

## DIVERSE DANCE

Diverse Dance project consisted of five workshops with over 50s in West Derby, including five sharing sessions and five short performances. The project was funded by and the 2010 Health & Wellbeing Fund and Liverpool Council for Voluntary Service.

Three of the sessions were delivered at St Mary's Millennium Centre, Meadow Lane, West Derby in conjunction with Encourage North West (formerly Dark Horse Venture), one was delivered with the Stroke Recovery Group, and one with one at West Derby Dementia Care Home.

We delivered sessions in:

Indian Dance & storytelling (x 3)

Black & African Dance (x 1)

Chinese Dance (x 1)



Overall we had 73 participants, at least 58 of whom were over 50. An estimated 60% of these were over 70 (participants were invited within the anonymous evaluations to disclose their age but many chose not to).

The response of participants was overwhelmingly positive, with comments focusing predominantly on the entertaining and relaxing nature of the workshops. We also enjoyed a visit by (the prospective, now actual) Labour MP Stephen Twigg, who even joined in with part of one of our Indian Dance workshops!... We were pleased to have secured his support.

### **Chinese Dance Workshop - St Marys Millenium Centre - 9<sup>th</sup> April 2010**

Led by Fenfen Huang of local Chinese cultural organisation ChinaPearl, and Bisakha Sarker, this workshop explored Chinese fan dancing and other styles from around this culturally diverse country.





*“Enjoyed the afternoon. Hope I can make it another time.”*

*“Relaxing and interesting”*

*“Brilliant!”*

### **Indian Dance Workshop – West Derby Dementia Care Home – 12<sup>th</sup> April 2010**

Twenty four residents took part in this workshop which explored relaxation, movement and Indian dance and storytelling with Bisakha Sarker and accompanying musician Chris Davies.

### **Indian Dance Workshop – St Marys Millenium Centre - 16<sup>th</sup> April 2010**

Bisakha Sarker led this beautiful workshop accompanied by musician and percussionist Chris Davies. After the workshop they also had the opportunity to enjoy a performance by Indian dancer Varsha Mangalam.

*“Wonderful Indian dance. Enjoyed the movements”*

*“Beautiful exhibition dancing. Interesting movements.”*

*“Better than the Empire!”*



### **Caribbean Dance Workshop – St Marys Millenium Centre - 23<sup>rd</sup> April 2010**

Led by Ithalia Forelle, seven participants took part in this lively workshop exploring the dance and rhythms of the Caribbean.



## Indian Dance Workshop – Stroke Support Group - 27<sup>th</sup> April 2010

In association with the Stroke Support Group this workshop had twenty four participants led in gentle and approachable exercise by Bisakha Sarker. The group predominantly enjoyed this session greatly, with one female participant anecdotally noting that, whilst she had been unable to perform some of the hand gestures with her normally 'good' hand, she had been able to produce them beautifully with her normally less mobile 'bad' hand.

*Overall the project was a great success, with a range of participants who had never taken part in similar activities in the past, nearly all of whom stated that they would like to do so again. The events raised awareness of health, wellbeing, dance and a variety of cultures. Chaturangan is currently identifying ways in which we can continue to provide workshops for older people in the locality, and very much hopes to present similar projects in the future.*

