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Inspired in self-isolation: Rob Sinclair

With Covid-19 lockdowns worldwide and health authorities urging people to self-isolate and practice social distancing on a massive scale as part of an enormous effort to #FlattenTheCurve of this global pandemic ... we are reaching out to industry friends, colleagues, associates, partners, etc., and asking them to share their #StayAtHome and #QuarantineAndChill activities with us during this extraordinary time.

Rob is an award-winning production and lighting designer and creative director, known for his original ideas, style and penchant for visual daring. He usually lives in hotels and on aeroplanes, and just before the lockdown, had opened Tame Impala's massive new show in LA and San Diego.

Robe: Where are you right now?

Rob: I'm in a tiny cottage in Oxfordshire with sun streaming through the front door.

Robe: How are you spending time whilst isolating / on lockdown?

Rob: Trying to reflect, learn and not get too anxious.

We're in a whole new world and I think we all need an openness and awareness to be able to understand it.

Robe: What's the most creative thing you're able to do whilst in isolation?

Rob: The first couple of weeks were hard. My brain just didn't seem to want to work.

Luckily, I've started to wake up. I sent postcards to anyone that asked me on Instagram - over 130 of them, all handwritten - as a sign of kindness, empathy and hope.

We're also running a free Vectorworks course which is going really well. Being able to help and maintain a sense of community is so important. We're going to repeat the course in June.

Robe: Are you looking after anyone else during the Covid-19 crisis? Like neighbours or others in the family?

Rob: I have my mother's slightly grumpy, blind and old dachshund - Evi - staying with me. Hopefully we're looking after each other.

Robe: Has anyone particularly inspired you since this crisis started?

Rob: Lots of people but I'm going to single out the amazing Sam Furness who has been setting creative challenges on Instagram every weekend <https://www.instagram.com/saaamfurness/>

Constraints really can be good for creativity - as a wise man once told me.

Robe: What has been your favourite book / movie / Netflix or TV series / viral video / Games / music?

Rob: The Mandalorian - A lone gunfighter makes his way through the outer reaches of the galaxy - on Disney Plus, and I'm reading John Le Carré's Agent Running in the Field - a chilling portrait of our time published at the end of last year.

I'm also bingeing Dan Carlin's Hardcore Histories podcast on my government-sanctioned daily walk!

Robe: What's the first thing you'd like to do when we are through this crisis?

Rob: Go to the theatre.

Robe: Own question / answer / message of solidarity or something you'd like to say?

Rob: I'm pretty inspired by the human spirit and how adaptable we are as a species. It really helps me stay somewhat positive.

