

# AGELLES

A 2-day festival reimagining age through dance  
12–13 July 2024 | Leeds City Centre



YORKSHIRE  
DANCE

[yorkshiredance.com](http://yorkshiredance.com)





**Dance is universal.  
Dance transcends age.**

We are delighted to present our third edition of Ageless Festival, which invites you to celebrate the richness of human experience, artistry and beauty by reimagining age through dance. We've carefully selected work which connects to our desires, relationships, love, rage, power and all that makes us human. Featuring a range of inspiring performances, talks and workshops, we hope you find something in the festival which sparks your curiosity and offers you a new way to discover yourself and others.

Opening and closing the festival, is your opportunity to take to the dancefloor in our Ageless Welcome and Big Communal Boogie and Apocalypse Wow! and Ageless Closing Party.

We'd like to thank our partners at Kala Sangam, Leeds City College and Leeds Art Gallery for their support and all the contributing artists and communities who have poured their creativity into this edition of Ageless festival.

**The Ageless Team**

Hannah, Kirsty, Adie and João

WELCOME

## Ageless Venues and Travel

Ageless takes place across Yorkshire Dance, Leeds City College and Leeds Art Gallery.

Yorkshire Dance is opposite BBC Yorkshire and Leeds Conservatoire. Leeds City College is next door to Leeds Playhouse. Both venues are 2 minutes from Leeds bus station and 15 minutes from Leeds train station. There is limited on-street parking for Blue Badge holders on St Peter's Square.

## Booking

At Yorkshire Dance, we're committed to making our work affordable for everyone. For each event we give the full ticket price but we also offer the option to Pay What You Can towards the cost of a ticket.

We ask that you book events in advance of the 12 July. You can book online at [yorkshiredance.com](http://yorkshiredance.com) or by phoning our box office on 0113 243 8765.

## Refreshments

Throughout the festival water, tea and coffee are available at Yorkshire Dance. We encourage you to bring refillable cups and bottles.

#AgelessFestival



## Access

We want everyone to enjoy Ageless Festival. If you have any specific access needs or queries please give us a call on 0113 243 8765 or email [boxoffice@yorkshiredance.com](mailto:boxoffice@yorkshiredance.com).

## Yorkshire Dance

There are lifts to each floor and accessible and gender-neutral toilets are available on all floors.

## Leeds City College

The building is accessed along sloping paths through the Playhouse Gardens. There are lifts to all floors and accessible toilets on each level.

## Leeds Art Gallery

Step free access to the Central Court is via the lift in Leeds Library.

## Braver spaces policy

Yorkshire Dance aims to be an accessible and inclusive place for all. This means you will be welcomed by our staff. We create a 'braver space', where you feel able to express yourself in a supportive and empowering way. You will be treated with respect by Yorkshire Dance staff and we expect and encourage everyone at Ageless to do the same.

You can find more details at: [yorkshiredance.com/accessibility](http://yorkshiredance.com/accessibility)

# FRIDAY



Image: ©

Box Office: 0113 243 8765



Welcome Talk & Dance

## Ageless Welcome & Big Communal Boogie

Fri 12th Jul, 11:00 – 12:00  
Studio 3,  
Yorkshire Dance

Join us for a warm Ageless welcome and introduction to the festival. Meet the guest artists and speakers and discover what to expect across the 2-day festival programme.

Introductions will be followed by a big communal boogie, led by the Ageless artists and Yorkshire Dance team. Get on the dance floor and throw some shapes to a special playlist of tracks, handpicked by guest artists. Think Desert Island Discs meets disco. The perfect way to start your festival!

Image: David Lindsay

Talk

# The Desire Cycle Talk with Christopher Matthews

Fri, 12th Jul, 12:00 – 13:00  
North Space, Yorkshire Dance

Christopher Matthews gives a performance lecture on his Desire Cycle.

What's the Desire Cycle you say? Well, what is desire? And what is a cycle? And how do we have life cycles that shape our lives and shape our views around different aspects of what we're interested in and the desires we have and how we fulfil the desires of others.

The Desire Cycle is a trilogy of sculptural performances with dancers from different age groups. My body's no.1 features two young dancers, Lads is performed by dancers in middle age and Act 3 has a cast of dancers aged 60+.



