

FOR IMMEDIATE RELEASE

The Windrush Journey & Arrival 2026 brings communities together through reminiscence, dance and storytelling in Brixton and Lewisham

Age Exchange's community project will celebrate the lives, memories and cultural legacy of the Windrush Generation, working with elders living with dementia, carers and local residents across two south London boroughs.

London, 29 May 2026

Age Exchange has announced The Windrush Journey & Arrival 2026, a community reminiscence, arts and dance project that will bring together Windrush generation elders living with dementia, their carers and other community members in Lambeth and Lewisham. Through co-produced workshops, filmed performances and public exhibitions, the project will honour lived experience, preserve community stories and celebrate the cultural legacy of the Windrush Generation.

Running from 8 June to 31 July 2026, the project will use creative practice to foster pride, connection and wellbeing, culminating in filmed performances on Windrush Day and local exhibitions across Lambeth and Lewisham. The initiative aligns with the aims of the 2026 Windrush Day Grant Scheme, which supports projects that raise awareness, foster pride and encourage communities to celebrate the contribution of the Windrush generation and their descendants.

Project activity

- **Co-production dance workshops June – July** Collaborative sessions blending movement, memory and storytelling.
- **Filmed performances on Windrush Day 22 June** Film screening - reflections capturing participants' experiences, featuring their performances and thoughts alongside recorded reflections.
- **Public exhibitions 15 July – 31 July** Local exhibitions across Lambeth and Lewisham sharing the film, stories and creative outcomes with the wider community. **Exhibition locations:** Age Exchange Community Café, The Bridge at St John's Waterloo, Brixton Library and Lewisham Libraries. We welcome community organisations and charities, schools and care settings to contact us for free access to the film/ exhibition to screen in their own venue for the community they serve

Who is involved

The project will involve Windrush generation elders, carers and family members, dementia community dancers, volunteers and local residents with an interest in celebrating Windrush heritage. By centring reminiscence and inclusive creative practice, the programme is designed to create opportunities for intergenerational connection, community pride and greater visibility for stories that have shaped modern Britain.

Being part of this project has meant more to me than I expected. As a grandchild of the Windrush Generation, I've grown up with these stories, but dancing them, sharing them, and seeing others honour them has given me a deeper sense of who I am. It matters now because our elders are getting older, and if we don't capture their memories, we lose a part of ourselves. Through this project, I've gained connection, confidence and a real pride in my Jamaican family's journey, and I want future generations to feel that too.

Yvonne Elliott

About Age Exchange

Age Exchange is a leading charity using arts, culture, creativity and social connection to empower people who access care and support. Founded in 1983 as Europe's first organisation dedicated to reminiscence and intergenerational arts, the charity supports people living with dementia, learning disabilities, mental health challenges and social isolation through creative programmes and its nationally recognised reminiscence-based approach.

www.age-exchange.org.uk

Press and public enquiries

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