



Balbir Singh Dance Company Engagement Timeline

# Our South Shields: Thanks For The Memories

## Introduction

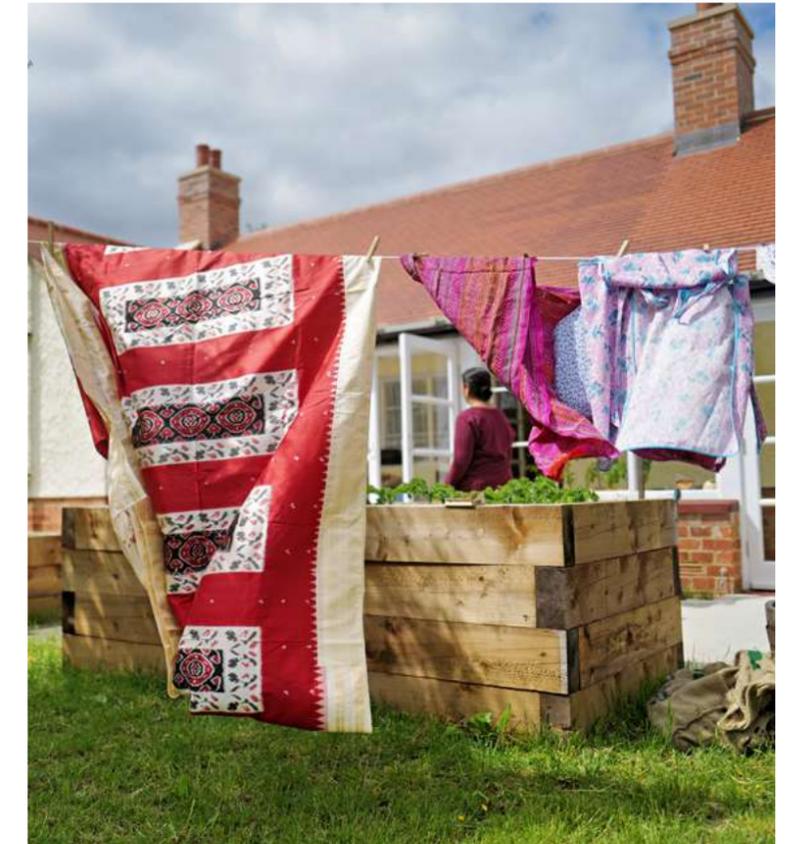
“Our South Shields: thanks for the Memories” is a celebration of South Shields’ cultural diversity and an exploration into the valuable role of arts, creativity and heritage in supporting health, wellbeing and identity of older adults. It is funded through “Everyday Heritage programme” - Historic England, which celebrates overlooked working class histories. It will explore and share experiences from members of the South Asian community living in South Shields, along with other minority communities, and explore the transformation of South Tyneside from a mining region to a leisure destination, emphasising the cultural richness and resilience of its diverse communities.



The project team is a creative collaboration between Beamish Museum’s Health & Wellbeing Team, Balbir Singh Dance Company (BSDC) and Professor Paul Chazot, who is Chair in Neuropharmacology at Durham University’s Wolfson Research Institute for Health & Wellbeing. The project will form part of the research debate around current health inequalities that exist in our communities, and the need for more non-clinical, creative and culturally appropriate approaches to health.



Beamish Museum Overview and 1950s Town's Clover Cottage



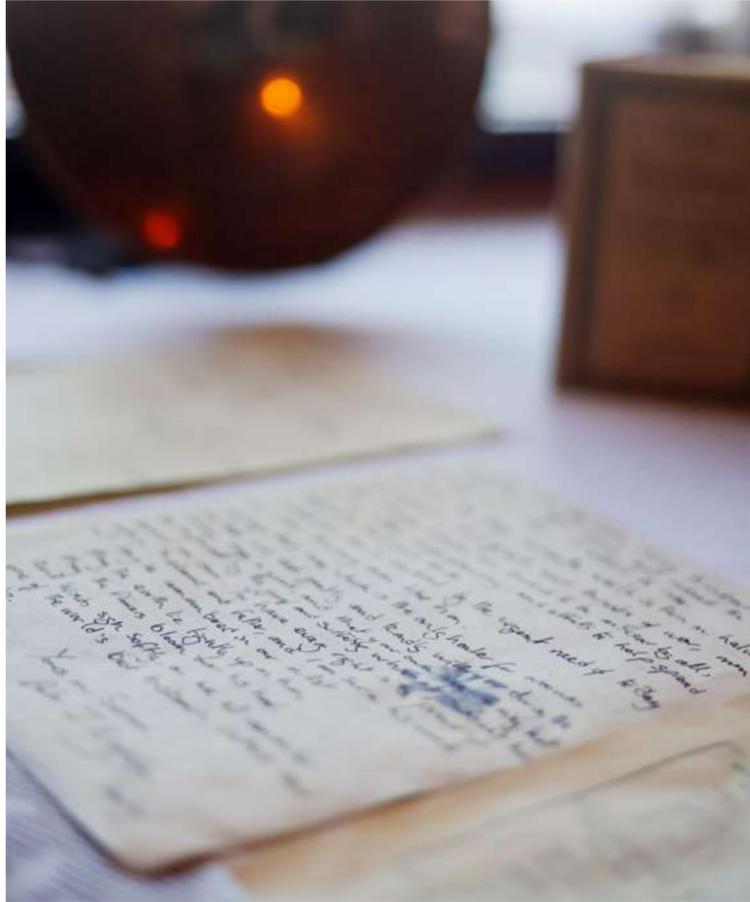
1st Site Visit(December - January 2024)