Talk

## Following the current: from boat to stage with Christine Thynne and Robbie Synge

Fri, 12th Jul, 12:00 – 13:00  
Studio 1, Yorkshire Dance

Christine Thynne shares her journey of passion for dance and performance, of anatomy and the kayaking adventures, which led to the development of her solo work-in-progress, Mechanisms.

Joined by friend and collaborator Robbie Synge, Christine will use a mix of film, performance and conversation to share her story. Expect a warm and lively audience discussion about creative ambition, play and finding your way...

Christine trained as a physiotherapist in the 1960's and taught 'Movement to Music', anatomy and massage. She is a member of Dance Base's PRIME performance group and has performed with a number of Scotland-based artists and companies.



www.yorkshiredance.com

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Films

## Ageless Film Screening

Fri, 12th Jul, 13:30 – 19:30  
Sat, 13th Jul, 10:00 - 17:00  
North Space, Yorkshire Dance  
Drop In

Sit down, relax and enjoy three short films. This eclectic mix of bold, playful and poignant films challenges perceptions of age and showcases the rich and diverse voices and lives of older people.



### Still: Exploring the extraordinary within the everyday lives of care home residents

by Gecko

Still explores the extraordinary potential within the everyday lives of the residents of Lime Court care home, inspired by their personal stories, experiences and passions.

Still powerful and proud. Still sensual and strong. Still elegant and energetic. Still a part of us.

They are still here.

Still is a film story created, produced and directed by acclaimed physical theatre company Gecko, as part of the Artists' Residencies in Care Homes project in partnership with inter-generational arts charity Magic Me.

Created, Facilitated and Performed by Helen Baggett Miguel Hernando Torres Umba

Facilitation and Performance by Vanessa Guevara Flores

With thanks to the Residents of Lime Court Care Home

Image above: Still by Gecko

Image above right: Dancing with Dementia by Elaine Harvey

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## By the People

by We Are Unit

Working with residents at Latimer House, in the Seven Sisters area of Haringey, this dance film explores the themes of joy, discovery and connection as the residents' recount their happiest moments in life.

Artistic Director of We Are Unit, Tom Hobden, worked with residents and dancers over four sessions to choreograph these stories of joy into dance. This film was created to commemorate Alexandra Palace's 150th anniversary.

Artistic Director: Tom Hobden  
Film Director: Alice Underwood  
Dancers: Isis Clunie, Carolyn Bolton  
Producer: Jen Blackwood

## Dancing with Dementia

by Elaine Harvey

[Dancing with Dementia](#) is a short dance film, based on an excerpt from the original audio documentary, which aims to animate and reimagine the metaphorical discourse around dementia by asking people affected by the condition to imagine it as a dance.

Comprised entirely of archived footage of social dancing in early-mid twentieth century UK, the film has been cut and re-combined to create a rhythmic and gestural choreography which is reflective of dementia as a social, relational and embodied phenomenon.

Concept & Editing: Elaine Harvey  
Sound Design: Chris Gregory

Talk



# Embodied Memory

with Katja Heitmann

Fri, 12th Jul, 12:00 – 13:00  
& 14:30 – 15:30  
Studio 2, Yorkshire Dance

Since 2019, Dutch / German choreographer Katja Heitmann has been growing her Motus Mori archive, collecting everyday human movement that form the basis for new artworks.

Her latest work, [CORPUS](#), was shown in Leeds Art Gallery in December 2023 in collaboration with Yorkshire Dance.

In 2024, she will focus her research on the ageing body and the fading memory. What embodied memories are triggered by physical movement? Which movements are still remembered by the body, even when the cognitive memory fades? In this lecture-performance, Katja will share her findings and the artistic plans that can arise from it.

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# Excerpt of Mechanisms and Workshop

by Christine Thynne

Fri, 12th Jul, 14:30 – 16:00  
Studio 1, Yorkshire Dance

Mechanisms is a work-in-progress which boldly embodies ideas of effort and persistence, success and failure, visibility and joy. Drawing on knowledge of anatomy and physical practices in dance and kayaking, Christine playfully constructs and situates herself within a

precarious structure of hard and fluid materials to build an environment of complex environmental interaction.

