

Press Release



Akademi launches new Community Learning Programme: Ageing Artfully

An exciting new project involving older adults in creative learning activities, promoting healthy living, active ageing, good food, fun and wellness all in one.

We are giving older adults the chance to re-discover themselves by taking part in creative activities and wellbeing sessions.

Exploring the themes of

- **Cooking for Health** with celebrity Chef Manju Malhi
- **Walking for Health** with innovative Bollywalk and Dancewalks by Khavita Kaur
- **Dance and Movement** sessions unveiling the mystery of yoga with Krishnaa Kinkari

We are inviting older adults in Camden to join us on an uplifting journey, improving wellbeing, fitness and having fun whilst learning to be Health Champions.

These innovative education sessions will encourage personal wellbeing, with each participant making a wellness progress plan. We aim to encourage experimentation and promote a positive life approach. The project is designed for over 50's and is open to everyone in this age group.

Celebrity Chef, Manju Malhi, will be joining us, she is known for her Simply Indian series and appearances on ITV's Saturday Cooks and This Morning. Manju was the winner of the BBC's Food and Drink competition in 1999 and has cooked with acclaimed BBC2 television chef, Antony Worrall Thompson.

The project will run from September 2012-July 2013. In partnership with The Calthorpe project in Kings' Cross, the Surma Centre in West Euston and Camden's Active health team.

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**Community Learning
Innovation Fund**



Funded by Camden Council

Akademi
SOUTH ASIAN DANCE UK



Notes

1. Ageing Artfully will consist of the following strands, led by expert facilitators:

Cooking for Health

Working with people from diverse ethnic backgrounds, Akademi tutors will lead sessions in cookery and healthy eating. Tutors will create wonderful menus and dishes from many cultures and demonstrate how to plan and cook nourishing fresh food on a budget.

Health Walks

Camden adults will be taken on a series of creative walks in the fresh air. Akademi specialises in BollyWalks, Dancewalks and 'Walks to the Beat' which will take place on Hampstead Heath, Regents' Park, Primrose Hill as well as other lovely parks and outdoor spaces which enrich Camden. They will also visit local allotments, cook freshly-picked produce and take in the vivid sights, aromas and colours of the world whilst shopping at London's vibrant marketplaces.

Dance and Movement Workshops

Akademi's professional dance tutors will provide classes for older adults in Yoga and Creative movement, teaching participants how to ensure they take the right amount physical activity each week, building confidence in mind and body for improved physical and emotional health.

Volunteers and Health Champions

During the project, Akademi will provide training for older adults who will become advocates for ageing well and will help reach out into communities to share the message of active ageing and information on wellbeing and keeping fit. Akademi will also train

health champions to run sessions for other adults and help them build partnerships once the project ends.

Individual Wellness Plans

Each adult will develop a Wellness Plan with an Advisor and we will help them make progress with this, giving them all the advice and help they need to carry on working with other services and take part in projects in Camden and beyond, with the outcomes of staying healthy and using what they've learnt about Active Ageing, making positive changes towards healthy living for the future.

2. About the COMMUNITY LEARNING INNOVATION FUND:

The programme is being funded by the Skills Funding Agency as part of the Community Learning Innovation Fund. There are learning programmes and activities being funded through the Community Learning Innovation Fund all over England.

3. About Akademi:

Akademi (www.akademi.co.uk) is the leading organisation working with choreographers and dancers to produce and develop South Asian dance in the UK. For over 30 years Akademi has pioneered new visions of dance, synthesising classical and contemporary influences - and contributing to the cultural exchange that is now part of the creative DNA of the UK. In addition, the organisation's internationally recognised and respected community outreach programme mobilises South Asian dance for learning, creativity and well-being. Akademi innovate a rich year-round programme of work, from large-scale outdoor spectacles to intimate productions for unusual spaces and venues.

Twitter: @akademi

Facebook: akademidance

4. About Calthorpe project:

"An inner city oasis – a community garden and centre where people grow and learn together taking care of each other and the environment."

Volunteering opportunities for people with a few hours to spare helping maintain the garden and food growing area. Families with young children mostly living in flats with no gardens meet and learn together through play. Holiday, after-school and weekend programmes provide out door, creative and social activities for children.

<http://www.calthorpeproject.org.uk/>

5. Manju Malhi is a well know British Indian chef, known for offering Western cuisine to India and Indian cooking to the Western world. Through her website, books, TV shows, cooking demonstrations and charity work, she is able to combine her western background with an eastern upbringing. Her work involves simple cooking ideas to get back into the kitchen. Recently, she has championed British foods in India and encouraged over 80 million viewers to eat British cuisine in her TV series 'Cooking Isn't Rocket Science' - an ideal which she likes to endorse by making her style and approach to cuisine simple, laidback, quick and accessible. Manju's latest offering 'Easy Indian Cookbook' explores new ideas which she hopes will encourage more and more people to experiment with

spices and her fourth cookbook is entitled 'Classic Indian Recipes' celebrating the richness of cuisines from the Indian states.

6. **Krishnaa Kinkari**, resident of London and of Welsh descent has been studying and teaching yoga since the early seventies which is when she first went to India to study Yoga, Sanskrit and Vraja Bhasha. Yoga which has remained her passion ever since, although she also taught Taiqiquan and Qigong for many years. In London she teaches in diverse settings private, public and in care centres. She teaches potential yoga teachers under the umbrella of Teach Yoga and The British Wheel and has conducted many workshops for Akademi. Now in her sixties with three grown up children she is very enthusiastic about the relevance of yoga at all stages of Life and is the author of several dual language books on devotional Yoga. She is an allotment holder and a very keen gardener. She is a strict vegan and also grows her own healing teas and herbs. She visits India every year where she works with a school project for very disadvantaged children, to which the proceeds of her books are contributed. Her main areas of expertise are Sanskrit[chanting] and Mudra[healing Gestures] combined with Pranayama[energy work through the breath).

7. **Khavita Kaur** is currently an Indian Classical Dancer (Odissi), with a rich and diverse background in the performing arts spanning 20 years. Growing up, Khavita actively pursued Solo Acting, Theatre, Musical Theatre and Indian Folk Dance by competing and performing on a regional and international arena and won numerous awards. In 2001, Khavita embarked on her journey in Indian Classical Dance by training intensively in Bharatanatyam and Odissi, and has gone on to perform internationally – UK, Malaysia and India. Khavita holds a degree in Chemical Engineering with Environment and continues to pursue her passion for the performing arts alongside her career in Business Consulting. Alongside her professional development as a performer, Khavita has also engaged with Akademi in Arts Education. Over the last 5 years, she has built up extensive experience in conducting workshops for families, older adults, children and the disabled.