AGE/NCY: ART, AGEING & TRANSITION

Flourishing Lives at Tate Exchange

April 26 - 28

Join us for an inspiring weekend of FREE events, activities, performances and talks celebrating the creativity of older people and connecting generations through art.

Ageism is getting old – join Flourishing Lives' community arts exchange and help put stereotypes in the past.

In 1969, the psychiatrist Dr. Robert N. Butler coined the term 'ageism' to denote the way society denies older people the opportunities to pursue life, to reinvent themselves.

To mark the 50th anniversary of the anti-ageism movement, Flourishing Lives will create an intergenerational arts exchange in Tate Modern that will shatter sedate stereotypes of ageing and older people.

Take Part

Tate Exchange at Tate Modern is a space for everyone to collaborate, test ideas and discover new perspectives on life, through art. From April 26 - 28 the Flourishing Lives coalition will be taking over that space to showcase the immense creativity of older people and explore the power of connecting generations through art.

We want as many people as possible to join the celebration over the weekend, enjoy the events and take part in the activities so please do come along with your community groups and get involved!

Our free three-day programme will span parkour, stand-up comedy, circus skills, dance, physical theatre, music, workshops, the visual arts, and collaborative installation. Join us and explore the idea of ageing as transition and examine the elision of identity that we all experience, whether young or old, as we travel across the life course.

'Age/ncy' offers an interactive space for us to reflect on perceptions of ageing and celebrate the profound sense of identity, community and independence that older people can access through art.

Save the dates!

26 April 2019 at 12.00–17.00 (+ Tate Lates at 18.00–22.00)

27 April 2019 at 12.00–17.00

28 April 2019 at 12.00–17.00

Address: Tate Exchange, 5th Floor, Blavatnik Building, Tate Modern, Bankside, London SE1 9TG

For full details all of the free events, activities, exhibitions and performances that we will be staging during the weekend, please see below:

Comedy Bootcamp

with Lynn Ruth Miller - the world's oldest comedienne
Workshop Fri April 26, 13:00 - 15:00 + stand-up performance 15:30 - 15:45
Workshop Sat April 27, 12:15 - 14:15 + stand-up performance 14:40 - 14:55
Workshop Sun April 28, 14:00 - 16:00 + stand-up performance 16:00 - 16:25

Learn the basics of what it takes to launch a stand-up comedy career, with expert guidance from Lynn Ruth Miller, the world's oldest comedienne.

In this workshop, you will learn the basics of joke-telling, write your first three to five-minute set and then perform it before the group in a friendly and accepting atmosphere.

We will all discuss together ideas on how to sharpen each joke. It is up to you to edit your set after the workshop and polish your craft at open mic nights to practice and refine the set you have written.

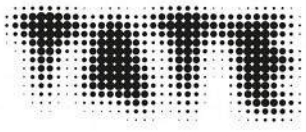
Be sure to come prepared with ideas of what you want to talk about in the set you will write. Pick something that you think is ridiculous or silly. This can be the new emphasis on diets, the crazy routines you do, the way you deal with children or partners, or the things that make you angry: sexism, prejudice; rules and regulations, attitudes…. that kind of thing. This workshop is meant to be fun. The goal is to make each other laugh!

There will be an optional opportunity to perform 3 minutes of comedy in a show after the class.

Details:

- **The workshops are FREE and will last 2 hours**
- **There will be an optional opportunity to perform 3 minutes of comedy in a show after the class**
- **Please book in advance via Eventbrite: https://tatecomedybootcamp.eventbrite.co.uk**

Lynn Ruth Miller is the poster girl for growing old. She's 85 years old and the only thing that frightens her is her own reflection. She hates ageism and tells shocking stories about dating octogenarians, what it's like being the oldest female stand up in the business (RIP Joan Rivers). Young people of the world, see how far we have come and how outrageous you can be when you are too old to give a damn.



What Are We Afraid Of Losing? / What Do We Hope To Hold On To?

Joshua Bilton & ACAVA (Association for Cultural Advancement through Visual Art)
Fri April 26 - Sun April 28, 12:00 - 17:00

Join artist Joshua Bilton with ACAVA in the making of a large-scale puppet and fabric cloak. Drop in and embellish the cloak with stories, notes, words, poems, doodles and drawings that will then be sewn together and paraded through Tate as part of a final performance.

Both the cloak and the mask are forms of invisibility and an opportunity to share something of oneself but also to imagine an elsewhere, to lose oneself in memory or the fiction of a future self, place or planet. The cloak will discuss ideas of mutability - a sense that all matter

is unstable in the face of mortality. The puppet will act as a messenger carrying stories of what we are afraid of losing and what we hope to hold onto, encompassing but not limited to oral histories, words, culture, habitat, environment, the body and personal memories.

