

Active Bodies: Active Minds

Akademi has been awarded further funding by Arts Council England to deliver a second phase research and development programme for dance educators working with older adults. Having completed an initial action pilot in 2010, **Active Bodies, Active Minds** will challenge and explore the best practice in engaging older adults in dance with a new insight into working with older adults from the Bangladeshi Community (Camden).

Working in collaboration with the Bengali Worker's Association (BWA), lead dance artist Amina Khayyam and research specialists Helen Angove and Elsa Urmston, Akademi has finalised a programme of dance and exercise for older women at BWA within an agreed research framework. Our research will monitor the physical, mental and social engagement of the group with a particular focus on 'well-being' through exploring mental and social engagement and an area of specific importance to the BWA group; '*Moner Kushi*' (internal happiness or 'happiness of the mind'). We hope that our findings can bring greater understanding and awareness of the benefits of dance in health.

Akademi are also delighted to welcome Sudeshna Paul and Showmi Das on to the project, who have been successful in receiving bursaries for the project. Sudeshna Paul will work with Amina Khayyam through the Education Artist Training Bursary and Showmi Das with Helen Angove through the Research Artist Training Bursary.

Sessions will run at BWA each Wednesday until mid April. Akademi will produce a resource in collaboration with Helen Angove, Elsa Bradley and Amina Khayyam which will be disseminated later on in the year.

For more information on Akademi's current work with older adults please contact jess@akademi.co.uk; 0207 691 3210.

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