Clver Cottage and Beamish Archives



Our South Shields: Thanks For The Memories



Clover Cottage - Beamish 1950s Town

2nd Site Visit (May 2024)



Clover Cottage & Beamish 1950s Town



Clover Cottage & Beamish 1950s Town

2nd Site Visit (May 2024)



Our South Shields: Thanks For The Memories



3rd Site Visit (July 2024)  
Cooking & Filming Session



Clover Cottage & Beamish 1950s Town



Clover Cottage & Beamish 1950s Town



Our South Shields: Thanks For The Memories



3rd Site Visit (July 2024)

4th Site Visit (August 2024)  
ISEMPH Conference



Clover Cottage & Beamish 1950s Town

# South Shields Museum Takeover & Ocean Road Mela (August 2024)



South Shields Museum Roots and Routes Exhibition and Beamish stall at Ocean Road Mela

Beamish Open Day Site Visit  
(September 2024)



Beamish Museum various points and destination

# Beamish Open Day (September 2024)



Bus Tour Performance (outside)



Bus Tour Performance (outside and inside)



Bus Tour performance (outside)

# Beamish Taster Sessions (October 2024)



Creative movement workshop with BSDC's artist

Beamish Sangini Group Session  
(November 2024)



Creative workshop with BSDC's artists

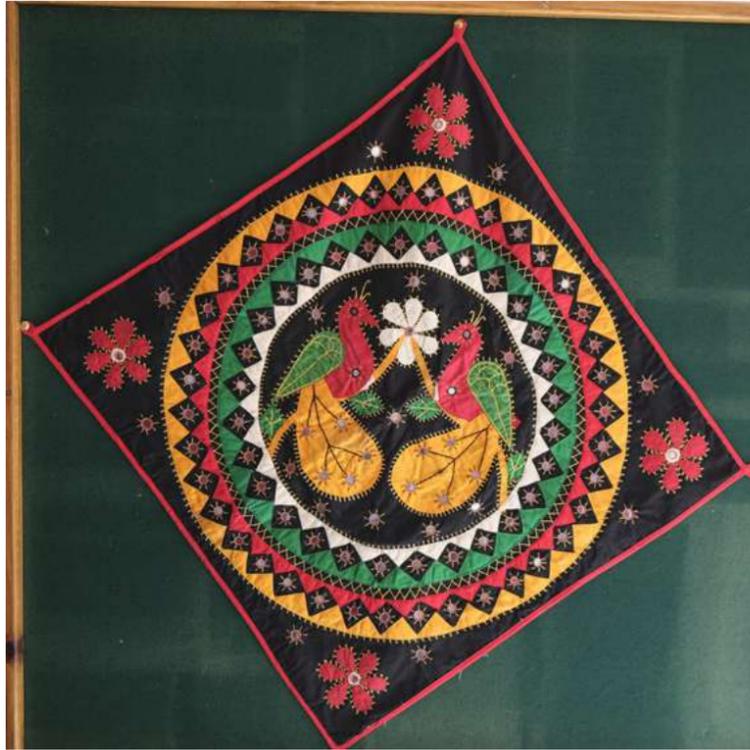


Our South Shields: Thanks For The Memories

Sangini Group Celebration (May 2025)



Beamish and BSDC's artist performances alongside various creative activity and exhibition



**'Our Voices'**

'Our Voices' provides an insight into the lives of women from Bengali and Indian communities living in South Shields. The objects on display have been donated by the women with the intention to help viewers understand how these objects provide connections to the different facets of their lives, be it home or faith or celebrations such as weddings. An object such as a 'Lota' – a small, spherical water vessel in copper or brass – can be a special object when used in prayers or an everyday object in the kitchen to fetch water. In both cases, the object is treated with the same attention to detail in design and craftsmanship, hence it has a special place in all the household from South Asian communities.

The exhibition consists of personal objects, garments, accessories and artwork created by Srijoni women's group and resident artists, Parvin Abdur, Roohia Syed-Ahmed and Agnieszka Wood, who work with Sangini on regular basis. Through creative workshops women have an opportunity to explore themes such as – identity, migration, climate change, aging, feminism, develop knowledge as well as learn new skills.

Our Voices is curated by Srijoni women's group with help from curators and staff from Beamish Museum. Sangini is highly grateful for this unique opportunity that enables them to not only exhibit their art work, but also share their stories of migration and settlement in Britain.



Sangini Group exhibition

# Beamish Museum Weekend Celebration (May 2025)



BSDC's artists performances and creative activity



Our South Shields: Thanks For The Memories



Beamish Museum Weekend Celebration (May 2025)



BSDC's artists performances

## Meet the Team



**Balbir Singh, Artistic Director of Balbir Singh Dance Company**



**Michelle Kindleysides – Historian. Head of Health & Wellbeing at Beamish Museum**



**Beth Marston – Facilitator. Health & Wellbeing Support Worker, Beamish Museum**



**Paul Chazot – Evaluator. Professor at Durham University**

## Meet the Artists

### Dancers



**Sanchita Mazumdar**



**Kali Chandrasegaram**



**Devika Rao**



**Eliot Smith**



**Devaraj Thimmaiah**



**Madhura Goodbole**



**Yuvel Soria**

### Musicians



**Aniruddha Mukherjee**



**Jesse Bannister**

### Poet Liberttist



**Adam Strickson**

### Photographer



**Gavin Joynt**