This short excerpt of Mechanisms is followed by a physical workshop and Q&A. We will playfully develop dances and actions together, thinking about body architecture and its desires and possibilities. Expect experimentation, physical play, discovery and simple joy.

Co-director & Performer:  
Christine Thynne

Co-director: Robbie Synge  
Producer: Helen McIntosh

Image: Françoise Sti

Performance

# Celebrating Participation

Fri, 12th Jul, 16:45 – 18:00  
Theatre, Leeds City College

This triple bill, unites and celebrates the creativity of older adults in the North with works created by community dance companies from Leeds, Sheffield and Liverpool.

## Footsteps in the Dust

by The Performance Ensemble

What would you take with you if you had minutes to leave your home?

Inspired by witnessing walls that divide borders and people, The Performance Ensemble's latest work explores migration and journeys through life.

Bringing together professional and community dancers aged 60 and over, [Footsteps In The Dust](#) presents images of loss, migration and incarceration. Choreographed by renowned artist Tamara McLorg with direction from original member of Phoenix Dance Theatre, Villmore James.

Image: Jo Lee



Box Office: 0113 243 8765



## Crossing the Bar

by Men!Dancing!

Crossing the Bar considers what it is to be human. From creation and formation of cells, organs and consciousness to the inevitably of our own Mortality. Inspired by Tennyson's poem of the same name the dancers swarm together in unity at the point of existence.

Men!Dancing! are a dedicated and passionate community of men, aged 50+, with a shared interest in dance and creative expression. The group is facilitated and directed by Jennifer Hale.



## The Fallen

by Third Bite Dance

From falling in love to falling from grace. Falling into desire to falling victim to rage when our bodies fail us.

With a cast of twelve older adult bodies on stage, this live performance captures the intense spectrum of human emotion exposing the often hidden anger, passion and intimacy inherent in growing older. Through movement, spoken word and imagery, the work will present the visceral experiences of ageing.

Choreographed by Lucy Houghton in collaboration with the Company.

Images: Tim Brunsten (top),  
David Wilson Clark (bottom)



Performance

## Double Bill

Fri, 12th Jul, 19:30 – 20:30  
Studio 3, Yorkshire Dance

### One Woman Wrestling Invites... by Lisa Kendall

Lisa has realised that 33 years of dancing, practicing, making, performing and being are in danger of becoming wedged, stuck inside her.

One Woman Wrestling Invites... invites you to be with Lisa, and dance pals Leen and Rachel, as they navigate the transient energies of this critical impasse, wrestling with what was there and what is now, reflecting as they dance, upon the facts and fictions of living.

In collaboration with her performing pals, Lisa curates an episode of dancing that aims to set free what is and perhaps what could be. The richness of life is not over....



# Mother

by Susan Kempster

How can the dynamic of a mature woman and a young man avoid the narrative of a mother and son? When do we notice a 30-year age difference? What happens as our perception of different bodies is swapped and altered?

Mother is an intergenerational duet posing the question 'who are we to each other?' In her latest work, acclaimed choreographer, Susan Kempster delicately challenges our assumptions about different bodies to explore humanness, intimacy and grief over paths not taken.



[www.yorkshiredance.com](http://www.yorkshiredance.com)

# SATURDAY



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Workshop

# The Move Tell Workshop with Funmi Adewole Elliott

Sat, 13th Jul, 10:00 – 12:00  
Studio 2, Yorkshire Dance  
All experience levels

Join Funmi Adewole Elliott for a workshop exploring the sensation of movement, playfulness, interaction and performance. In this session Funmi will draw on participants' everyday experiences of social dancing and telling stories. She will start by teaching a simple routine based on old and new African urban dances: Fuji and Juju, Afrobeats, as well as Salsa and Merengue.

Open to all levels of experience and ages. This is an energetic workshop, but participants are welcome to take a break, sit and watch before re-joining.

Image: Irven Lewis



[www.yorkshiredance.com](http://www.yorkshiredance.com)

Workshop

# Never Letting Go with Susan Kempster

Sat, 13th Jul, 10:00 – 12:00  
Studio 1, Yorkshire Dance  
All experience levels



Join festival headliner, Susan Kempster, for a masterclass in her signature group partnering method and the process she used to devise her latest duet, [Mother](#).

