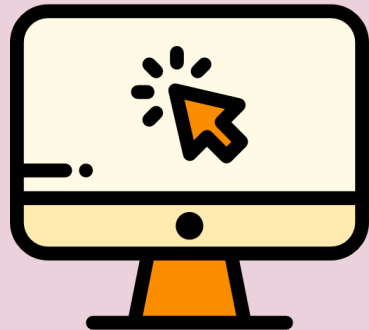
Without knowing my people, my land, or myself through my own language, am I missing a part of myself?

Access Supports:

- Open Captioning
- Relaxed Entry
- Sensory Tools

Trigger Warnings:

- Loss
- Grief



Taking the Weight Off by Mimi Seery 5 March - 7 April, Online

Mimi is a visual and community artist.

‘Take the Weight Off’ is about how history still affects us. It looks at systems: colonialism, religion, and capitalism. These systems have caused pain and trauma.

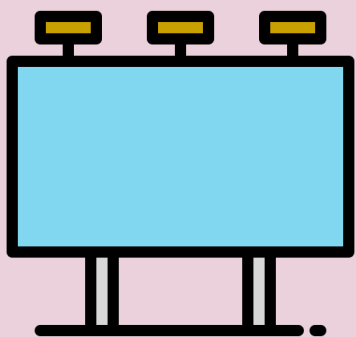
The exhibition uses humour and rituals to help people feel lighter and share the experience.

Access Supports:

- Online
- Audio Description
- Alt Text

Trigger Warnings:

- Historical trauma



Disrupt Festival Billboard by Brendan Lonergan

5 - 7 March

Don't miss the Billboard by Brendan Lonergan.

Brendan is a sketch artist with Cystic Fibrosis.

Their work will be featured on a large scale outside the Project Arts Centre while the festival is on.

Access Supports:

- Audio Description

Trigger Warnings:

- Disability

Embedded Access Training Programme

Training is designed for those working in the sector to upskill.

If you are interested in applying for a place on one of these workshops please contact training@disruptfestival.ie

Access Supports for workshops will be discussed with participants on a case by case basis.



Creative Captioning Workshops

Ben Glover, Daniel Hughes & Sarah Browne

25 - 27 Feb

This three-day workshop introduces creative captioning.

Led by experienced professionals alongside Deaf artists.

You will move through the full creative captioning process.

Planning, designing, operating, combining case studies, discussion, and hands-on work.

Accessibility will be an important part of how we create.

You will develop and operate creative captions for a song that will be presented at the festival Closing Party.

This workshop is for artists, designers, filmmakers, and performers.

You should have a good understanding of video, captioning or animation.

A good understanding of After Effects is helpful.



Visual Vernacular Workshop

Chisato Minamimura

9 - 11 March

A three day workshop with Deaf performance artist and choreographer Chisato Minamimura.

Chisato is a Deaf performance artist, choreographer and BSL art guide.

Chisato was born in Japan but now lives in London.

Chisato has created, performed and taught in lots of countries around the world.

During the workshop, Chisato will lead you through how she works

This includes Visual Vernacular, text and audio description.

You will explore the connections between movement, visual language, and access.

What is Visual Vernacular?

Visual vernacular (VV) is a type of performance.

It combines sign language, dance and theatre.

It is part of Deaf culture.

It is used to tell stories with body language, facial expressions and gestures.



Workshop in Embedded Access

Stopgap Dance Company

12 - 13 March 2026

Join Stopgap Dance Company for a hands-on workshop and dive into creative access in dance.

Stopgap Dance Company is a diverse creative team.

They use dance as a movement for change.

Their mission is to create an inclusive world where diversity is accepted and celebrated.

A world where no one is limited by prejudice against Deaf, Disabled, or neurodivergent people.

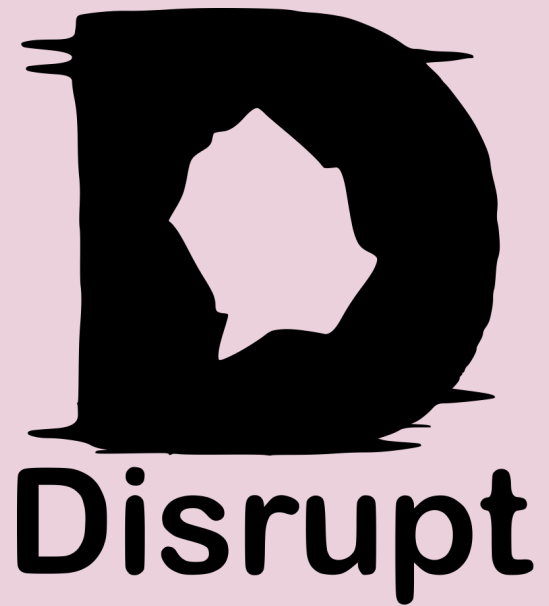
In the workshop you will explore their performance 'Lived Fiction'.

You will discover how accessibility and art can come together.

You will see how this can make powerful and inclusive performances.

What will you do?

- Learn about Creative Access.
- Hear Stopgap's journey of creating accessible dance work.
- Be given time to talk about your own experiences with, or aims for, Creative Access.
- Meet other artists who care about fairness and access.
- Explore making dance and performance experiences for all to enjoy.



Contact us

If you have **questions** you can get in touch at:
info@disruptfestival.ie

or by calling: **+353 1 881 9613**