

## NEWSLETTER – SUMMER 2019

### FLOURISHING LIVES

#### The Tate Modern experience

Picture the scene. For one weekend at the end of April the community space on the 5th floor of the Tate Modern is being given over to a celebration of older people and the arts. All kinds of activities are going on – in various corners people are writing, painting, playing the ukulele, gospel singing, doing stand-up comedy - and generally having a good time. It's like a very large living room where everyone is doing their own thing but enjoying sharing the space together.

And Sage? Sage is dancing of course.

**WELCOME TO TATE EXCHANGE**

A space for everyone to make, play, talk, reflect and to discover new perspectives on life, through art.

An annual programme that brings together international artists and 60 Associate partners who work within and beyond the arts, to create a space for everyone to make, play, talk, reflect and to discover new perspectives on life, through art.

This year, Tate Exchange and its Associates are responding to the theme of 'movement' and are working with Lead Artist Tania Bruguera, a relationship made possible by virtue of Bruguera being the chosen artist for the Hyundai Commission.

Migration and the status of the migrant have been a major theme in Bruguera's work in the past decade. The counter above displays ever-increasing figures for the number of people who migrate from one country to another, as well as the number of migrants recorded by the United Nations Commission and the International Labour Organization.

Statistics show that more people are migrating than ever before. Behind the scenes, Tate Exchange is active in supporting the arts and the mass migration of people, and the impact of migration on one's local community.

This was the first time a group of people from the same postcode as the gallery (SE1) gathered together on how an artist can learn from and adapt to life with Tate Modern through their selfless actions and actions.

Tate Neighbours is a project that aims to provoke a conversation between neighbours and to create a community.

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Co-ordinators: The Wells, Tate Exchange, and the Community of Tate Exchange. Co-Facilitator: Ragnor.

About Tania Bruguera  
Tania Bruguera engages with the world through her art. Her main concerns are identity, power, and the role of the artist. Her work spans performance, sculpture, writing and teaching. Sometimes she creates a space for an urgent political issue. One of her most recent works is 'The Other Side of the World', which people engage with through their own actions.

Bruguera was born in Havana, Cuba, and has lived between Havana and Queens, New York, since 1995.

Follow the conversation:  
Twitter Facebook Instagram  
#TateExchange @tateexchange  
Find out more at [tate.org.uk](http://tate.org.uk)

Tate Exchange: Movement  
Supported by:  
Maryam and Edward Eisler

With founding support from:  
Freelands Foundation

Hyundai Commission: Tania Bruguera is in partnership with Hyundai Motor

HYUNDAI

All events may be photographed. Please tell us if you don't want to be photographed.

Teresa Mann runs through a pre-performance of *Another Presence* by Fionuala Power

It was a great weekend, giving us the opportunity to perform two sets of 20 minutes each on both days, and therefore requiring us to get quite a big repertoire together. Thanks to the grant from the Foyle Foundation a new group piece and three new solos have been created by Sage members themselves in recent months and were performed here for the first time. The result was a pretty eclectic programme which worked well in the space. The performance area was excellent, our audience was enthusiastic, and we were lit by the gigantic Tate windows with great views of the London skyline behind us.



*Arise by Teresa Earle*



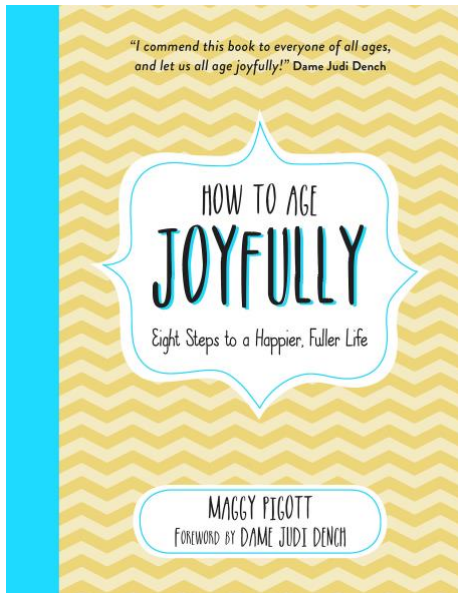
*Infinite Slope by Philippa Morgan*



*Tree Frog and Out of the Blue by Kim Mendez*

The event was called *Flourishing Lives*, and its aim, as the Tate publicity brochure explained, was to enable “a London-wide coalition of organisations to take a creative approach to supporting richer, more independent lives for older people”. We can all sign up to that, and indeed one of our members, Maggy Pigott, has gone so far as to write a book about it!

## How to age joyfully



Maggy’s book, *How to Age Joyfully: Eight Steps to a Happier, Fuller Life*, comes out in July. Over the last few years Maggy has built up quite a Twitter following on the subject of ageing better and it is on this basis that she decided to write a book. To her surprise the book was accepted by the first publisher she approached so that tells you how good it is. Maggy’s message is a simple one – we are living longer so let’s live better if at all possible. Written in a very accessible way the book contains a great deal of well researched information and includes some amazing quotes. It is uplifting and fun and shares the secrets of ageing well in eight straightforward steps. It also has much to say on the importance of dance as a key factor in ageing better.

As well as being a member of Sage, Maggy holds a number of other important roles, including being a Trustee of Open Age, a large charity which runs a very wide range of activities for the over 50s.

She has decided that 50% of her royalties will be going to Open Age, so by buying this book you’ll be helping others to age better too.

## Mainstream not marginal

We are happy to play our part in highlighting the particular challenges and needs of older people, and to show how dance can play a vital part in improving health and well-being as we age. But as performers we do not want to be seen purely as older dancers, or to dance purely with older dancers. We just want to be seen as dancers and to work with dancers of all ages and abilities as our last show *Every Body Dance* demonstrated.

This year we have been able to work with Thomas Page on a new piece called “Go”, and later on in the year we are planning to start work with Manifest Nation on a piece which combines ballet and hip-hop.

If we are successful in gaining further funding to continue this creative work then we will have some exciting additions to our repertoire to showcase at our next show, *Every Body Dance 2*. Details at the bottom of this newsletter and on our website.

## Support from our patron

And one of the best moments of the year for us? A visit from our patron, Irek Mukhamedov. He came to one of our regular rehearsals and stayed with us for the whole session. We were rather overwhelmed by his presence, especially as he had come straight from holding rehearsals with the Royal Ballet, but he was very encouraging and supportive and made us feel that we were doing something very worthwhile.



## Next performances



**Saturday 19<sup>th</sup> October, 2019**

### ***Move Over Moon***

A programme of original contemporary dance created and performed by our members and associates. Please join us for a Q&A after the show to discuss the joys and benefits of dancing at every age.

Free event at 2pm

Large Common Room, William Goodenough House,  
Mecklenburgh Square, London WC1N 2AB



**Tuesday 7<sup>th</sup> April, 2020**

### ***Every Body Dance 2***

A bigger and better version of the show we created in 2018 where we will be dancing alongside dancers of all ages, backgrounds and abilities. Arts Educational Theatre, 14 Bath Road, Chiswick, London W4 1LY

For a flavour of our 2018 show, click [here](#)