Explore the push, pull, float, and flow as you interlink with fellow participants. This immersive workshop invites you to become fully absorbed in the moment and find pleasure in relinquishing control and enjoying the journey.

Susan Kempster is a choreographer, performer, teacher, theatre maker and movement coach/director. Her signature way of working sees dancers interlinked throughout a performance and her work has been presented in countries around the world.

Performance

# How To Change The World By Doing Nothing

by Company of People and Fevered Sleep

Sat, 13th Jul, 12:00 – 16:00  
Central Court, Leeds Art Gallery



How To Change The World By Doing Nothing explores our experience and understanding of time, how time is spent, who controls it, and how we would spend it if we could choose. It explores radical notions of rest, doing less and ‘wasting time’.

Co-created by Fevered Sleep and Yorkshire Dance’s Company of People, How To Change The World By Doing Nothing is a durational performance installation bringing together an intergenerational community from Leeds.

This work is part of Fevered Sleep’s ongoing research and development process for their new show.

Fevered Sleep was established in 1996 by artistic directors Sam Butler and David Harradine. They aim to make the world a more caring, curious, compassionate place, one unlikely art project at a time.

Supported by the Keith Howard Foundation.

Workshop

# Going, Going Workshop

with Kyra Norman

Sat, 13th Jul, 14:00 – 17:00  
Studio 1, Yorkshire Dance  
All experience levels, age 16+



What makes us human?  
How does sound connect us?  
What keeps us going?  
And what happens  
when we stop?

Join Kyra Norman for a practical workshop inspired by her latest work, Going, Going, made in collaboration with composer Barnaby Taylor, and a community of dancers aged 20 – 70 from Cornwall.

Going, Going draws inspiration from wildlife documentaries, deep listening, theories of evolution and our own lived experiences. It examines and rejoices in the sublime, ridiculous nature of being a human in this complex present moment. Members of a species at once constructive, precarious, gentle, impulsive, experienced, vulnerable... and perhaps still a little bit wild?

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Talk

## Why be seen?

with Gillian Dyson,  
Funmi Adewole Elliott  
and Susan Kempster

Sat, 13th Jul, 14:00 – 15:30  
Studio 2, Yorkshire Dance

What does it feel like to perform your ageing body? How are women's bodies read as they age? What is the relationship between older performer and audience? Why be seen?

In this panel talk Gillian Dyson is joined by Funmi Adewole Elliott and Susan Kempster as they ponder the queering of the body through the ageing process and ask how we redefine our femininity as expectations of women shift in age.

These three acclaimed artists, from varied practices, share their extensive experiences as performers, dancers, dramaturgs and educators before inviting an open and honest conversation about ageing as a woman in dance.

Images (top to bottom): Gillian Dyson,  
Funmi Adewole Elliott and Susan Kempster



Performance

# A Brief History of Difference

by Das Clarks & Jo  
Fong with Becky  
Davies

Sat, 13th Jul, 16:00 – 17:15  
Studio 3, Yorkshire Dance  
Age guidance 16+ (language,  
adult themes)

Being different is a complicated business. It can be exciting, distressing, temporary, permanent, liberating, dangerous, painful, a cause for celebration. It's about bodies and language, memories and labels, perceptions and assumptions, acceptance and resistance.

Join DAR, a queer, neurodivergent, curious, middle-aged Talking Heads fanatic, to consider some tricky questions around the subjects of difference, identity, positioning, labelling and belonging.

Brought to you by Das Clarks and Jo Fong with Becky Davies, [A Brief History of Difference](#) is an interactive theatre piece rooted in conversation, knowledge sharing, questioning, personal narrative and performance.

[A Brief History of Difference](#) is a show for anyone who considers themselves a person of difference and anyone who wonders what it would be like to be or live differently.



Performance

## 40/40 by Two Destination Language

Sat, 13th Jul, 18:00 – 19:00  
Theatre, Leeds City College  
Age Guidance: 14+ (full nudity,  
no scenes of sexual nature)  
Captioned performance

[40/40](#) is an inspiring, insightful and moving celebration of Katherina Radeva's 40 years as a woman, a migrant and an artist. Claiming space on a dance floor for one, she writes stories of her past, present and future, in speech, in electrical tape and in movement.