ACAVA is an arts charity, providing affordable studio space to 550 artists across London, Essex and Stoke on Trent. Through the delivery of a public programme, ACAVA links artists with the local communities in which they work, with the core belief that art is good for people, and artists are good for communities.

Our participation in the Flourishing Live Tate Exchange is supported by NHS West London Clinical Commissioning Group as part of our Art for Wellbeing: Everyday (AWE) project.

During the project Josh will be joined by residents from North Kensington.

Find out more about ACAVA here: https://www.acava.org/.
Find out more about Joshua Bilton here: http://www.joshbilton.com/.

‘The Colville Set’ - Writers in Residence

Central & Cecil Housing Trust & Nichola Charalambou
Fri April 26, 12:00 - 17:00

C&C is a not-for-profit social landlord providing Sheltered Accommodation and Care for over 55s in London. Through an ever-evolving programme of creative activities and events they strive to improve the health and wellbeing of their residents; building community spirit and challenging pre-conceptions of ‘later life’.

Nichola Charalambou runs regular creative writing classes for C&C residents and at Claremont Project. Her groups meet on a regular basis, responding to varied themes in the form of poetry, short stories and factual pieces.

Led by Nichola, the writers will facilitate and participate in a creative writing workshop along the themes of movement and ageing – responding to a range of stimulus and inviting the public to join them. No previous creative writing experience is needed.

Find out more about C&C here: https://www.ccht.org.uk/
Find out more about Nichola Charalambou here: http://www.creativewrites.co.uk/

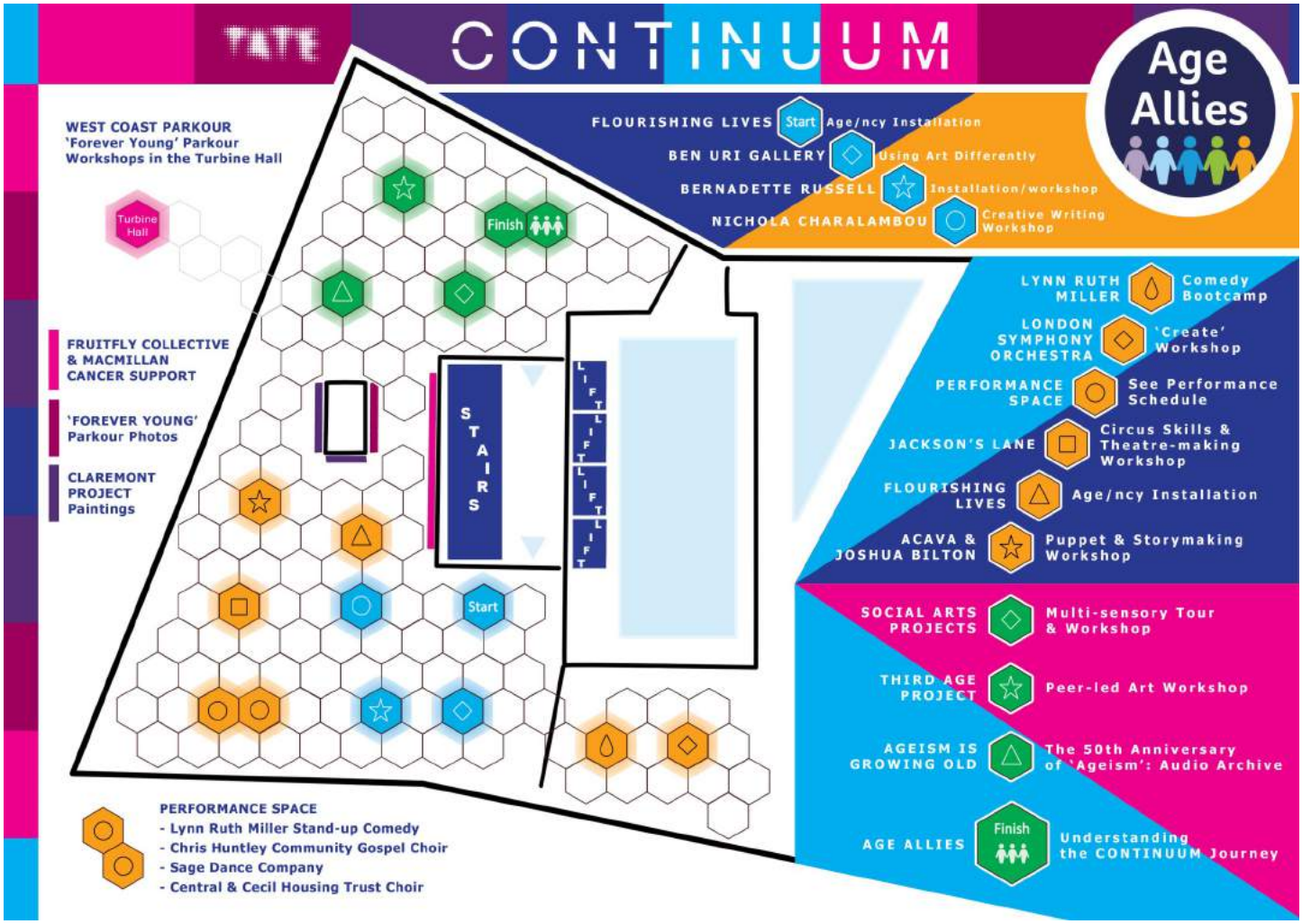
‘All Together Singing’ - Choir Performance

