

# Desi Dance



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Historically Tea Dances for older people have worked extremely well in Hillingdon and have always been well attended.

The current format works well for residents over the age of 65.

However it hasn't attracted many Black and Minority Ethnic residents and we wanted to expand the programme to ensure it reached all groups of our communities.



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A free, monthly Desi dance has now been set up at Botwell Leisure Centre, in the heart of Hayes town centre.

The instructor and volunteers who have been chosen are extremely popular with this age group. As they are from the same ethnic background, they relate well with the participants.

The activity includes an hour long dance session to music originated from India and participants are encouraged to socialise throughout the sessions.

Participants have the choice to stay seated if they are not able to dance for the duration of the session or unstable on their feet. The instructor is able to engage with both seated and standing participants.



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On average 35 residents attend the sessions, increasing to 50 when the session coincides with a religious celebration or school holiday.

This average has been increasing slightly every quarter.



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