

HASLE FOLKE HUS PROJECT
PROJECT: GENERATIONS FOOTPRINT
Movement dance on Healthy life

REPORT ON PROJECT

INTRODUCTION

We will play the instrument and you will automatically and voluntarily move without help or being told to. That is the magic of the whole thing.

We are aiming at using the dance movements in physiotherapy moves to bridge the gap between health and music as well as bringing the enjoyment in a dance for the elderly's dancing feet for the elders and generations in the society. Upon this the project was designed and we tried the project with the following project report:

Purpose of the project

The purpose of the project is to promote a good health whiles we enjoy music to train for good health and also to gather generations together through concert, story telling, music, dance, drumming and other arts for the benefit of the elderly in the society.

In addition the project is to help wake up the beautiful and colourful life in the elderly and bridge the life gap with the new generation as well as families, friends and people from other cultural backgrounds together, through the use of music, physiotherapy training, dancing and concerts to help deal away loneliness and boredomness.



There were two project activities:

1. In House Activities
2. Out House Activities

IN HOUSE PROJECT ACTIVITIES

The "In House Project Activities went on with KOL network (Lungs disease network) from the Hasle Folkehus.

KOL network

	
KOL network training session	Jens playing for KOL network at training

GYM Network

We got an invitation from the Gymnastics group (physical training for the elderly) in Hasle Folkehus but we could not reach that offer because at that time the hours were already being spent in Kådslavej Gymnastic group led by Christian Skum a physiotherapist who works with us. His involvement as the physiotherapist in this project is essential and the center hub for moving forward. His activities help the in house project - music, dance and drumming towards the direction of good health. It has been a big experience in using the music for good health as a focus and target. It has been both helpful in training and also enjoying the melodies it gives for the elderly's dancing feet.

Kådslavej Gymnastic group led by Christian Skum

	
Christian training the Gym group	Christian training the Gym group
	
Christian training the Gym group	Christian training the Gym group





OUT-REACH PROJECT ACTIVITIES

In the out-reach project activities we focused on Hasle school in the locality and Musik Sak was selected to join. Actually the Gym in Kådslavej could be considered as outreach activities but at the same time could also be considered as in house project activity.

Through this we were able to bring the parents of the school children into the center first to watch their children perform and then got them introduced to the place and activities.

This was a collaboration with African Footprint International (Ghana)/Footprint Foundation (Denmark) joining together with Musik Sak from Hasle skole for collaboration and to help easy access and introduction of the inhabitants from Hassle to the folke hus. In this collaboration has been workshops in music making and introducing the children to another style of performing.

Musik Sak

	
Musik Sak at workshop session in Hasle skole	Musik Sak at workshop training performance
	
Musik Sak at workshop training performance	Musik Sak at workshop training performance

We were aware that the Folkehus needs the people in the locality to come and socialize with the people in the center so we introduced eating together after performance or happenings at the Folkehus. Through that we were able to get fresh energy, friendship, joy, eating together and exchange of ideas and multi culture learning.

WORKSHOPS

Professional musicians from the projects partner group (African Footprint International) offered workshops in music, dance, drumming and other arts to the school children from Hasle school Musik Sak, KOL Network and the Gymnastics network in the Hasle Folkehus. This activity was to help enable the participants from the workshops help to achieve the aims and visions of the Hasle Folkehus project :- project – dubbed Generations Footprint. The Musik Sak and KOL network below received workshops. Also the Kådslavej Gymnastics network

Selected skole and the leader in the locality:-

Hasle skole - Musik Sak – Agnes - musiksak@hotmail.com

Selected Groups training inside Hasle Folkehus/Kådslavej and the leaders:-



KOL Network - Ole Fredriksen - oletage@gmail.com
Gymnastic group - Christian Skyum Carlsen - skyulsen@gmail.com

PROJECT PROFESSIONAL NETWORK PARTNER GROUPS



Hasle Folkehus, the main project makers will cooperate and collaborate with African Footprint professionals as the supporting and invited lead group for the project.

Workshop – A small group of music and dance workshop instructors visited the collaborating school where Musik Sak are and also the Gymnastic group in the Hasle locality - Kådslavej and the KOL network in Hasle Folkehus. There were 2 to 4 instructors that got assigned and sent around to undertake the workshops and preparations – They were - Drummers, dancers and artistic directors and this team had it right that nobody doubts the great work done.

African Footprint International

	
African Footprint International at Hasle Folkehus	Footprint in Training session

Performances - The focus in ending the workshops period with performances, which will be showcased at the Hasle Folkehus as a way of trying the learned show from the workshops. This is to build up the individual participants ability to learn and offer to audience in a showcase and also build up artistic competences. This was achieved and now will like to do more performances including the Gymnastics group and hopefully the KOL network.

	
After concert at the Hasle Folkehus	Before a concert at the Hasle Folkehus

Target Group / Benefit

The main target is users of Hasle Folkehus. Then the other targeted and groups that will benefit will be trained groups, school children, teachers and spectators, also parents of the children performers. This was a success because we achieved the above stated.

Support :This project was supported by Aarhus Kommune and Kulture og Sundhed - Aarhus