Central & Cecil Housing Trust with Nicola Wydenbach & Laurie O’Brien
Fri April 26, 13:00 - 13:20 + 15:00 - 15:20

‘All Together Singing’ is an over 55s choir which was established by C&C following their residents involvement in a Royal Opera House community project.

The choir take part in a variety of projects throughout the year and often perform for residents living in C&C’s Camden care homes. As part of Age/ncy, ‘All Together Singing’ will be working with vocal coach Nicola Wydenbach and accompanist Laurie O’Brien to devise a short performance based around the themes of ageing, transition and identity. The 20 minute piece will include contemporary and classic songs, with additional spoken word pieces written by C&C residents.

C&C
where inspiration lives



Continuum

Age Allies

Interactive 'board game' Fri April 26 - Sun April 28, 12:00 - 17:00

Continuum is an interactive 'board game', designed by Age Allies to help you move through the Age/ncy exhibition space.

The hexagonal 'game board' tiles allow for multi-directional movement across the landscape of age and ageing, inviting you to connect and participate in activities while reflecting on your own experience.

How you choose to sojourn through the space will be as individual as you are. It is a journey of self-discovery, offering you greater awareness of your assumptions and your potential.

The liminal 'game' culminates in the Age Allies Workshop, where our team of volunteers will help you to explore your connection with your past, present, and future. We want to hear how your journey through the Age/ncy exhibition has changed the way you think about age and to further explore your assumptions and understanding of ageing.

The Age Allies programme provides FREE Age Awareness Workshops to organisations and businesses across London. The half-day workshops have been developed in collaboration with older Londoners and are designed to help participants identify their own unconscious attitudes and assumptions about older people.

For more information about the Age Allies programme: https://www.ageuk.org.uk/london/projects-campaigns/our-projects/info/age-allies/

London Symphony Orchestra

Creative music-making workshop
Fri April 26, 15:30 - 16:30

Join musicians from the London Symphony Orchestra and workshop leader Rachel Leach in a creative taster music-making workshop session where we will listen to mini performances from the players, improvise and create original music together as a group.

LSO Discovery, the orchestra's community and education strand was founded in 1990 and remains a pioneering music education programme. Since 2003 much of its activity has been based at LSO St Luke's, the Orchestra's venue on Old Street, which acts as a home to a wide range of music engagement projects and concerts designed for the local community. The work also reaches out to the wider community through projects in hospitals, community centres and nurseries, as well as schools and music hubs across ten East London boroughs.

We run a series of Friday Lunchtime Concerts and Relaxed Performances throughout the year. With live performances and introductions from the presenter, these free concerts are the perfect opportunity to learn more about music and the instruments of the orchestra, so just turn up and enjoy!

For more information about LSO Discovery, please visit: https://lso.co.uk/lso-discovery/accessible-events-2/relaxed-performances.html

Find out more about Rachel Leach here: http://www.rachelleachmusic.com/

LSO Discovery

Jacksons Lane

‘Handheld Stories’ installation Fri April 26, 12:00 - 17:00
Circus Skills workshop Sat April 27, 12:00 - 14:00
‘Women Rise’ theatre workshop Sun April 28, 12:30 - 12:45 + 14:00 - 14:15

As part of their portfolio of work with older people in the London borough of Haringey, Jacksons Lane are presenting an installation and a workshop in conjunction with two of their innovative participation projects.

Spare Tyre present ‘Handheld Stories’, created in collaboration with Haynes Dementia Hub clients. As part of the ‘Together’ project led by Jacksons Lane, Spare Tyre have been working with Haynes Dementia Hub over three years to embed creative activities into every day practice, enabling the improved wellbeing of people living with dementias.

