

Harbour House is a contemporary art, movement and wellbeing centre in Kingsbridge, South Devon. Our mission is simple: to enrich the lives of people in our town and surrounding communities through art, creativity, movement and wellbeing practices. We achieve this through an inspiring and inclusive programme of exhibitions, performances and educational activities that invite everyone to participate. We also provide flexible spaces dedicated to mindfulness, movement and yoga. Join us as we explore, create and thrive together.

# Coming Soon

17 April 2025

## Jai Chuhan: Dancer Opening Event

Harbour House Ground Floor Gallery  
6pm - 8pm

Join us for the opening event of Jai Chuhan's first solo exhibition in the South West, *Dancer*

All Welcome, no need to book



18 April - 2 Aug 2025

## Jai Chuhan: Dancer

Harbour House Ground Floor Gallery  
Mon - Sat: 10am - 5pm

Chuhan's paintings, which often feature the female figure within room-like spaces, are defined by her distinctive handling of paint and colour, where images are often dismantled and rebuilt, seemingly sculpted and then re-sculpted out of the thick paint.

At the heart of the artistic programme at Harbour House is an exploration of the intersection between movement and art, and *Jai Chuhan: Dancer* explores the theme of dance in Chuhan's painting in different ways.

There will be a FREE self-led drawing activity in the gallery.

10 May 2025

## Jai Chuhan in Conversation with Hannah Marsh & Amy Dickson

Harbour House Ground Floor Gallery  
2pm - 3:30pm

Join Jai Chuhan to discuss her exhibition at Harbour House alongside Hannah Marsh, Assistant Curator of Contemporary British Art at the Tate and Amy Dickson, Director of Harbour House.

This event is FREE and will be a hybrid event, where you can join in person or online.

Booking is essential via Eventbrite for joining online and in person. Visit [Eventbrite](#) or our [website](#) for more info.

6 June - 11 July:  
Every Friday

## Art of Movement Workshops: Rhythm and Joy (Adults 55+)

Quay Lane Studio, Harbour House  
1pm - 3pm

Would you like to explore your own creativity through dance and movement, discover, or rediscover, the simple joy of moving to music and using your body to express yourself?

This 6 week block will explore dance, connecting with other mature movers where we'll let the world stand still and become mindful of learning new skills, improve our self confidence and release tensions.

Join professional choreographer Catherine Seymour who will use different creative sources as jumping-off points to weave stories into dance. The final session may lead to an informal sharing for invited family and friends.

To book or if there is anything you would like to tell us about yourself or any access needs you may have that would make your participation safer and more enjoyable, please do let us know please contact the Harbour House:  
[lauren.pomfret@harbourhouse.org.uk](mailto:lauren.pomfret@harbourhouse.org.uk)

# Kingsbridge Fair Week

19 July 2025

Join us for a day of workshops and performances by Sonia Sabri Company, the leading contemporary South Asian dance and music company in the UK.

## Kathak Dance Workshops

Quay Lane Studio, Harbour House  
10am - 11am & 11:30am - 12:30pm

Come and learn a combination of contemporary dance and Kathak dance, one of the key Indian Classical dance forms, originating from Northern India for yourself! No experience is necessary for this fun and accessible Kathak dance workshop.

### Workshop 1: Children Under 7 & their Grown-ups

10am - 11am

This workshop is for families, with children under the age of 7. It is suitable for younger children or those who feel the support of their adult would assist in them taking part. Parents/carers are required to stay for this one and are welcome to take part, or sit and watch the workshop.

### Workshop 2: Children & Young People Aged 8+

11:30am - 12:30pm

This workshop is for participants over the age of 8 years, and is a drop off session, for parents and carers to leave the participants to take part in the workshop. No dance experience necessary.

If you would like to stay with your young person, please sign them up for the 10am workshop.

The workshops are FREE but booking is essential via [Eventbrite](#).



If there is anything you would like to tell us about yourself or any access needs you may have that would make your participation in Kingsbridge Fair Week activities safer and more enjoyable, please do let us know and contact Harbour House: [ashanti.hare@harbourhouse.org.uk](mailto:ashanti.hare@harbourhouse.org.uk)



## Mughal Miniatures: The Awakening

Band Stand, Kingsbridge Town Square  
4:15pm - 4:30pm

*Mughal Miniatures: The Awakening* is a vibrant outdoor performance for all the family, which celebrates and takes inspiration from the exquisite traditional art of Indian and Persian miniature painting. Performers in sumptuous costumes create a captivating living-picture, transporting you back in time to the richness of the Mughal Empire with a surprising contemporary twist.

*Mughal Miniatures: The Awakening* is a funny, joyful, and empowering journey of discovery complete with incredible dancing and a brilliant original soundtrack. Join us at the royal court to meet the feisty queen and her attendants but everything is not as it seems; our well-behaved characters have grown tired of their restrictive frames. Watch as they break free and work out where they truly belong!

All welcome, no need to book!

# Quarterly Engagement Stats



Workshops



Participants



Community Groups

## Community Partnership Highlight

### Activities 115: Moving Together Workshops

Jan - Feb 2025

We partnered with Activities 115, a local charity supporting adults with learning differences and disabilities, to provide a series of six creative and inclusive dance and movement workshops at Harbour House.

The project took place over the course of six weeks and culminated in a performance in our gallery for family and friends of the participants.

We worked with local professional dance practitioner and creative enabler, Lauren Pomfret, for these sessions. Lauren has worked with many community groups as well as performing as a professional dancer. Her approach is inclusive and she has experience working with dancers with disabilities and neurodiversities.

The sessions were themed around the locality of Kingsbridge, which Lauren and the group split into the following topics: greetings, water, and birds. The group collaborated in developing movement sequences in response to the themes.



Some reflections from participants include:

'I like it here'

'I feel really proud of what we've done in five weeks'