



## Kinetika Launches T100 Recipes Walking Festival

For immediate Release 05.06.2018

**Internationally renowned outdoor arts company Kinetika is once again running its popular Thurrock 100 Walking Festival during July. This year, the theme is food and the walks, entitled T100 Recipes, will take place in Thurrock, Southend, Dartford and Gravesend.**

The Thurrock 100 Walking Festival is now in its fourth year. Over the past three years, the Thurrock 100 has so far mapped and explored 31 local walks, made 110 silk flags, run a dance programme, published a book of 100 local stories and engaged thousands of people. This year, the walks take in Thurrock's diverse food culture, visit some historic sites such as Purfleet to hear about the whitebait festivals, some of Thurrock's wild spaces like Orsett Fen, where local food is produced, and sample international cuisine in Grays and Tilbury town centres.

The walks also extend into Southend and Kent in 2018, offering some well-known local delicacies such as the cockles in Old Leigh and Italian ice cream in Southend plus world foods at Gravesend market.

The T100 Recipe walks are specially planned and led by volunteers well-versed in the geography and history of the routes. These walks take place between Saturday 7 and Sunday 22 July, and are free to join. There will be a range of easy daytime and evening walks, of various lengths, taking in markets, nature reserves and strolls along the estuary: all exploring varieties of recipes and offering opportunities to share food.

The Thurrock walks start on Saturday 14 July with a walk to and from Davey Down starting at intu Lakeside. Noodles could be on the menu here too as Wagamama will offer a special tasting menu for walkers. There will be two walks on Sunday 15, starting from either end of Rainham Marshes and meeting in the middle at the RSPB picnic site. The Home Grown and Home Made picnic invites everyone to bring food they've prepared themselves to share.

Orsett Fen is the location of the walk on Tuesday 17 July. This walk will explore what's in a jam



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



thurrock.gov.uk

SOUTH ESSEX ACTIVE TRAVEL



**FORWARD  
MOTION**



sandwich, with locally made bread and jam on offer. The evening walk on Thursday 19 July will take in Grays town centre and plans to showcase the international foods available in the town. The final walk takes place on Sunday 22 July and ends at Grays Beach with Eastern European lunch provided by the Lightship Beach Café.

The walk on Saturday 21 July coincides with an Open Day at the Port of Tilbury. As part of the day, Chilean arts organisation Teatro Container, on their UK Premier tour, will be cooking a community feast in La Cocina Publica, the Public Kitchen. Teatro Container will work in the kitchen with community groups prior to the event to devise a menu, drawing together local recipes and foods. The mobile kitchen is built inside a shipping container: it offers a place to tell stories, share moments and memories and collectively discover, rediscover and appreciate food.

T100 Recipes is the first phase of Kinetika's new project Kitchen Table, that, over two years, aims to explore the stories of the diverse communities from around the world who have settled along the lower Thames Estuary. Encompassing walking, talking and eating, Kitchen Table will encourage conversations over food and culture to help develop a better understanding of common histories, and unique traditions. Kitchen Table will lead to two large scale community feasts in 2019 which all the communities taking part in Thurrock 100 Recipes will be invited to create.

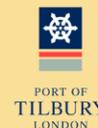
Kinetika's Creative Director is artist and walker Ali Pretty who said 'It is through Thurrock 100 that we have made friends who have generously shared their local knowledge and given their time to make us welcome and enabled us to create great projects. Now we're extending our network along the estuary and with such a committed group of volunteers, we have a real opportunity to celebrate the stories of so many diverse communities who have for centuries contributed to the rich seam of humanity that works so hard to keep London going. Now London is flowing East and we hope that this project demonstrates that we will welcome everyone to join us at the Kitchen Table,"



Supported using public funding by  
**ARTS COUNCIL ENGLAND**



**SOUTH ESSEX ACTIVE TRAVEL**



**FORWARD MOTION**



A full programme of walk routes, start times and locations, can be found on the Thurrock 100 website. More details and further walks will be added to the programme as they are confirmed, so keep checking the website for updates: [www.thurrock100.com](http://www.thurrock100.com). For more information on Kinetika, please go to [www.kinetikaonline.co.uk](http://www.kinetikaonline.co.uk).

**#thurrock100**

**More details about the T100 Recipes walks:**

<http://thurrock100.com/2018-walks>

**Facebook**

<https://www.facebook.com/Thurrock100/>

**Twitter**

<https://twitter.com/Thurrock100>

**Instagram**

<https://www.instagram.com/thurrock100>

**ENDS**

**For media enquiries, imagery and interview requests, please contact:**

Jules Easlea

JubilantPR

[jubilantpr@yahoo.co.uk](mailto:jubilantpr@yahoo.co.uk)

07941 502577

## **Notes to Editors**

**About Thurrock100 Walking Festival** [www.thurrock100.com](http://www.thurrock100.com)

Thurrock 100 is a creative community project that aims to celebrate the stories and places of Thurrock and share them with the wider world. The walking festival was started in 2015 by renowned outdoor arts company Kinetika. Thurrock has a rich and unique history and the festival has not only explored it on foot in previous years, but also in story telling and flag making.

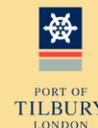
Thurrock 100 is a unique cultural project that aims to strengthen the area's shared identity and foster pride in its heritage, building a programme of physical and creative activity that will contribute to a healthier and happier Thurrock.



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



**SOUTH ESSEX ACTIVE TRAVEL**



**FORWARD  
MOTION**



With the help and support of local people, so far it has mapped and explored 38 local walks, made 110 silk flags, run a dance programme, published a book of 100 local stories, commissioned a beautiful set of costumes and new theatre performances as well as engaging thousands of people.

2018 sees the project expand into Southend-on-Sea.

### **T100 Recipes walks take place between Saturday 7 and Sunday 22 July**

Sat 7 – Benfleet to Leigh

Sun 8 – Southend Pier to Shoeburyness East Beach

Tues 10 – Southend Pier

Thurs 12 – Canvey Island

Sat 14 – intu Lakeside to Davy Down

Sun 15 – Rainham Hall to Rainham Marshes & Purfleet Village to Rainham Marshes

Mon 16 - Dartford

Tues 17 - Orsett

Weds 18 - Gravesend

Thurs 19 - Grays

Fri 20 – East Tilbury

Sat 21 – Tilbury Station to Tilbury Port

Sun 22 – West Thurrock to Grays Beach

**About Kinetika [www.kinetikaonline.co.uk](http://www.kinetikaonline.co.uk)**

Kinetika is an internationally renowned company, based in Thurrock, with a 20-year track record of combining world-class design with community projects to produce spectacular outdoor events that engage diverse audiences wherever they work. Founded by artist Ali Pretty in 1997, and inspired by her training in carnival arts in Trinidad and India, Kinetika now has an unrivalled reputation for working with local communities on projects that change the way people feel about where they live. From local community events in shopping centres, ceremonial boulevards and local high streets, to the Great Wall of China and the heart of Kolkata. The charitable arm, Kinetika People, is known for its high quality community engagement work, running participatory programmes, workshops and artist training schemes, which aim to nurture new artistic talent and engage communities, raising aspirations and building a sense of place. The commercial arm, Kinetika Design Studio, has been commissioned to create work for ceremonies at high profile events including FIFA World Cup 2009, the London Paralympic games/Team GB Parade in 2012 and the European Games 2015.



Supported using public funding by  
**ARTS COUNCIL ENGLAND**



[thurrock.gov.uk](http://thurrock.gov.uk)

**SOUTH ESSEX ACTIVE TRAVEL**



**FORWARD MOTION**