Using their experiences and imagination, participants explored their hands and discovered the stories they held. ‘Handheld Stories’ invites you to uncover these narratives by exploring the objects displayed here, and learn about Spare Tyre’s inclusive and multi-sensory practice by watching a short film.

You can also get involved in a workshop run by Jacksons Lane’s ‘Women Rise’ team. Women Rise is a community arts outreach project for women aged 55 and over, with a focus on building physical, emotional and social well-being through fun, challenging activities such as circus, yoga, self-defence and theatre. All events are free and run throughout Haringey.

There will be a taster session in circus skills on Saturday, as well as a preview of their interactive forum theatre piece 'Visible' on Sunday.

'Visible' follows the story of one woman's life – the struggles she is faced with and the confidence she develops as a result of overcoming them. It is a highly relatable, uplifting play based on real experiences and rooted in authenticity.

As the hub for contemporary circus in the UK, Jacksons Lane not only presents new pieces of work by leading performers across the world but also shares the joy, physical and mental benefits of circus and arts with the community – no previous experience needed to join in!

Find out more about Jacksons Lane here: https://www.jacksonslane.org.uk/

Find out more about Spare Tyre here: https://www.sparetyre.org/

Find out more about Haynes Dementia Hub here: https://www.haringey.gov.uk/social-care-and-health/mental-health-and-wellbeing/dementia

Image credit: Claremont Project member, Gillian D'Ambrosio

Claremont Exhibits

Painting exhibition by the members of Claremont Project
Fri April 26 - Sun April 28, 12:00 - 17:00

Claremont Project is a community arts centre for adults aged 55 and over based in Angel, Islington. Claremont is about people having opportunities to shine and live happier, healthier and more connected lives. They run a wide range of weekly activities aimed at wellbeing and personal development, such as art, music, literature, fitness and dance. In addition, they have a programme of regular concerts, special events, in-house art exhibitions, workshops, courses, and external trips to locations such as museums, art galleries, theatres, and other places of special interest.

The theme inspiring this exhibition is 'Movement', with members encouraged to embrace their own interpretation and choice of medium.

Many of the pieces displayed here were made and inspired by techniques learnt in Claremont's art classes, such as Adventures in Art, Watercolour, Arts and Crafts, and Life Drawing, as well as their new 'Open Studio' sessions. Members are encouraged to

work collaboratively during their sessions, sharing ideas, inspiration and encouragement. Many of the artists displayed today had not taken any form of art class before joining Claremont.

Claremont would like to thank both the artists and teachers for their hard work and support in helping to put this exhibition together and hope that you enjoy viewing it as much as they enjoyed creating it!

Find out more about Claremont Project here: https://www.claremont-project.org/

‘Forever Young’ - Parkour for Seniors

West Coast Parkour
30 min Parkour workshops Fri April 26 + Sun April 28, 13:00, 14:00, 15:00, 16:00
Photography exhibition Fri April 26 - Sun April 28, 12:00 - 17:00

Parkour is a French sport, where practitioners use their everyday environment (railings, staircases, ledges, trees, benches...) as their fitness equipment, where the aim is get from point A to point B in the most efficient way possible, or in the most creative, using only the human body. West Coast Parkour are proud to be the leading company in the country offering parkour tuition to elders.

'Forever Young' is a bespoke movement programme for older people, developing both mental and physical health, fitness and wellbeing. Head coach Jacob Peregrine-Wheller says "We can begin parkour at almost any age, adapting our capabilities to the environment to test and build our levels of strength, mobility, flexibility, balance, spatial awareness, co-ordination and more.

Every single parkour class is tailored, with a specific structure for this age group. We build upon abilities and techniques such as fall prevention, exploration and creativity, all whilst improving our teamwork and memory".

We learn that every environment can become a playground, indoors or outside, urban or natural. We connect people to their environment, both physically and psychologically, in a social manner.

Our mission: to transform lives through movement.

Our dream: to see older people playing, integrating ages and breaking stereotypes.

What does 'Forever Young' mean to us? The class name corresponds to a positive mindset, to be present and thankful for what our bodies can achieve today.

Join us for parkour workshops in the Turbine Hall on Friday April 26 and Sunday April 28 and take part!

Find out more about West Coast Parkour here: http://www.westcoastparkour.co.uk/

Image credit: ‘Guided tour in the National Gallery of Art in Vilnius’ by Povilas Šnaras

Multi-sensory Intervention in Tate

NGO “Social Arts Projects” / “Socialiniai meno projektai”
Gallery tours Fri April 26, 13:00 - 14:15 + Sat April 27, 13:00 - 14:15 + 15:30 - 16:45

Someone said that speaking about art is like dancing about architecture. Whether you agree with it or not, dance and movement still is one of the ways to reflect and communicate, isn‘t it? To reflect or create in more than one modality is to create an incredible impression.

