



worthing theatres and museum

PRESS RELEASE

For further information please contact:

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Press Direct Line: (01903) 231227 | Box Office: (01903) 206206

25/07/22

Press Release – for immediate release

Strictly Come Dancing's Flavia Cacace-Mistry and her actor husband Jimi Mistry are here to tell all!

Join Strictly Come Dancing pro Flavia Cacace-Mistry and acclaimed actor and chef Jimi Mistry for their first ever **Our Life at the Barn** live show! The couple will inspire you with their story of how they swapped the stage, screen and city lights for the good life, running a smallholding in the rolling hills of South Devon. An evening full of exclusive stories, videos and maybe even some dancing... **Flavia & Jimi: Our Life at the Barn** is at the Pavilion Theatre on Sunday 9 October, 7:30pm.

Having met on Strictly Come Dancing in 2010, a decade later in January 2020 Flavia and Jimi embarked on their biggest life-changing adventure yet; their move from city living to a small holding in the countryside, to follow their dream to be self sustainable.

It's safe to say it's been a challenge! From renovation to cultivation, head torches to painting porches and of course a chicken or two. Flavia and Jimi have embraced every challenge thrown at them and had a lot of fun along the way documenting their journey and the bumps and highs along the way on their Instagram account @OurLifeAtTheBarn. Now they can't wait to share their unique, inspiring story with you live on stage in Worthing!

Flavia is one of the nation's favourite dancers and personalities, from her Glitterball-winning exploits on BBC One's *Strictly Come Dancing* to her formidable dance partnership with Vincent Simone. Over the course of eight years, the duo have sold out multiple nationwide shows, had three West End runs, and have picked up several award nominations, including 'Best Family Entertainment' at the Olivier Awards. They have also performed at The Royal Variety Show and The BBC Proms. The dance couple have had a very successful career competing internationally in Ballroom & Latin Ten Dance, winning numerous titles.

As a *Strictly* pro, Flavia made the final in 2008 and went on to win the Glitterball in 2012 with Olympic gymnast, Louis Smith. Alongside this, Flavia won the Christmas Special in 2013 with Rufus Hound and the Children in Need 'People's Champion' trophy with her good friend Russell Grant. Their iconic moment live at Wembley, in which Russell was fired out of a cannon during their Jive, was awarded 'TV Moment of the Year' at the BAFTAs. One of



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Flavia's favourite memories during her time on *Strictly* was choreographing and performing routines alongside some world-famous music acts like Beyoncé, Westlife, and many more.

Flavia has appeared and performed on numerous TV shows over the years including *Strictly Come Dancing*, *Royal Variety Show at London Palladium*, *Sunday Night at the London Palladium*, *Ant & Dec Saturday Night Takeaway*, *The Generation Game*, *BBC Children in Need*, *The Magicians*, *Surprise Surprise*, *Mel and Sue*, *The Paul O'Grady Show*, *Celebrity Portrait of the Year Show* and *BBC Breakfast* amongst others.

More recently, Flavia has set up her dance school "Dance With Flavia".

Jimi is one of the most well-known actors in Britain, with his appearances featuring in films, television series, and on stage over the past few decades.

He first gained exposure working on BBC's *EastEnders*, before going on to feature in a number of films and stage roles. His work includes starring in *Blood Diamond*, *The Guru*, *East Is East*, and *It's a Wonderful Afterlife*.

Jimi produced, wrote, and starred in music documentary *And The Beat Goes On*, and he runs and DJs in London's hippest 'mystery' location party scene Tabula Rasa. He also has his own record label and studio.

He competed in *Strictly Come Dancing* in 2010 with Flavia, before the couple got married in 2013.

<ENDS>

NOTES TO EDITORS

Our Life at the Barn: @ourlifeatthebarn

Flavia Cacace-Mistry: @flavia_cacace

Jimi Mistry: @mistryeats

WTM

Twitter, Facebook, Instagram: @wtmworthing

Website: www.wtm.uk/



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EVENT LISTING

Flavia & Jimi: Our Life At The Barn

Date: Sunday 9 October 2022

Time: 7:30pm

Venue: Pavilion Theatre, Marine Parade, Worthing, West Sussex, BN11 3PX

Tickets: From £19.50

Link: <https://wtm.uk/events/flavia-jimi-our-life-at-the-barn/>

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IMAGE DOWNLOADS

[WTM Venues](#)

[Flavia and Jimi: Our Life at the Barn](#)