From the little girl dancing at her parents' student parties, to the teenage rhythm gymnast who was body-shamed, to the creative who refuses to be categorised we see a choreography of all the joys and sorrows of 40 years.

Radeva is an irresistible performer whose authenticity and generosity shines in this life-affirming piece.

Supported by three brilliant female choreographers - Liz Aggiss, Lucy Suggate and Rachel Krische, Katherina's [40/40](#) is the result of 40 years of joy, migrancy and hardship, laughter and tears, super tunes and super moves. Join the middle-aged woman revolution by dancing, claiming and reclaiming the beautiful, glorious and messy complexities of womanhood.



Performance followed by Closing Party

# Apocalypse Wow!

by Carl Harrison

Sat, 13th Jul, 19:30 – 20:30

Party from 20:30 - 22:30

Studio 3, Yorkshire Dance

Age Guidance 16+ (language,  
adult themes)

*Apocalypse Wow!* is a cabaret game show for the end of the world. Hosted by punk drag alien Niche Lorraine and starring you the audience as the contestants.

We will sing, dance and scream into the black velvet void as we ask ourselves what can we wave goodbye to as our time here ticks down.

Hilarious, absurd and just a touch harrowing, this doomsday cabaret promises to lift your spirits high above the rising sea levels.

Producer: Rosalind Coleman

Costume designer: Julian Smith

Thanks to the extraordinary LGBT elders who contributed to the project.

Image by: Jon Archdeacon



Box Office: 0113 243 8765



# Join Dance On

Yorkshire Dance offers a wide range of dance classes for people aged 55+ across Leeds and Bradford.

Dance On is a fantastic opportunity to try something new, get active and meet new people. Whether you've always danced, or you're wanting to try something new, everyone is welcome.

Get in touch to learn more on  
0113 243 8765

Image: Paula Solloway



# TIMETABLE

Event Name	Start Time	Event type	Venue
Welcome and Big Communal Boogie (1hr)	11:00	Welcome	S3, YD
The Desire Cycle Talk with Christopher Matthews (1hr)	12:00	Talk	NS, YD
Following the current: from boat to stage with Christine Thynne & Robbie Syngé (1hr)	12:00	Talk	S1, YD
Embodied Memory with Katja Heitmann (1hr)	12:00	Talk	S2, YD
Film Room (Drop in)	13:30	Films	NS, YD
Embodied Memory with Katja Heitmann (1hr)	14:30	Talk	S2, YD
Excerpt of Mechanisms and Workshop by Christine Thynne (1hr 30 mins)	14:30	Performance & Workshop	S1, YD
Celebrating Participation (1hr 15mins)	16:45	Performances	Theatre, LCC
Double Bill by Susan Kempster & Lisa Kendell (1hr)	19:30	Performance	S3, YD

YD Yorkshire Dance  
 LCC Leeds City College  
 LAG Leeds Art Gallery

# FRIDAY

Box Office: 0113 243 8765

# SATURDAY

Event Name	Start Time	Event type	Venue
The Move Tell Workshop with Funmi Adewole Elliott (2hrs)	10:00	Workshop	S2, YD
Never Letting Go with Susan Kempster (2hrs)	10:00	Workshop	S1, YD
Film Room (Drop in)	10:00	Films	NS, YD
How To Change The World by Doing Nothing by Fevered Sleep & Company of People (4hrs)	12:00	Performance	Central Court, LAG
Why be seen? with Gillian Dyson, Funmi Adewole Elliott and Susan Kempster (1hr 30min)	14:00	Talk	S2, YD
Going, Going Workshop with Kyra Norman (3hrs)	14:00	Workshop	S1, YD
A Brief History of Difference by Das Clarks and Jo Fong with Becky Davies (1hr 15 mins)	16:00	Performance	S3, YD
40/40 by Two Destination Language (1hr)	18:00	Performance	Theatre, LCC
Apocalypse Wow! by Carl Harrison (1hr)	19:30	Performance	S3, YD
Closing Party (2hrs)	20:30	Party	S3, YD

# YORKSHIRE DANCE

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