Simona Karpavičiūtė and Ieva Petkutė, two arts for health practitioners from Lithuania, are inviting you to join their multi-sensory tours to create memories in response to inspiring Tate exhibitions.

Through observation, story-telling, movement and the senses we will explore key art pieces, share ideas and enjoy cross-cultural and intergenerational exchange.

The programme is based on our experience in Lithuania offering multisensory arts activity in museums and community settings for diverse audience groups, including people living with dementia, their carers and family members.

Details of the tours:

- **Tours will last 1h 15mins and will take place from 13:00 to 14:15 on April 26, and 13:00 to 14:15 and 15:30 to 16:45 on April 27.**
- **The tours will start from the Tate Exchange meeting point**
- **Please book in advance by emailing ieva@menasgerovei.lt**

Multi-sensory intervention in Tate is organised in partnership with The Tiltas Trust.

Our work is a part of an NGO "Socialiniai meno projektai" practice, which is Lithuania's leading arts for health organisation, working on museum accessibility for older people and people living with dementia since 2014.

Find out more about our work in Lithuania here: http://www.menasgerovei.lt/projects.html

SOCIALINIAI
meno
PROJEKTAI

The Tiltas Trust

Image credit: ‘Torn Poster, London’ by Dorothy Bohm

Show Me Something I Don’t Know

Ben Uri Gallery and Museum - led by Emma Hollamby
Exhibition of key works Fri April 26 - Sun April 28, 12:00 - 17:00
Art discussions Fri April 26 - Sun April 28, 12:30 - 13:30
Collage poster making Fri April 26 - Sun April 28, 14:30 - 15:30

Looking at art shows us how we see the world and how we see ourselves within that context. But how does that change as we transition through different periods of our lives?

Exploring the collection with older audiences, particularly those living with dementia or who experience isolation is a major focus for Ben Uri, which recently became the first Gallery and Museum to make their creative programme for older people a core offering – as important as its collection and exhibitions. Across the Tate Exchange residency, Emma Hollamby will be offering taster sessions of two key components of this programme; art discussion and art making.

"People's art background, knowledge or lack thereof is really irrelevant - it's opinions and life experience which bring these pictures to life" says Emma of the discussions. For the practical drop-ins, Emma will select works from the collection which portray unhelpful stereotypes of age alongside those which celebrate older creativity. Participants will dissect and re-design these works using collage to create a poster, erasing ageism in favour of a more contemporary, dynamic take on older identity.

Find out more about Ben Uri Gallery and Museum here: www.benuri.org.uk

Find out more about the Ben Uri Arts and Dementia Institute here: www.benuri.org.uk/wellbeing-programme

Image credit: Tony Bloor

Third Age Project

Fri April 26 - Sun April 28, 12:00 - 17:00

The Third Age Project's mission is "to turn on its head the prevalent view that the Third Age is a burden on society and promote the view that old people are valuable and important assets, to be placed at the very heart of a community. In doing so we transform older people's lives, nurture creative aspiration, co-produce low cost services and build a community, reversing the declining quality of life and wellbeing of the elderly".

Our chosen theme is putting older people in the driving seat, with Third Age Project members taking the lead in sharing knowledge and skills with others who visit the event during the weekend.

This theme is very much part of our shared ethos and strong self-help values. Professional staff will have an important role to play in preparations leading up to the event and in teaching new skills and confidences to the older people taking part.

Please do join our members and take part in a wide variety of activities over the weekend:

Friday April 26

12:00 - 13:00 Country Dancing with Mary Panton - performance followed by workshop (MWC)
13:00 - 14:00 Tai Chi – Nikolaos Trigkatzis performance and workshop (WKC)
14:00 - 16:00 Drama Workshop with Gary Keilty (WEA)

