

Multicultural & Sports Festival

Bringing communities together



FESTIVAL PROGRAMME

The Meadows Community Centre

1 St Catharines Road, Cambridge CB4 3XJ
(On the corner of King Hedges & Arbury Road)

19th November 2006 / 10:30am - 4:30pm



Introduction:

We invite you to join us on the 19th November at the Meadows Community Centre where we will be celebrating multiculturalism in our local population through a variety of sporting activities. This is a day organised by the Community for all communities. The Chinese, Indian and Caribbean communities are woven together through sporting activities and you are encouraged to join in. During the day you will have the chance to try out a myriad of activities.

The day includes many sporting and colourful cultural activities. Have you ever wondered how to put on a Sari? What is Yoga really like? Is it for me? What is the Chinese practise of Falun Gong? It is a day for all of the family as there is also going to be football, egg and spoon and sack race. So kids, why not bring along the parents and encourage them to bring a picnic of your favourite foods and enjoy being together. Maybe you could find a new hobby too?

You could choose to try out the workshops just to get a taste for the activity or you could stay to the end of the day when we will celebrate our multicultural society with a dance fusion.



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Festival programme:

10:30AM - WELCOME - Aruna to welcome everyone to the day

Throughout the day - Sari Dressing

Dina Mandalia has been giving talks on Hindu customs and culture since 1986. As part of promoting diversity she will be demonstrating Sari Wrapping, which is fun, educational and something for everybody. So come along and join in.

10:45AM - Sports - Football, Basketball & Sports Activities

Come and participate in the sports activities run by Mini World Cup project. An opportunity for the whole community to share sports and culture; there will be Mini football, Mini basketball and other sports activities for the family to enjoy in a friendly environment. All abilities welcomed.

We have allocated the indoor Basketball court for basketball sport activities, however if the weather is good we can also utilise the outdoor space.

A- Football matches (outside the Meadows Community Centre - weather permitting) 10:30AM
Football activities for all ages and abilities. Everybody, women and men, boys and girls are welcome.

B- Basketball Friendly matches - Internal Basketball Pitch at the Meadows Community Centre 10:30AM
(We will use the out side pitch if the weather is good)

- Adults Basketball: 3 against 3 (Mixed Men & Women)
- Kids Basketball: 3 against 3 (Mixed boys & Girls)
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C) Tug of War - As many people and families as possible

D) Giant Chess Set: Play on a giant sized chess board complete with oversized pieces.

E) Table football

F) Pool Table

G) Family races: Outside in good weather conditions

- Egg & Spoon / @ 11 AM & @ 1:30PM
- Sack race / @ 11:30AM & @ 2PM
- Side steps or running like a crab / @ 12AM & @ 2:30PM
- Piggy back / @ 1PM & @ 3PM

There is no need to register for these activities, however if you wish to contact the Mini World Cup 2006 team to register interest or to find out about future activities, please visit our web site:

www.bringing-communities-together.org.uk/mini-world-cup2006/

Or email us at:

miniworldcup2006@bringing-communities-together.org.uk

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12:30PM - Lunch Break

1PM - Dance Workshops:
-Chinese Dancing (room 1)
-Urban Dancing (room 2)

1:30PM - Falun Gong (room 1)

Local Cambridge practitioners of Falun Gong will join the festival to demonstrate the five exercise sets of this beautiful Chinese Qi Gong meditation discipline. The physical exercise is infused with spiritual teachings espousing truthfulness, kindness, and tolerance. Free on-site teaching of the Falun Gong exercises will be available all day long.

Falun Gong practitioners and other local Chinese residents will also perform traditional Chinese dances, drumming and songs, providing the Cambridge community with an eye-opening experience of Chinese culture.

2PM - Indian Dancing (in room 1)

2PM - Street Style Dance (in room 2)

A fusion of hip hop, r&b, crunk and dancehall choreography.
'BEFORE THERE WERE CLASSES THE STREETS WERE PAVED WITH TALENT'

'Street Keep fit' is a modern and fun way of keeping fit using the latest urban dance steps.

Director/ tutor - Della a.k.a Little D

Weekly classes held locally.

Contact info 07840152520, littledpromotions2005@hotmail.co.uk

2:30PM - Yoga (in room 1)

Anna Pledger is a British Wheel of Yoga teacher and will be teaching a sequence called 'Salutation to the Elements'. Outside of the workshop Anna will also be available to answer any questions that you may have on Yoga.

In our hectic world many people are taking 'time out' to practise Yoga, a system devised in India 5000 years ago. Yoga mean 'Union' and is for all, not just Madonna and Sting! You may be drawn to Yoga for a number of reasons from becoming more flexible, to dealing with a specific health issue or simply to feeling more rested and relaxed and better able to deal with the pressures of modern life.

3PM Drinks Break

3:15PM - Mayor Arriving, to watch show case of dance fusions

3:45PM - Awards and prizes from sport events

4.15 Thank you to everybody for coming

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Main Coordinators:

Dina Mandalia will be in charge for Sari Sessions throughout the day.
Helen Li co-ordinator of Chinese Activities
K. Pankhania/Suresh Patel co-ordinators for Indian Activities
Della Spencer co-ordinator for Caribbean and Urban Black Dance.
Anna Pledger co-ordinator for Yoga Activities
Ricardo Arbelaez co-ordinator for all the Mini World Cup Sports & Activities.
Karl Hartland co-ordinator 209radio.

Project Logos from:

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| Womens Sports Foundation MENTER LEAP Cambs Football Association Street Style Dance | 209radio Cambridge County Council Mini World Cup British Wheel of Yoga |
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Radio Programme about the event Community Radio Station 209radio

Cambridge Community Radio station 209radio will be in attendance with a team of young sports reporters and journalists making a programme about the event.

Come and talk to us at our outreach stall and witness the kids at work in the studio! 209radio is Cambridge's newest radio station, currently broadcasting on the Internet, and will launch a full-time FM transmission to Cambridge in July 2007!

To find out more visit us at: www.209radio.co.uk