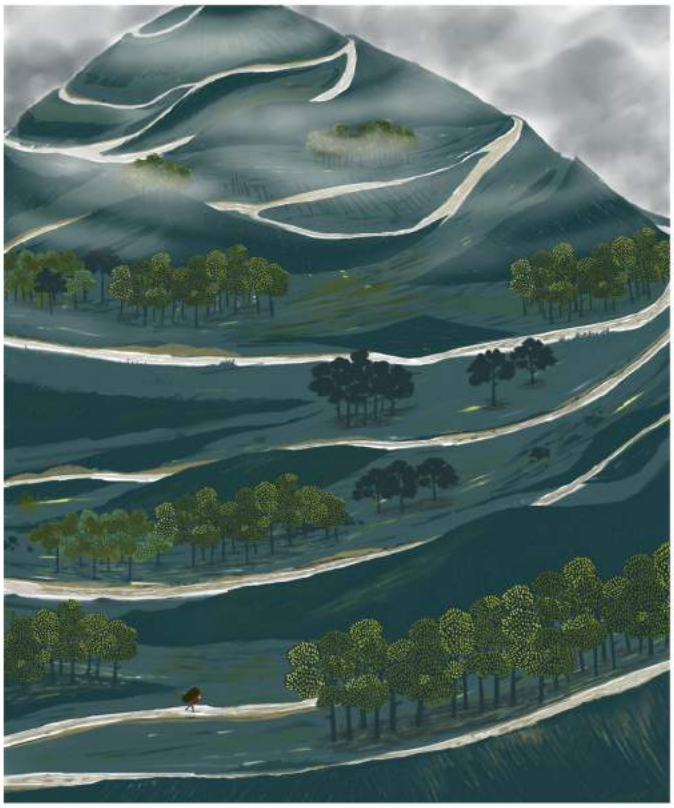
Saturday April 27

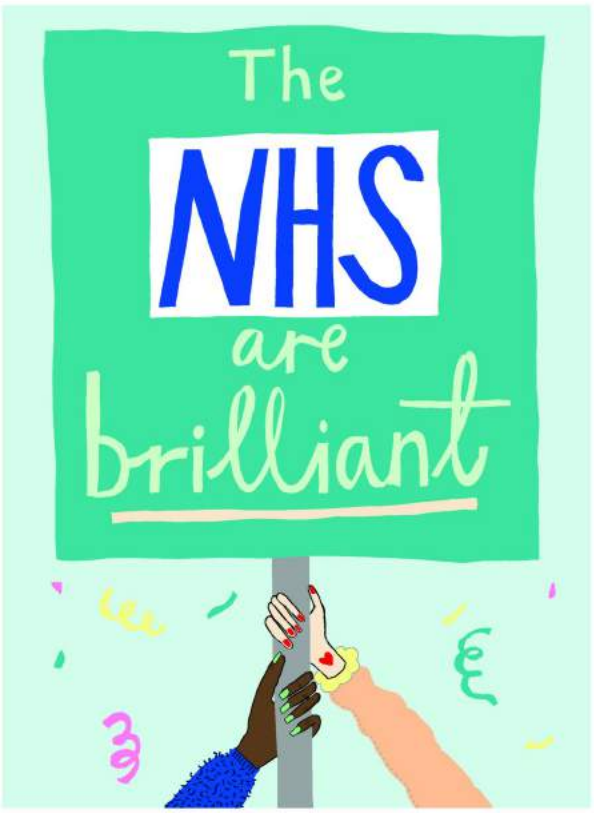
12:00 - 14:00 Susan Lucas – Pop Up Health exercises: Use It Or Lose it! (TAP)
14:00 - 16:00 Jewellery-Making with Uni Kim (WEA)
16:00 - 17:00 Zumba Gold with Jacqueline Musgrave (TAP)

Sunday April 28

12:00 - 14:00 Emma Weir - Dance Freestyle with workshop (MWC)
14:00 - 16:00 Creative Arts with Zoe Hutton-Wilson (MWC)
16:00 - 17:00 Music Circle with Laurie White (TAP/Capital Age Arts)

Find out more about Third Age Project here: https://thirdageproject.org.uk/





Shifting Self-Identities | Cancer Stories

Fruit Fly Collective & Macmillan Cancer Support
Fri April 26 - Sun April 28, 12:00 - 17:00

Our exhibition uses narratives, taken from people who have experienced cancer, that explore both the non-linear movement of self-identity throughout a lifetime, and the movement of power from clinicians to patients, enabling patients to take more ownership of their own health.

The loss of identity after a cancer diagnosis is a common experience, and the pathway to a new identity is often complex. We wanted to produce a collective voice through a series of artworks using metaphors, and visual narratives, informed by stories from people who have experienced cancer, to demonstrate this journey or movement from one identity to another.

Connecting with other people who have faced similar experiences can be key to understanding and establishing a new identity during cancer treatment, and then beyond. A journal of visual narratives, containing some of the pieces, will be published later in the year. They will be distributed for free to cancer clinics in London, and around the UK, to help empower, inform, connect and navigate people newly diagnosed through their illness, to find their new identities.

We would like to thank the hundreds of people who shared with us their experiences with cancer, and those who sent us their own artwork. We would also like to thank Macmillan Cancer Support for funding and supporting this project.

Find out more about Fruit Fly Collective here: https://fruitflycollective.com/

Find out more about Macmillan Cancer Support here: https://www.macmillan.org.uk/

Image Credit: Sage Dance / Chris Daw

Sage Dance Company

Sat April 27, 15:30 - 15:50 + 16:30 - 16:50
Sun April 28, 13:15 - 13:35 + 15:00 - 15:20

Sage Dance Company are a contemporary, ballet-based company for people of 55 years +. Our members, both professional and non-professional dancers, share a passion for dance in all its forms and we work together to create a varied, challenging and inclusive repertoire.

We aim to:

- **nurture health and well-being through dance**
- **keep learning and developing our creativity, knowledge and technique**
- **create new work that we are proud to perform to a wide audience**
- **inspire older people to take up or keep dancing as late in life as possible**

In addition to working with professional choreographers, we have recently embarked on developing our own choreographic skills under the guidance of our Artistic Director, Simon Rice.

Join us at AGE/NCY for a mixed programme of this exciting new work, encompassing a wide range of dance styles, created both by members of the company and our associate choreographer Fionuala Power.

Find out more about us at www.sagedancecompany.com

Chris Huntley & the Claremont Project Gospel Choir

Gospel choir workshop Sat April 27, 14:30 - 16:00
Gospel choir performances Sat April 27, 14:15 - 14:30 + 16:00 - 16:15

The Claremont Project Gospel Choir was founded as a new venture, which aims to bring out spirited voices proving that there can still be vocal muscle through strife and well into later life.

The choir takes its members on an intriguing journey into one of the most nuanced subjects,

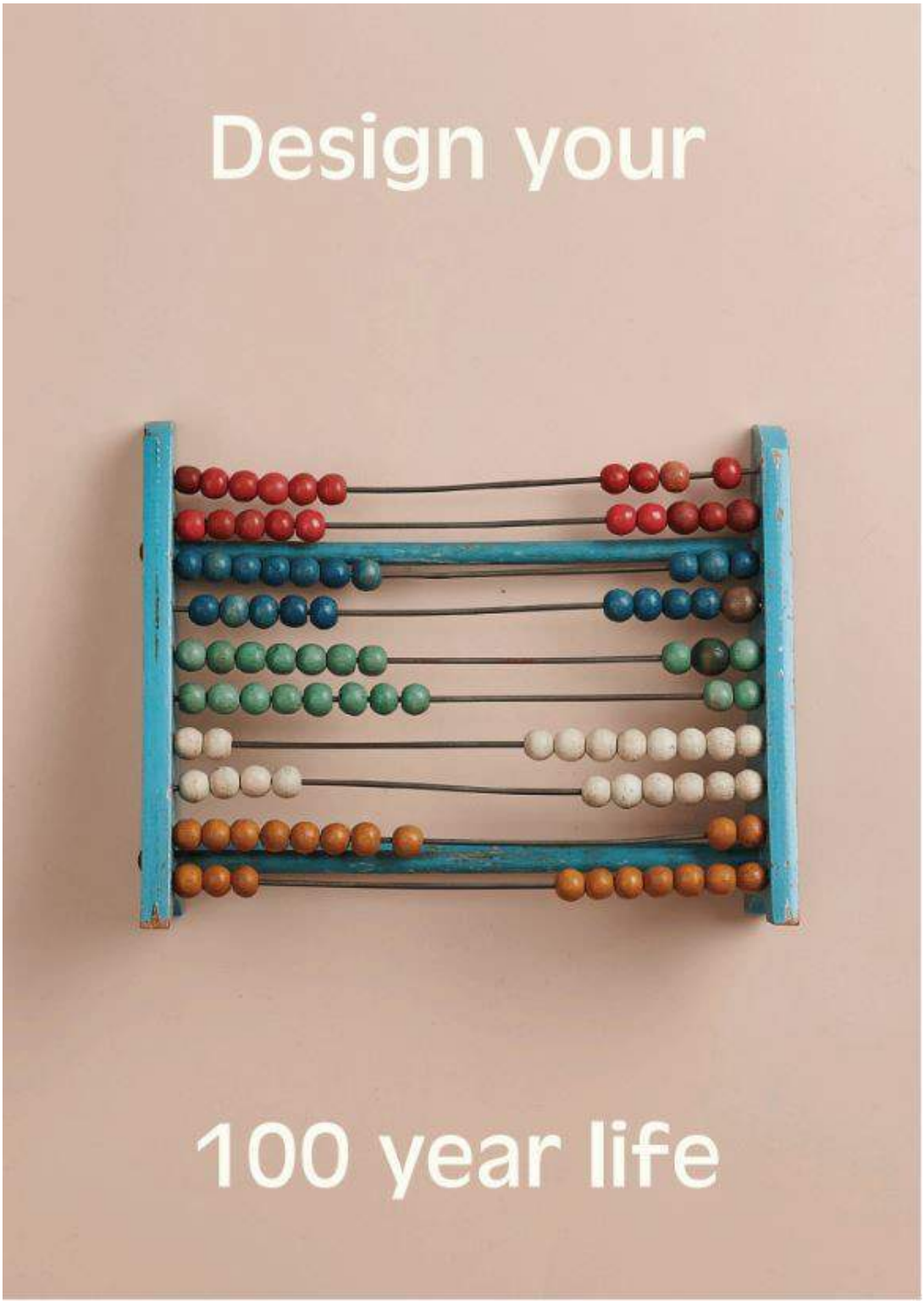
that of vocal function and individual voice usage. Discovering that you always had more voice than you thought can be a huge confidence builder and being a part of the gospel choir provides a practical way to learn about how the voice affects your wellbeing, as well as building empathy and emotional resilience by understanding the signals, resonances and frequencies of the voice.

The class covers basic vocal anatomy and focuses on how to identify the body setup that best supports the voice, in turn bringing a sense of purpose to improving and maintaining good posture. By using an understanding of vowel systems and exercises that release tension from the neck, tongue and jaw we can bring about a new confidence with forward-placed speech on which the gospel sound has its roots.

The workshop will bring your voice into song by showcasing some of the techniques used that can relieve long held tensions in speech and movement, that in turn define the characteristics of your individual singing voice.

Find out more about Chris Huntley here: https://www.mandy.com/theatre-professional/profile/chris-huntley

Find out more about Claremont Project here: https://www.claremont-project.org/



The Liminal Space

Discussions and drop-in workshop Sun April 28, 12:00 - 14:00

What do you think, feel and know about ageing?

Join The Liminal Space for games, exercises and discussion starters to spark new ideas about how we are ageing and what kind of intergenerational future we can build together.

Incredibly, one in three people in the UK today will reach their 100th birthday. As a nation we have never lived so long, but as a society we're in denial: we're fixated on youth while trying to put off or disguise the signs of growing old. As a result, we tend to ignore an important question about ageing: what will it be like for me?

To help us navigate the experience of ageing both individually and as a society, we need to have more open and honest conversations about what growing old means.

Take part in a series of facilitated workshops which are based on conversation cards which draw inspiration from Unclaimed - an interactive installation first shown at the Barbican Centre in 2019.

If you knew you were going to live to 100, how much would that change your approach to your life?

On a blank piece of paper, design a town for people of all ages. Ask each member of the group what they want and need from their ideal town and consider how to encourage the young and old to spend time together.

Think back to a moment in your life when a conversation changed everything. Who was it with - a teacher, friend, colleague, lover or even a stranger?

Find out more about The Liminal Space here: https://www.the-liminal-space.com/

Find out more about Unclaimed here: https://www.barbican.org.uk/whats-on/2019/event/unclaimed-the-liminal-space

Open Age

Creative writing workshop
Sat April 27 + Sun April 28, 12:00 - 16:00

Come to the Open Age Creative Writing workshops on Saturday 27th and/or Sunday 28th April from 12:00—16:00 to enjoy writing stories that investigate change and ageing in people, places and things as they move through time.

Open Age promotes a positive approach to ageing by providing a wide range of group activities for people over the age of 50 in London. They strive to enable everyone aged 50+ to remain mentally and physically active and meaningfully engaged in their community.

Find out more about Open Age here: https//www.openage.org.uk

OPEN AGE
life's just begun

Ending Everyday Ageism

Interactive sound installation
Fri April 26 - Sun April 28, 12:00 - 17:00

Take part in our audio archive and interactive sound installation as we ask people to consider 'How can we bring an end to everyday ageism'? Hear the views and opinions of others and add to the conversation as we build an oral history around perceptions of ageing.

Find out more about Flourishing Lives here: http://flourishinglives.org/

If you have any queries about the Flourishing Lives Tate Exchange programme, please contact David McDonagh at david@flourishinglives.org or on 020 7689 8090.

Flourishing Lives is kindly supported by City Bridge Trust and The Mercers' Company.

Get Involved!

Please do take part in the conversation and engage with our programme using the TEX hashtag #TateExchange as well as our programme hashtag #AGEncy

And to connect us to the wider conversations happening around creativity please do also use the following where useful!

#NationalTellAStoryDay	**#EndAgeism**	**#ArtsandHealth**
#CreativityandWellbeing	**#OlderAge**	**#Intergen**
#Flourish	**#Movement**	